



Dr. Jay Children's Grief Centre

A home for grieving hearts

Building Strength, Resilience and Hope



**ANNUAL
REPORT
2018-2019**

Message from our Board Chair and Executive Director

Dear Friends

In 2015, when the Dr. Jay Children's Grief Centre established itself as a charity, we adopted a butterfly as the central image in our logo. The metaphor inherent in that image is truly reflective of the theme of this past year: transformation. In 2018-19 we were called to become something else, something more (to undertake more complexity in our service delivery and with greater numbers of clients); and to do so with less (it's the final year of funding comprising 1/3 of our total budget).

The Centre is confronting the reality that for years it's relied solely on the generosity of community donations and an assortment of foundation grants to keep the doors open. In the face of a changing client base and dwindling financial resources we had to dig deep and make some tough decisions. So, we embarked on a strategic planning process; a rigorous review of the service delivery model and offerings and a retooling of our infrastructure.

We began by unpacking the challenge of our waitlists for new clients; sustained demand for palliative services delivered in the community (in homes and hospitals); and the fact that we are seeing more families impacted and bereaved by overdose, homicide, gun violence, suicide, accidents, and medical assistance in dying (MAID). Thanks to a grant from the Robert Kerr Foundation, our staff were able to engage in trauma-informed clinical training to better serve clients facing complex grief.

We were nimble in responding to community programming needs by innovating. For example, we've expanded our group services such as the concurrent caregiver/children's group after delivering a successful pilot. With project funds from the Toronto Urban Health Fund (TUHF) we partnered with several community agencies, hospitals and TDSB to create tools for families and professionals facing the stigma of death due to overdose. We collaborated with Canadian Virtual Hospice to develop resources to assist children, youth and families where a loved one has chosen medical assistance in death (MAID).

The Centre continues to contribute to capacity building in the children/youth grief space with our long-time partners such as the Cree Nation of Mistissini and the Children and Youth Grief Network.

The strategic planning process will be finalized by the end of fiscal year 2019 -20. It will serve to light the path toward our vision as a Centre of Excellence. Key operational starting points include: a diversified fund development strategy; enhancements to our research and evaluation resources to ground our programming in evidence-based approaches; and capacity building with youth, other professionals and community agencies. We are excited about streamlining the intake process for counselling services; piloting additional group programs; expansions to Camp and Youth programs; and a commitment to engaging volunteers, youth and students across our operations.

The Board and Staff of the Dr. Jay Children's Grief Centre are so very grateful for the ongoing backing and inspiration from our donors, volunteers, clients and colleagues. You have come through for us when we needed you the most. We know that together we will journey forward with hope and resiliency. We will continue to push the envelope. The Centre will evolve and reinvent itself in ways that ensures service excellence, accountability, sustainability and maximum impact in supporting grieving kids, youth, their caregivers and the broader community.

Warmly,



Barbara Slater
Chair, Board of Directors



Sue McWatt
Executive Director



Dr. Jay Children's Grief Centre

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www.drjaychildrensgriefcentre.ca

Charitable No. 84153 6980 RR0001



OUR TEAM

Staff:

Sarah Henderson, Executive Director
Sue McWatt, Interim Executive Director

Michelle Bowbyes, Fundraising Administrator
Rebecca Diamond, Camp Erin Director
Ceilidh Eaton-Russell, Research & Evaluation
Victoria Pileggi, Research & Evaluation
Becka Soyka, Intake & Volunteer Coordinator
Alice Tringham, Operations & Human Resources Advisor

Tara Field, Grief & Palliative Care Counsellor
Christina Lee, Grief & Palliative Care Counsellor
Colleen Mousseau, Grief & Palliative Care Counsellor
Tara Noble, Grief & Palliative Care Counsellor
Heather O'Brien, Grief & Palliative Care Counsellor
Megan Porter, Grief & Palliative Care Counsellor
Lysa Toye, Grief & Palliative Care Counsellor



Board of Directors:

Barbara Slater, Board Chair
Michael Woolnough, Board Treasurer (2018)
Arthur Wenglik, Board Treasurer (2019)
Sue McWatt, Board Secretary (2018)
Gannon Loftus, Board Secretary (2019)

Dr. Jay Bacher, Director
Deb Galet, Director
Bonnie Prussky, Director
Jyoti Ramsinghani, Director
Paul Rolston, Director
Shirley Worth, Director
Susan Zikman-Wise, Director



Our Mission:

To provide care, support and education to grieving children, youth, families and communities around death and dying while building strength, resilience and hope.

