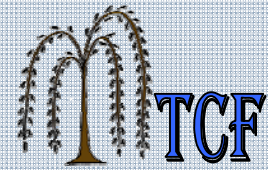


The Cooper Chronicles

November 2007



*A Non-Profit Organization for
Grieving Families*

Macy's Shop for a Cause was a Huge Success!

On Saturday, October 13, 2007 some very enthusiastic TCF members spent their day at Macy's in Willowbrook Mall to help raise funds and spread awareness about The Cooper Foundation. Belinda Denman, Lisa Locklin, Dee Dee Wheeler, and Melissa Fogarty worked the crowd earning money by selling Macy's coupons for

Macy's National Shop for A Cause Day! Not only that, but they won the Macy's competition out selling the other non-profits in the area and earning a bonus from Macy's. It was our record fundraiser to date and a lot of fun!

We will be having more fundraising events soon. We invite you to join us to support this great cause.

*A Safe Place for Kids
and their families to
grieve.*

Upcoming Events

Belinda Denman, President and Founder, has been invited to speak at upcoming counselor's meetings for Tomball and Cy-Fair school districts in the month of November. It's a great opportunity to reach out to the schools in hopes of spreading the word to families in need of grief support. Her presentations will focus on why the foundation was created and

to provide information on the new peer support groups for children and teens located in Tomball.

If you know of an organization that would like to hear more about The Cooper Foundation, please email us

Peer on Peer Support Groups

- Our children's groups (6-12) consist of talking circles and a time for unstructured play. Play activities are important grief work times for children because they express their grieving through language and creative play with others.
- Our teen groups (13-18) provide time to discuss death and grief issues with peers and trained adults. Some teen groups will choose play activities as well.
- Our adult groups provide an opportunity to discuss concerns about raising children in grief, plus time to share experiences of own personal grief.

** You don't need to be a counselor to be a volunteer. Just a caring person willing to listen!*

Good Grief Corner

How to Comfort Someone Who is Grieving

Encourage Expression of Feelings. Allowing the grieving person to express his/her feelings may be a huge help. Try to listen without offering advice or interrupting them. Letting them share memories and talk about their loved ones may help him/her to feel better.

Be Patient. It is normal for the mood of those grieving to fluctuate. It takes time to heal, so be patient and allow them to grieve at their own pace.

Ask If You Can Help. Offering help can be very comforting. Running errands that need to be done may reduce stress as well as offering support.

Encourage Seeking Help.

Sometimes a grieving person may need to join a support group or seek professional help in order to feel better. Assist him/her in finding a group and/or making an appointment with a professional.

Send a card. Send a card and write a personal message inside to show you care and you're concerned

Be Sensitive. Certain times for the mourner may be harder than others. Holidays are an especially hard time since it is a time to celebrate with friends and family. Be sensitive to their feelings.

Calendars

Volunteer Calendar:

January 9th: Facilitator Training

Join us from 5:00-5:30 for a meet and greet (dinner provided). Training will be held from 5:30-9:00.

January 16th: Facilitator Training

This is the 2nd night of training from 5:30-9:00.

* Both nights are required training.

To sign up for the training, please email info@thecooperfoundation.org



Support Group Calendar:

January 23rd: Family Orientation Night. Join us from 7:30-8:30 for information on our support groups.

January 30th: Support Group. Peer Support groups will be held from 6:30-7:45.

All trainings and support groups are held at Tomball Community Center located at 221 Market Street in Tomball, TX.

The Cooper Foundation

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Web Site:

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*A Non-Profit
Organization for Grieving
Families*

Donations of the Month

Andrea Barnes

Kevin and Jeannie Spears

Susan and Jeffery Smith

David and Jetty Fahle

Howard and Kevin Green

Allen and Nancy Locklin

Dennis Cavner at Waxman, Cavner, and
Lawson

Special Thanks to:

Dennis and Beth Price

Lee Ann Shaver

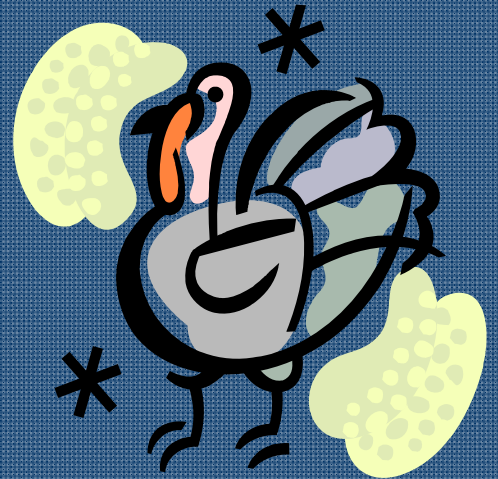
Wish List!

If you can supply any of these items
please call 832-623-9966 or email us at
info@thecooperfoundation.org

- Printing
- Small exercise trampoline
- Stamps
- Tables, chairs, easels (for Art)
- Tea Candles
- Cash Donations

* All donations are tax deductible.

*TCF would like to wish everyone a
peaceful Thanksgiving. Here at
TCF we are thankful for family
and friends that share our
memories.*



**The Cooper Foundation is a family-centered service that provides
support at no cost to families.**

**We provide a place that fits children and their world, rather than
fitting children into an adult world.**