

The Cooper Chronicles

February 2008



The First Support Groups Started!

The Cooper Foundation is so proud to announce that our first teen and children groups have started and we are getting more calls everyday. School Counselors, Hospice and MD Anderson have started referring families to The Cooper House. The first

step for families is to attend family orientation. 100% of the families that have gone to orientation have started in a group. We are happy they feel we will be able to provide support. We will be starting more groups to help more grieving families.

Founder's Corner

"Build it and they will come"

When my youngest son died two years ago, I struggled to find a place close to home to help my teenage son with his grief.

The Cooper Foundation was created to provide support to other families like mine.

After lots of work to get organized, we have finally gotten started with the groups. It feels awesome to know that we will be able to touch so many lives.

I want to say thanks to the counselors at Waller ISD who invited me to speak to them about grieving children and the need for support.

I would like to encourage all of you to get involved. We need all kinds of volunteers. If any of you have corporate connections, we would love to hear from you. Because there is no charge to families for our services, we will be starting our fundraising push soon. Come join us!

Renewed Hope,

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.

Pictured above is our "Willow Tree" Quilt made by Mrs. Maugans. The children and teen groups will add the leaves with their loved ones name.

Family Orientation Night
March 27th
6:30-7:30

Families join us for a tour and information on The Cooper House.



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!*



Attention: The Cooper Foundation is now forming a Fundraising Committee. We need volunteers to help plan for future events. If you would like to be a part of the committee please contact Melissa Fogarty at Mfogarty@thecooperfoundation.org. There is no training necessary and meetings will be held once or twice a month.

Volunteer of the Month



Lisa Locklin has been with The Cooper Foundation from the very beginning. Her dedication and hard work are very important to the organization; however her attitude and cheerfulness are what really helps. She is the biggest cheerleader with biggest heart at the Cooper House.

Thanks Lisa for all you do!

Calendars



We have families calling everyday for support. We are in need of facilitators to help with the groups. Please join us in making a difference in the lives of grieving families.

Volunteer Calendar:

April 17th: 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.

April 19th: Facilitator Training: 2nd day of training from 9:00-1:00.

* Both days are required training.

To sign up for the training, please email info@thecooperfoundation.org **BY APRIL 14th**.

Support Group Calendar:

March 27th:
Family Orientation Night.
Join us from 6:30-7:30 for information on our support groups.

If you are a family or you know a family that needs grief support, please contact us to find out more and reserve a spot!

Info@thecooperfoundation.org
or call (832)-623-9966.

All trainings and support groups are held at 109 Holderrieth Blvd in Tomball, TX.

Directions: Off of 2920, turn south on to Holderrieth (CVS Drugstore on corner) in Downtown Tomball. The house is the first house on the left across from Skelton Business.

The Cooper Foundation

P.O. Box 953

Tomball, TX 77377

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

TCF would like to extend a special thank you to Glenn Fritchie and British Petroleum for making a \$500 corporate donation.

In addition, we would also like to thank Tom Mataway for donating a microwave oven for the Cooper House.

A very special thank you goes to Lynn Maugan for making our "Willow Tree" Quilt. It's perfect!

Wish List!

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

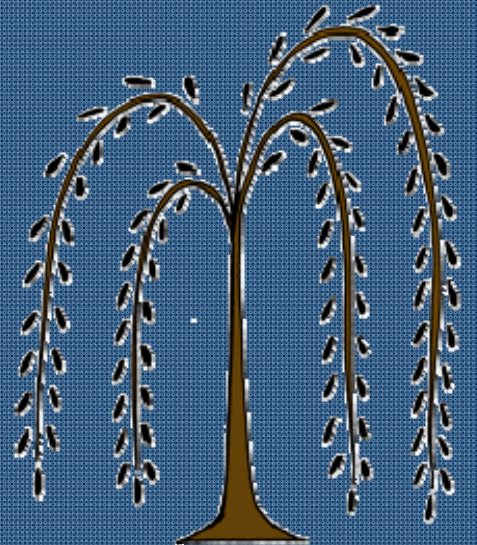
- Printing
- Trash bags
- Paper towels
- Picnic Bench
- Goldfish snacks
- Cash Donations

Hope Renewed

Sadness strangles me
Sorrow suffocates me
Despair devours me
There
is
nothing.

A baby's breath on my cheek
The flutter of a dove's wing
Darkness fades into light
Hope?
I
reach
out.

Lisa Locklin



Good Grief Corner!

How Elementary School-Age Children Express Grief and Ways You Can Help

How Elementary School-Age Children Express Grief

- Inability to focus
- Declining Grades
- Forgetfulness
- Disruptive Behaviors
- Isolation or withdrawal
- High need for attention
- A need to check on surviving family members
- Insecurity
- Preoccupation with death
- Fear, guilt, anger, regret, sadness
- Stomach aches, head aches, heartaches
- Nightmares
- Low energy and loss of appetite

Helping the Grieving Elementary School-Age Child

- Listen without giving advice
- Answer the questions they ask honestly. Don't lie.
- Encourage routine
- Talk about the person who died
- Provide art and play time
- Allow for all types of emotions
- Create a "safe place"
- Help Child identify support system
- Inform the child's teacher about the death
- Don't force kids to talk
- Allow the child to have choices
- Encourage participation in support group

Taken from The Dougy Center