Our Vision:

To build healthy and compassionate communities to support children, youth and families living with dying, death and grief.

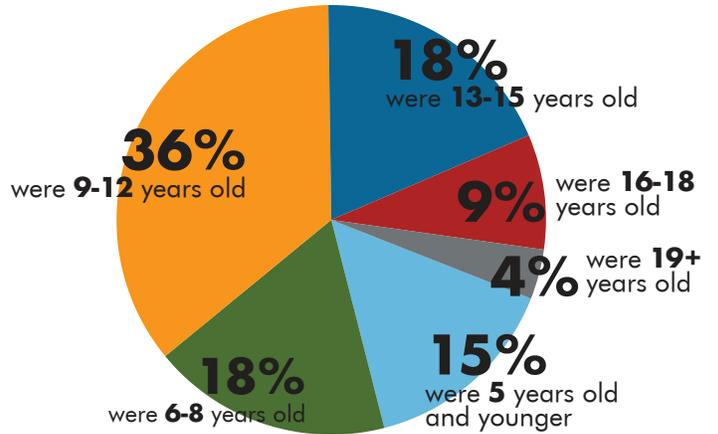
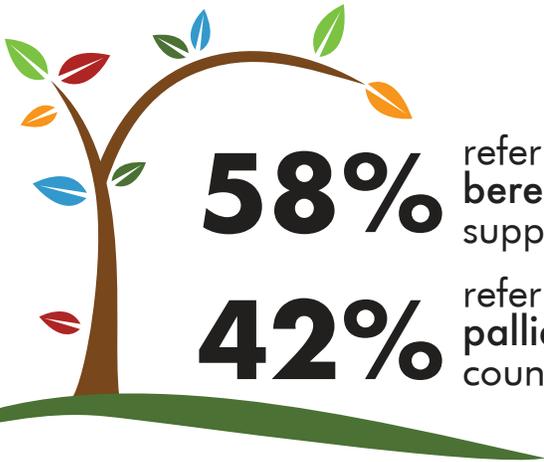




2018-19 CLIENT REFERRALS:

A Clinical Snapshot

This year, our Centre received referrals for **156 new families**, representing: **287 children and youth** being cared for by **243 adults**.
Of all the young people accessing our service:

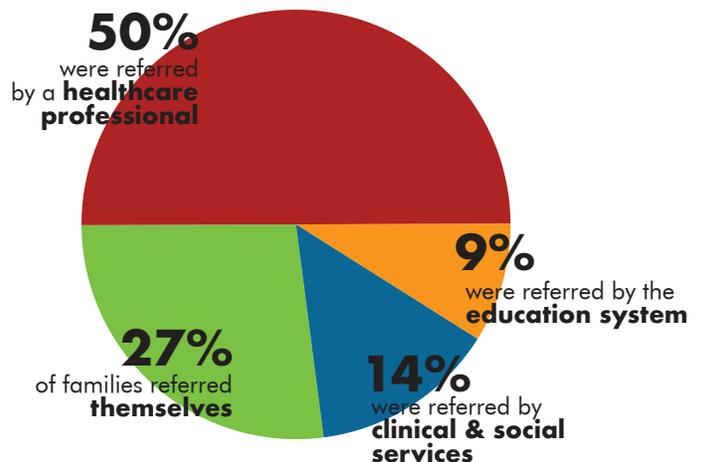
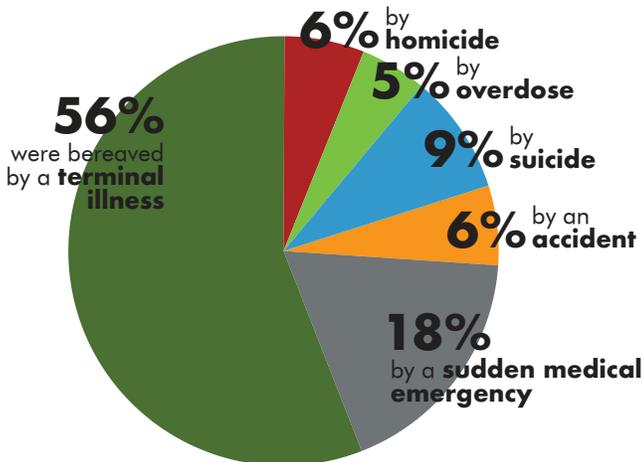


