Look inside for our stories of healing.
As parents, we hope to provide each of our children with the power to reach their full potential at home, in school and in their communities. We constantly seek tools and strategies that will provide our kids with a greater capacity for success in life. At the end of every day, we wonder, “What have we missed?” For so many of us, there are life lessons we hope our children will be able to avoid. We know that our children are exposed to a much higher level of violence, instability, and loss than we were as young people; yet, we quietly pray that our kids will not be the ones to suffer. Is it not extraordinary that we all try to avoid the one thing we will never be able to outrun?

Our work with this mission has taught us that we will never be able to run fast enough to escape the pain of inevitable loss...and neither will our children. However, we have also learned that we can increase our children’s chances of reaching their full potential by providing them with a strong support system that they can rely on and opportunities to tackle grief-related issues as they arise.

Teaching children to grieve in a healthy and meaningful way is what we do every day at the CBCST. Although we will never be able to shield our children from experiencing traumatic events like the loss of a loved one, we can guarantee that there will be a place for them to go for understanding and support. As parents, community members and partners in this mission, we have come to appreciate the comfort that can be found in knowing that the CBCST will always be here for ALL of our children.

Thank you for joining us in support of helping young hearts heal.
Programs and Services

**COUNSELING SERVICES**
Our licensed professional mental health staff provides psychotherapy combined with an expressive arts focus to individuals and families who have experienced a death or are anticipating the death of a loved one. We provide individual and family therapy to help develop coping strategies for family issues that arise during the grieving process. Clients can choose expressive art modalities in a tranquil and supportive environment to accentuate the healing process.

**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: dramatic play, art, poetry, journaling, music, meditation, guided imagery, dance/movement, and recreational activities to help process feelings of grief. We offer the following ongoing 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 death of a family member or friend due to homicide

- **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

**2010 PROGRAM SERVICE NUMBERS**

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Unduplicated Individuals</th>
<th>Units of Service (Sessions)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PEER SUPPORT PROGRAMS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Number of Youth Served</td>
<td>403</td>
<td>1750</td>
</tr>
<tr>
<td>Total Number of Adult Caregivers Served</td>
<td>290</td>
<td>1194</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>693</td>
<td>2944</td>
</tr>
<tr>
<td><strong>INDIVIDUAL AND FAMILY COUNSELING PROGRAM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Number of Youth Served</td>
<td>185</td>
<td>644</td>
</tr>
<tr>
<td>Total Number of Adult Caregivers Served</td>
<td>80</td>
<td>204</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>265</td>
<td>848</td>
</tr>
<tr>
<td><strong>COMMUNITY OUTREACH SERVICES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Training, Education and Outreach</td>
<td>3767</td>
<td>3767</td>
</tr>
<tr>
<td><strong>Total for ALL Programs</strong></td>
<td>4725</td>
<td>7559</td>
</tr>
</tbody>
</table>

**Mission**
The mission of the Children’s Bereavement Center of South Texas (CBCST) is to foster healing for grieving youth, their families and the community through peer support programs, counseling, training, education and outreach. The CBCST is the only provider of free, open-ended grief support programs for children, teens and young adults in San Antonio and South Texas.

**History**
The Children’s Bereavement Center of South Texas (CBCST) was founded on May 20, 1997 as a 501(c)(3) non-profit organization. Recognizing the permanent impact loss can have on young people, the CBCST was established to help children and families grieving the death of a loved one. In a culture that does not talk about grief and bereavement, and in a world that doesn’t “get it,” we do. The CBCST’s story began with one free peer support group serving 19 families. As the demand for our services has grown over the years, we have responded by adding, adapting and enhancing our programs to fully meet the needs of children and families living with grief. Today the CBCST serves thousands of children, families and community members every year through ongoing support groups, individual and family counseling, and professional education and training programs. 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.

**Community Outreach and Training**
We offer community presentations, crisis intervention, and professional education trainings. Continuing Education Units (CEUs) are available to Social Workers and Licensed Professional Counselors.
Narrative Therapy

Our identities are shaped by the stories we tell about ourselves and our experiences. Journaling, writing, and storytelling allow children to use the written word as an art form. Journaling liberates feelings and provides insight into the pain of loss. Even non-writers can find creativity and expression through specific writing techniques. Stories allow grieving children to relate to characters who may be experiencing circumstances and feelings similar to their own. For children, this is a natural medium for self exploration and often a brief escape from their world of pain and loss. Narrative therapy allows the child to become the author of his or her grief experience, and empowers them to re-create, re-assign or re-establish meaning or significance to their loss.

