

The Cooper Chronicles

December 2007



Announcing a New Home for TCF!

The Cooper Foundation is excited to announce the new location of The Cooper House. Our house is located on Holderrieth Blvd in downtown Tomball. The house has a "talking room" devoted to the circle time portion of the groups. The

Cooper House also has a "high energy" room, an art niche and a puppet theatre, as well as, an area for adults to meet. The house will be a warm and comforting place for families to come together.

Visit us during our Open House on December 13th.

Founder's Corner

I just want to say a special thank you to everyone that came out on "Spruce Up Sunday". Our new house is going to be a great place for kids and families.

Last month, I met with the counselors from Tomball ISD and Cy-Fair ISD. I really appreciate them allowing me to be on their meeting agenda. Both groups gave me a very warm welcome and already have families at their schools in need of grief support. I am looking forward to continuing

to work together to provide support to the kids in their schools.

Please remember the holiday season is very hard for families that have lost a loved one. Reach out to someone and let them know you care.

Hope to see you soon!

Belinda Denman

If you know of an organization that would like to hear more about The Cooper Foundation, please email us at info@thecooperfoundation.org.



A Non-Profit Organization for Grieving Families

A Safe Place for Kids and their families to grieve.

This year is almost over. Make a donation now for your 2007 tax deduction.

The Cooper Foundation
Invites you to
Our Open House!

**Thursday,
December 13th
6:30 to 8:30 pm**



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.
- **Young adult groups (19-24)** provide time to discuss death and grief issues with peers going through similar circumstances.
- 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!*

Volunteers of the Month!



Volunteers spent the day of December 2nd cleaning, painting, and planting at the new Cooper House. Vanessa Hulsey (left) was a big help in the kitchen. Peggy and Daniel Word drove all the way from Austin to lend a hand with the painting! Thanks Team Cooper!

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
109 Holderrieth Blvd in Tomball, TX.*

Directions: Turn South (CVS on corner) off of 2920 in Downtown Tomball. The house is the first house on the left across from Skelton's Business.

The Cooper Foundation

P.O. Box 953

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Phone: (832) 623-9966

E-Mail:

info@thecooperfoundation.org

Web Site:

www.TheCooperFoundation.org



*A Non-Profit
Organization for Grieving
Families*

Donations of the Month

Scott and Pamela Reichardt

Jimmy Seiford with Signature Media Solutions for the printing

We would like to thank Kim Ayres for having donations made to the The Cooper Foundation in memory of her mother, Shirley Harris.

Vick McComas
Connie Beltran
Sheela Patel
Susan Smith
Kathy Chambers

Craig Churchill
Cheryl Chandler
Kathleen Voltz
Jan Kelley
Judy Helvey

Special Thanks to:

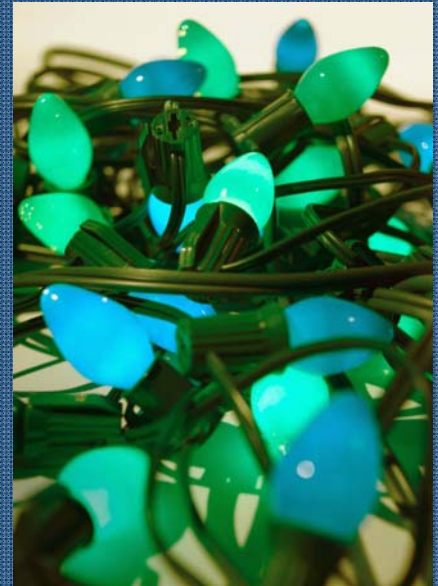
Neven and Nancy Hulsey whose continued support encourages and inspires us to do our best!

Wish List!

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

- Printing
- Stamps
- Art Supplies
- Picnic Bench
- Play-doh
- Cash Donations

Don't get tangled in the stress of the holiday season! Take time to remember loved ones!



Good Grief Corner!

Ideas to help those grieving get through the Holidays!

1. Share memories of your loved one!
2. Start a new ritual or tradition!
3. Take time for yourself!
4. Share feelings and emotions with others!
5. Don't expect others to know how to help you! Communicate what you need!

6. Join a support group to be able to talk to others that are experiencing the same pain!
7. Remember the positives in your life.
8. Volunteer for a charity organization!
9. Cry! It's ok to be sad. You are missing your loved one!
10. Breathe! The season will be over soon!