44.5% were grieving the death of their **father/step-father**

38.5% were grieving the death of their **mother/step-mother**

10% were grieving the death of their **sibling**

7% were grieving the death of their custodial grandparent



OUR IMPACT

I will never forget that Friday afternoon in July 2008 when I got a call that my husband Matthew had a seizure. It was followed by the most devastating news we could have gotten - a terminal cancer diagnosis. Matthew had a stage four glioblastoma and was given 18 months to live, three years if we were lucky. Our "perfect" life was turned upside down.

At the time, we had a young daughter, Brooke, and just getting through each day was a huge struggle. We had never imagined that our life at 32 years old would be full of surgeries, doctors' appointments and therapies. While life was not easy at all, we somehow mustered up the courage and energy to make our time together as happy as it could be. We had two more beautiful children - Zachary and Joshua - and did our best to treasure every moment for the few remaining years of Matthew's life.

In the spring of 2015, Matthew took a turn for the worst and we sadly lost him that summer. Matthew passed away on August 27, 2015.

I worried endlessly about my kids, while Matthew was deteriorating and then after he died. I felt terrible about their obvious sadness and their questions and comments about feeling different from other kids who had a dad. It all made me increasingly anxious and depressed. When the palliative care team suggested I have therapists from Dr. Jay come to speak with the kids, I knew it was the right thing to do. Tara, our therapist, was amazing! I was incredibly impressed with the way she played with them while handling their questions, comments and fears. I am forever grateful to Tara and Dr. Jay's. I truly believe that their expertise, strategies, help and guidance made a huge difference in the way my children and I have managed our grief and bereavement.

We continued to receive invaluable help and support from the Dr. Jay Centre, through their monthly programs and Camp Erin. My children have met other kids who had also lost a parent, and they were given the strategies and tools they needed to help them deal with triggers, milestones, birthdays, celebrations, Father's Day, etc. Camp Erin was truly a game changer for my kids; those three days literally put the smile back on their faces.

Now, three years later, I am grateful and relieved to report that we are doing really well. We have a new normal and happy life, albeit with some ups and downs. I truly credit our current situation to the Dr. Jay Children's Grief Centre and all of the help and support they provided. No matter how prepared someone thinks they are, no one is ever fully prepared for dealing with loss and grief. Everyone's journey through grief is a unique one, but the one commonality in every situation is the need to work through it. As I have learned, there is great truth to the saying: "If you are old enough to love, you are old enough to grieve."

Heidi Wilk
(Bereaved Mother of 3)



