

## CBCST Volunteer Opportunities

The Center 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 any the following ways:

- Become a trained support group facilitator
- Sponsor and serve dinner to a support group
- Donate items from our Wish List, located at [www.cbcst.org](http://www.cbcst.org)
- Join the *Friends of the Children's Bereavement Center of South Texas*

For more information on how you can get involved, please visit our website at [www.cbcst.org](http://www.cbcst.org) or contact the Volunteer Department at (210) 736-4847.

## Help Mend Healing Hearts

The Center is a 501(c)(3) nonprofit agency and completely supported by donations from individuals, foundations, and corporations. Your contribution is always needed and appreciated. Please call today to make a donation at (210) 736-4847 or make a gift online, visit our website at [www.cbcst.org/donate](http://www.cbcst.org/donate).

## Our History

Since its founding in 1997, the Children's Bereavement Center has grown into a healthy, viable organization that serves more than 1,400 children and their caregivers mourning the death of a loved one each year. The organizational model adopted by the Center is considered by child-centered grief support experts to be among the most progressive and effective models in the nation. Children and their family members come to the Center in search of healing. They have left their marks on us and on the hearts of all those who are still to come. Our walls are decorated with photos and paintings of loved ones, and messages communicating their new found strength in healing. The Children's Bereavement Center is beautiful, and one of many elements that makes our "home with a heart" a warm and wonderful place to be.



The Spirit of  
Healing  
Lives  
Here.



205 W. Olmos Drive | San Antonio, Texas 78212  
phone: (210) 736-4847 | [www.cbcst.org](http://www.cbcst.org)



“The grief could only end if a place could be found for it to begin.”  
— Molly Fumi  
*Best Selling Author and Bereaved Parent*

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*Let us be the place for your beginning.*

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## 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 may also be present, such as loss of appetite, memory, sleeplessness, and lack of concentration. At the Center we believe that each person's journey through grief is unique and therefore deserving of a distinctive approach to healing. We help children and their caregivers understand the depth of their grief, stabilize and preserve family relationships, and cope with the loss of their loved one.

## Support Programs

Our **peer support group programs** bring together children, teens, and their caregivers 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 are offered at *no cost to families*. Each group meets twice a 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, all of which help process their feelings of grief.

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## *Healing Hearts In Grief Together*

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We also offer an array of **counseling services**. Our licensed professionals provide 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, expanding and deepening the personal skills needed to help cope and adjust to challenges of grief and loss. Whether your family has experienced a prolonged period of grief or a sudden death, we are here for you.

The Center also partners with area hospices to offer **Anticipatory Support** for children facing the imminent loss of a parent or sibling. Upon request, a licensed professional counselor will come to the home to help communicate with and comfort the children through the journey of the death of a loved one.

## Get Connected

Prior to enrolling in a grief support program, families attend an individual counseling session, at no cost to the family. To schedule an individual session, please contact the Programs Department at (210) 736-4847.

## Grief Education Institute

We offer community presentations, crisis intervention, and an array of professional educational trainings. We also provide continuing education credits to social workers and licensed professional counselors. The fee schedule for trainings and crisis intervention varies.

Warm Line services are also available to school counselors, clergy and hospice staff who are working with immediate and complex situations involving bereaved children and teens. The Warm Line is staffed by a mental health professional from Monday through Saturday from 10 AM to 8 PM.

For more information on our outreach and training services, please contact the Program & Education Department at (210) 736-4847.

