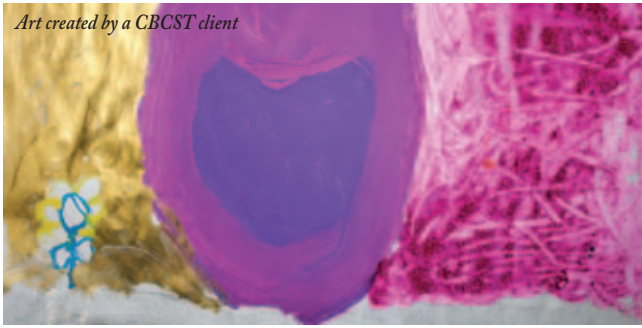


Art created by a CBCST client



Support Our Mission

Annual giving is one of our highest priorities and the means by which The Children's Bereavement Center of South Texas staff, board members, clients, parents, and friends can most effectively contribute their charitable support for the CBCST each year. The Friends of the CBCST Annual Support Campaign dollars are used by the Center exclusively to support the needs of children and families living with grief. We encourage and appreciate participation at all giving levels.

The CBCST is a 501 (c)(3) nonprofit agency. We are completely privately supported by donations from individuals, foundations and corporations. We do not receive state, federal or United Way funding.

The CBCST is so much more than a place to heal - we change lives. Your gift to The Friends of the CBCST Annual Support Campaign will ensure equal access to children and their caregivers living with loss, regardless of financial or socioeconomic circumstance. For more information or to make a donation please contact our Director of Resource Development, Christin Gish at (210) 736-4847, ext. 221 or online at www.cbcst.org.

CBCST Volunteer Opportunities

The CBCST is a volunteer-driven organization. Wherever your time and talents may be, there is a match for you to help us link hearts, mend spirits and transform lives.

We invite you to make a difference in the following ways:

Programming

- Become a trained support group facilitator
- Sponsor and serve dinner to a support group
- Donate items from our Wish List

Community Outreach

- Serve on a committee or board
- Participate in the Speaker's Bureau

For more information on how you can get involved please contact our Volunteer Coordinator, Julia Anderson at (210) 736-4847, ext. 224



Our History

Recognizing the permanent impact loss can have on young people, The Children's Bereavement Center of South Texas was founded on May 20, 1997 to help children and families, from every social and economic circumstance, who are grieving the death of a loved one. Our story began with one free support group serving 19 families. As the demand for our services has grown over the years we have responded by adding, adapting and enhancing programs to fully meet the needs of children and families living with grief.

The CBCST now serves over 800 youth and caregivers in free peer support groups, more than 300 clients in individual and family counseling, and nearly 5,000 community members through training, education and outreach programs annually.

In February of 2010, the CBCST relocated, debt-free, to a larger facility. Our new home will allow us the capacity to triple the number of children and families we serve.



The Children's
Bereavement Center of South Texas

205 West Olmos Drive, San Antonio, TX 78212

(210) 736-4847 www.cbcst.org



The Children's
Bereavement Center of South Texas

Linking hearts, mending spirits, transforming lives.



Glass Art Created by CBCST Client



“The grief could only end if a place could be found for it to begin.”

Molly Fumi
Best Selling Author and Bereaved Parent

Let us be the place for your beginning.

Our Mission

To foster healing for grieving youth, their families and the community through peer support programs, counseling, training, education and outreach.

Children and Grief

Grief is a term often used to describe the wide range of emotional and physical reactions that arise when someone has experienced the death of a loved one or is living in anticipation of a death. Grief feelings may include shock, sadness, anger, denial, and loss of control. An array of physical reactions might also be present such as loss of appetite, sleeplessness, lack of concentration and memory.

CBCST Philosophy

We believe that each person's journey through grief is unique and therefore deserving of a distinctive approach to healing. Our goal is to help children and their caregivers understand the depth of their grief, stabilize and preserve family relationships, and develop healthy coping skills after the death of a loved one.

Grief Support Programs

Our peer support group programs bring together youth and families with similar loss experiences to help normalize feelings, share experiences, and grieve the death of a loved one. Peer support programs are open-ended and offered free of charge. Each group meets twice per month in our beautiful homelike setting, which provides a safe, nurturing environment conducive to healing. Children who attend groups engage in therapeutic activities such as: play therapy, narrative therapy, art, poetry, journaling, music, meditation, guided imagery, dance/movement and recreational activities to help process feelings of grief. We offer the following on-going peer support groups:

- *Sons & Daughters I*
For ages 6-24 who have lost a parent to chronic illness.
- *Sons & Daughters II*
For ages 6-24 who have experienced the sudden death of a parent.
- *Sons & Daughters III*
For ages 6-24 who have experienced the murder of a parent or other family members.
- *Sons & Daughters IV*
For ages 6-24 who have had a parent or sibling die by suicide.
- *Sibling*
For ages 6-24 who have experienced the death of a brother or sister, either suddenly or as the result of a chronic disease.
- *Family*
For ages 6-24 who have experienced the death of a grandparent or extended family member.
- *Little People*
For ages 3-5 who have experienced any death loss.

How to Enroll

Prior to enrolling in a grief support program, families must schedule an intake interview with one of our licensed professional counselors. Intake interview fees are determined by a sliding scale based on family income, number of household members and extenuating circumstances. Financial assistance is available for families who meet the criteria. The CBCST is committed to offering equal access to all families in need of our services, and will not turn anyone away for inability to pay. To schedule an intake interview please contact the Programs Department at (210) 736-4847.

Counseling Services

Our licensed professional mental health staff provides confidential psychotherapy sessions to individuals and families who have experienced a death loss or are presently anticipating the death of a loved one. Counseling enhances family communication, expands and deepens the personal skills needed to help cope and adjust to challenges of grief and loss.

To schedule counseling services contact the Counseling Department at (210) 736-4847. Counseling fees are determined by a sliding scale based on family income and number of household members. Subsidized family support counseling services are available for those families who meet the criteria.

Community Outreach and Training

We offer community presentations, crisis intervention, professional educational trainings and provide education credits to social workers and licensed professional counselors. The fee schedule for trainings and crisis intervention varies. For more information on our outreach and training services please contact our Outreach Coordinator, Tammy Cochran at (210) 736-4847, ext. 227.

www.cbcst.org