CAMP ERIN HIGHLIGHTS

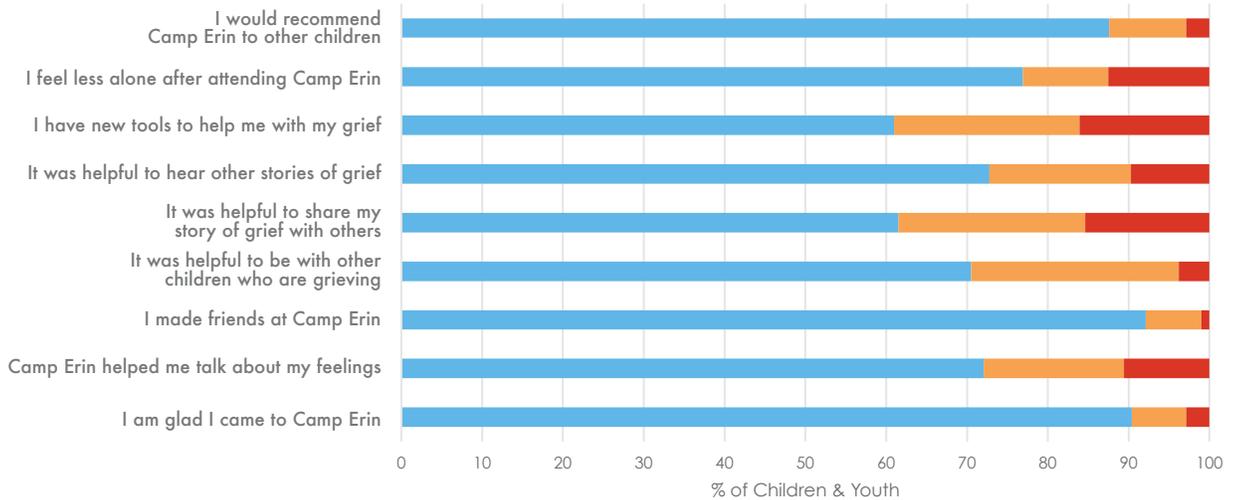
2018 marked our 10th Anniversary of Camp Erin Toronto, and what a special year it was. We enjoyed another incredible weekend at Camp Manitou, complete with sunny, warm weather, intimate ceremonies, and happy campers. We were thrilled to welcome 23 new, first-time volunteers, and implemented a new volunteer training day to orient the team to the Centre and the Camp Erin program. Two incredibly generous volunteers donated all the supplies for the beloved Illumination Ceremony, allowing each camper to take their finished lanterns home as a memory of their weekend. We also warmly welcomed camp staff from Manitou to participate in our ritual activities to honour their long-time Camp Director, who died just a few short weeks before Camp Erin. This was a moving experience for all of us at camp, especially our campers, who were able to see their experience mirrored back so powerfully by the adults supporting them.



107 Children & Youth **14** Leaders in Training **79** Volunteers **3** Days

PROGRAM IMPACTS

- No
- Not Sure
- Yes



"Camp Erin provided wonderful care for my child with the emotional support that is so greatly needed at this time. You provided an opportunity for my child to know that she is not alone and to make friends with others who understand her grief. You have also provided her with the goal to remain a part of your program and to help others like her as she gets older."
- Caregiver of a 2018 Camper

"Camp Erin Toronto helped me understand what happened to my mom and also helped me realize that I am not the only person that is going through this hard moment. It helped me understand that it is okay to show my feelings like feeling happy, sad, and confused. I loved all of my buddies and leaders and especially loved the activities. I hope this camp continues to help other people."
- 10 year old Camper