Shanique’s Story

In 2005, the course of Shanique’s life dramatically changed when she witnessed the violent death of her mother. Through her participation in the Center’s peer support group and counseling programs, Shanique found narrative therapy to be a healing outlet for her grief. She was able to illustrate a creative expression of her heart and soul through poetry, and has found strength, healing, and transformation through her writing. Narrative Therapy allows her to concentrate completely on something different although her creativity stems from her grief. Her profound work, at such a young age, is both moving and inspirational. As a poet, Shanique demonstrates her transition from separation and pain into engagement with life and joy. Narrative therapy continues to serve Shanique as a healthy coping tool for self-expression.

“For a child, the death of a loved one can shape who they become and how they will view the world.”
— F. Michael Wood, Jr., Board Chair
Art Therapy

Art, like grief, can be messy; but the many colors and textures of art enable children to symbolically illustrate their emotions in a form that can be safely shared with others or kept private at their discretion. Art therapy allows children to assign meaning to their feelings and experiences. Unspoken creative expression allows children to externalize their internal experience of grief. Art therapy can serve as an effective healing tool, whether within the safety of the painted or drawn environment, or through the manipulation of sand, clay, and glass. Creating something unique with their own hands and from their own imagination is a powerful exercise in control and emotional mastery for children in grief.

Jay’s Story

Jay first came to the Center when he was four years old as a member of our Little People peer support group. His mother was murdered when he was just 12 months old. Jay has benefitted from traditional group and play therapy, but he especially enjoys using art as an expression of his hopes, wishes and dreams. He is able to use shapes, textures and colors to symbolize memories and feelings. Jay uses glass art, a unique medium for memorializing and healing, to represent his grief experience. Shards of glass are used to symbolize the shattered pieces of life after a loss. The broken pieces go into the fire disconnected and seemingly unable to ever be whole again. But, once emerged from extreme heat, the sum of the parts has transformed. What was once broken has melded into something that is beautiful...forever changed by the process...but whole again.

“We provide children with healthy coping strategies and opportunities for positive, creative expression as they move through the healing process.”
— Traci B. Gomez, Executive Director
Music & Movement Therapy

Movement or dance therapy is designed to cultivate sensory motor capacities often disrupted as a result of trauma. A great deal can be learned about how a child is processing trauma and grief by observing the child’s body movement. Music aids in the restoration of expressive language and stimulates areas deep within the brain where emotion is processed. In grief, people are often comforted by music. Songs and sounds elicit memories of the loved one who died. Music provides a medium by which feelings are freed without the use of words.

Kayla’s Story

Three weeks after Kayla’s father lost his 18-year battle with metastatic thyroid cancer, she and her mother, Sue, came to the Center. Kayla was placed in our Sons & Daughters I program and was immediately surrounded by other young girls her age that had lost their parent to a long-term illness. She was drawn to the music room and has an incredible gift of playing piano and singing. Music has a healing influence on grieving individuals and families because it internally produces a positive physical and emotional response to sounds. Her work through music at the Center has allowed Kayla to reset a positive emotional rhythm within her family. Kayla’s mother says, “The Center has been an incredible lifeline for me and Kayla. She was so touched by the work that she hopes to one day become a grief counselor. This speaks volumes about the Center and how much helping her might one day help others.”

“Children and teens are often unable to express their feelings of grief and loss through words. The use of art, creative materials, and "play" offer children a unique opportunity to express their feelings nonverbally.”

— Michelle Muniz, LPC-S, RPT, Program Operations Manager
Drama Therapy

Dramatic play enables children to gain perspective on real-life roles and patterns and to experiment actively with alternative responses to loss. Through drama, children utilize their most precious resource — their imagination. On stage, they have the power to reenact or recreate events, concerns, dreams and fears associated with their death loss. Drama is a valuable medium for the exploration of emotions because it encourages children to try on different roles within their own grief story. The ability to rewind, fast forward, and cut enables children to feel a sense of control in an otherwise out-of-control storyline. Drama therapy enhances insight and perception from multiple perspectives as children work through their loss in a safe environment.