FAMILY NIGHT HIGHLIGHTS

294

Children & Youth

212

Caregivers

73

Volunteers

10

Events

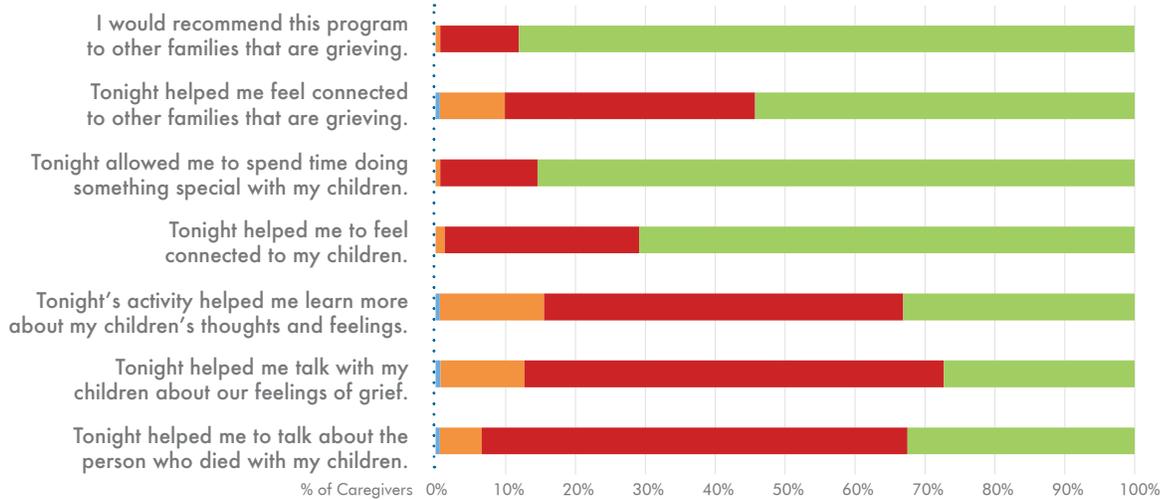
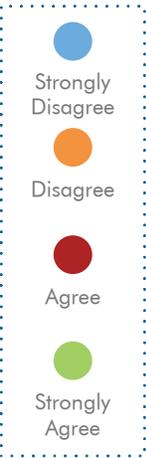
Family Night Events provide a chance for bereaved families to gather and build a community of support around the experience of grief. Family members are invited to participate in activities that encourage self-expression, in a space that allows the time and space to remember, honour and feel connected to one another and the person who died. This year, we ventured into a new partnership with Paintbox Bistro, a serendipitous union with a café also recognized for their social justice goals. Together, we have created an environment for family night that is beautiful, warm, and welcoming. We also welcomed the largest number of family participants in our history.



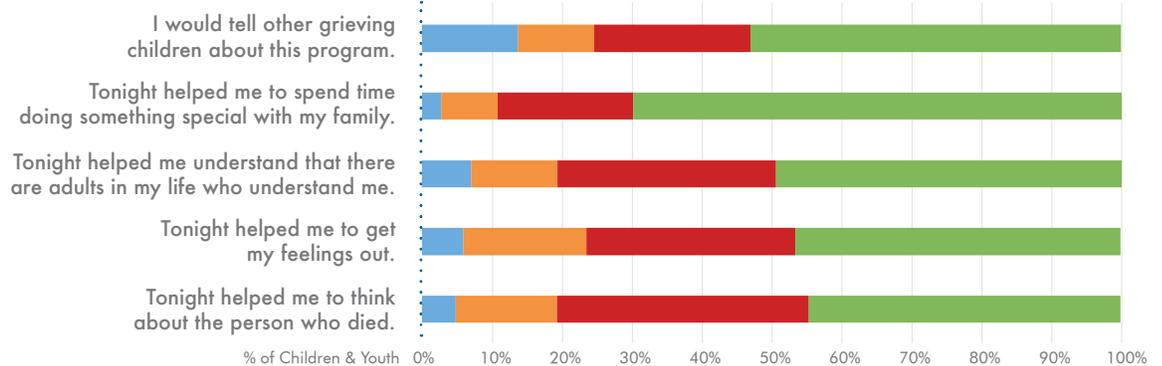
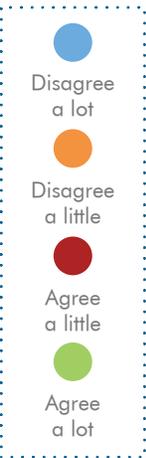
"The most important thing I learned tonight is that other sad things happened to other families and to not be shy to tell people. If I could tell another child who was grieving about this program, I would say, if you are sad or want to share your feelings, you can go to Dr. Jay's." – Child Participant

"We really value your efforts and the special time you create for the kids. This support makes the holiday time easier for us. You guys are awesome and do a great job." - Caregiver Participant

CAREGIVER IMPACT



CHILDREN & YOUTH IMPACT



YOUTH GROUP HIGHLIGHTS

The 2018-19 Youth Bereavement Program at Dr. Jay Children's Grief Centre was a huge success, once again. The program was well-attended and a wonderful sense of community, safety and understanding was established. As a group, teens told stories, explored new and familiar coping strategies to help them navigate their grief, supporting one another in their journeys. Youth provided a wealth of positive feedback to us about the impact the program is making on their daily lives. Many have continued to engage with their peers in a demonstration of friendship, and some have even begun volunteering with the Centre or pursuing education in grief counselling and social work.



16
Youth

13
Leaders in Training

2
Volunteers

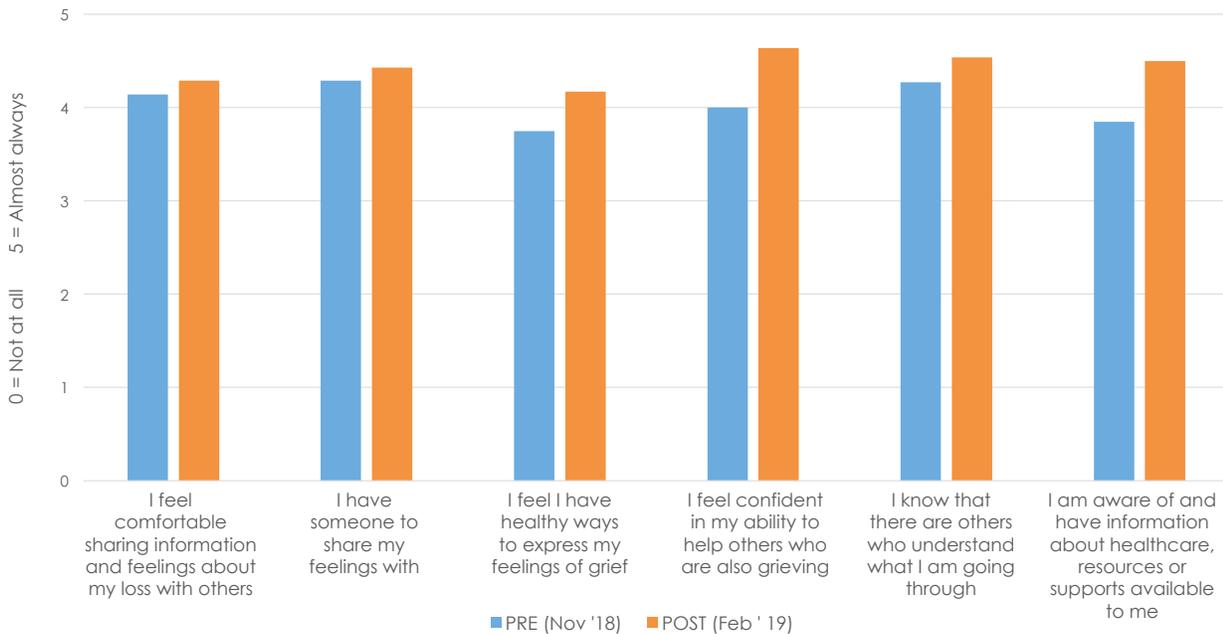
16
Sessions

"I decided to be an LIT at Camp Erin] to help other kids going through tough times. It was a great experience getting to know all the kids and being able to support them in their grieving. My favourite part was getting to know the kids on a much different level and having the ability to support them in a much bigger role." - 14 year old participant

"Beforehand, I had never met anyone who had a similar experience to me that was my age, so I feel more insightful and less alone." - 15 year old participant

"Now I feel that grieving is important. Before, I was always trying to push it away and lock it up. Now I can manage it." - 14 year old participant