Madeline and her sister Megan came to the Center after their father died suddenly from a cerebral aneurysm. Madeline was very young at the time of her father’s death, but is now, at the age of four, beginning to understand and feel the real impact of her loss. She and her sister love acting and role playing in the drama studio. Dramatic play allows children to explore their feelings of loss from different points of view while weaving a narrative that is never beyond their comfort level or control. Engaging with other children who have experienced similar losses further strengthens Madeline’s ability to overcome her grief, with the comfort of being surrounded by others who understand what she’s going through.

“In an atmosphere where children often feel out of control, the arts serve as a therapeutic healing tool, reducing anxiety and loneliness while allowing children to cope with their feelings about death.”

— Patricia McNaught, LPC-S, RPT-S, Clinical Director
Statement of Activities

**REVENUE BY SOURCE**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Individual Contributions</td>
<td>288,524</td>
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<tr>
<td>Corporate Contributions</td>
<td>1,228,524</td>
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<tr>
<td>Private Grants &amp; Foundations</td>
<td>35%</td>
</tr>
<tr>
<td>Special Events</td>
<td>19%</td>
</tr>
<tr>
<td>Total Revenue &amp; Other Support</td>
<td>1,695,650</td>
</tr>
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**Expenses**

| Program Services                    | 459,644  |
| Community outreach                  | 229,821  |
| Total Revenue & Other Support       | 689,465  |

**SUPPORTING SERVICES**

| General & administrative Fundraising | 91,929   |
| Total                               | 191,389  |

**Total Expenses**

<table>
<thead>
<tr>
<th>Amount</th>
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<tbody>
<tr>
<td>711,287</td>
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**INCREASE IN UNRESTRICTED NET ASSETS**

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<thead>
<tr>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>309,237</td>
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</tbody>
</table>

**TEMPORARILY RESTRICTED NET ASSETS**

| Contributions & grants | 368,860  |
| Net assets released from restrictions | 427,806  |

**INCREASE (DECREASE) IN TEMPORARILY RESTRICTED NET ASSETS**

<table>
<thead>
<tr>
<th>Amount</th>
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<tbody>
<tr>
<td>98,052</td>
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</table>

**Mission Delivery (Showed as a percentage of revenue)**

| Service Delivery & Program Development | 81%     |
| Management & General                   | 11%     |

**MISSION DELIVERY**

- Service Delivery & Program Development: 81%
- Management & General: 11%
- Development: 9%
- Net Assets, Beginning of Year: $2,986,864
- Net Assets, End of Year: $3,229,155

**2010 Contributors**

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- Mr. & Mrs. Charles Broun
- Mr. & Mrs. David Brown
- Mr. & Mrs. Donald Brown
- Mr. & Mrs. Joseph Blaschke
- Ms. Rachel Goeres
- Mr. & Mrs. Stephen Broder
- Ms. Sandra Broach
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- Mr. & Mrs. David Nelson
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- Mrs. Blair Perry
- Rev. Chip Pehe
- Mr. & Mrs. Chris Ruben
- Mr. & Mrs. Henry Sauser
- Mr. & Mrs. Douglass Shannon
- Ms. Patrice Shan"
Our Leadership

The CBCST Board of Directors is legally charged with the responsibility to govern the agency by defining the mission and participating in strategic planning to review our priorities, financial standing and goals. Directors ensure financial responsibility by approving the annual budget and ensuring compliance, contracting for an independent audit, and controlling investment and fiscal management policies.

Our Friends

Established in 2006, the Friends of the CBCST Board is a committee of volunteers dedicated to raising funds, increasing community awareness and supporting our charitable and educational mission. This work includes planning and hosting the annual Hearts in Harmony Gala, our signature fundraising event; as well as hosting other special events and increasing financial support and recruiting new Friends for the CBCST.

Our Volunteers

Volunteer recruitment and development is imperative to the success of our agency. The CBCST does not charge a fee for peer support programs; and as a result, we rely heavily on the tireless efforts of our interns, practicum students and community volunteers who commit more than 10,000 hours annually and make it possible for us to serve more children and families.

The images throughout this report demonstrate the love and dedication of Linda Fugit. Thank you Linda for making our house a home.