PROGRAM IMPACT



CAREGIVER GROUP HIGHLIGHTS

21
Children

18
Caregivers

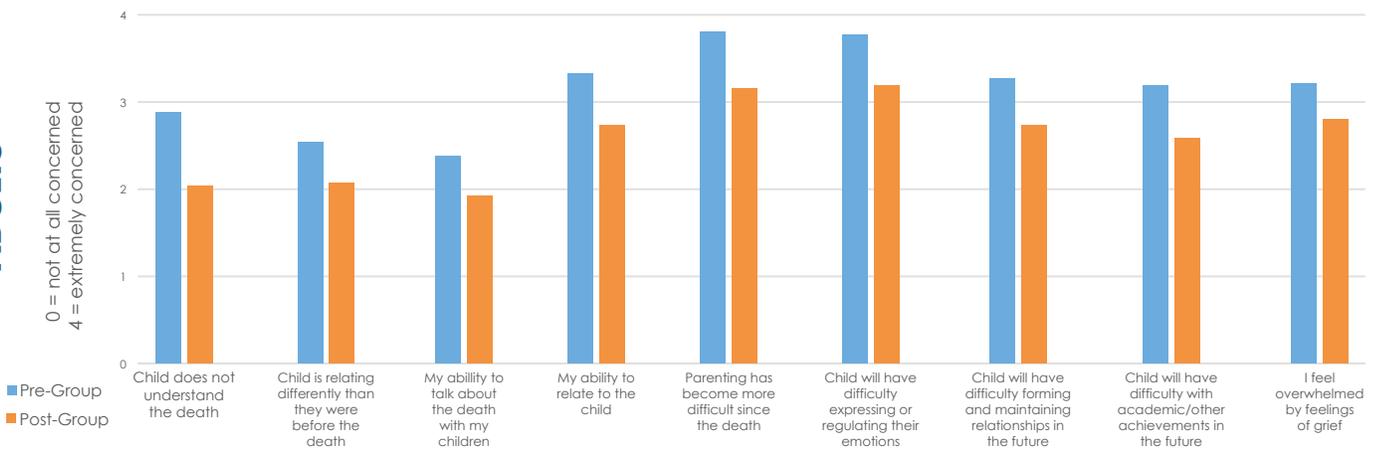
9
Volunteers

16
Sessions
(8 Biweekly per group)

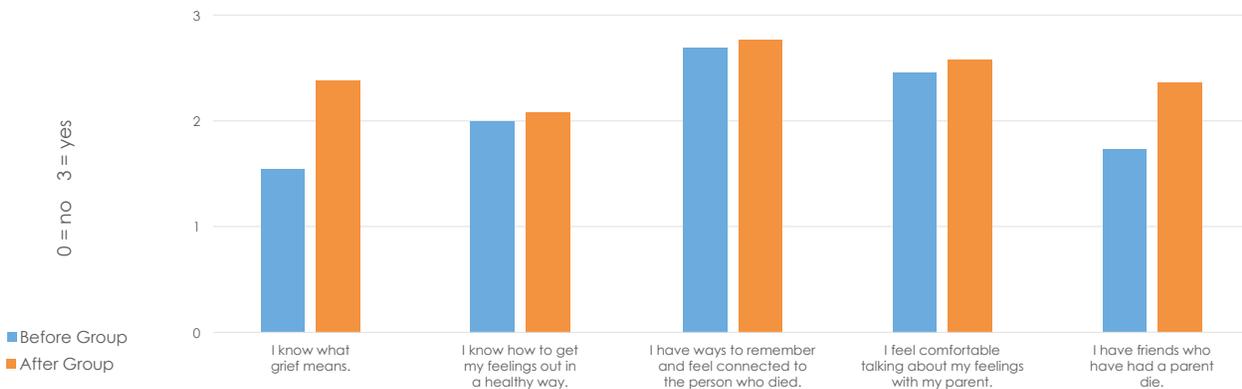
This year, we built on the successes of our pilot program and implemented two caregiver support groups with concurrent children's groups with support from the ALVA Foundation. This program offers a unique experience for caregivers to come together, share experiences and challenges as they navigate grief and child-rearing, and build a support network that continues outside of group. The children's group aims to provide psychoeducation about the impact of grief, increase healthy coping strategies and emotional literacy, while decreasing feelings of isolation by connecting children (ages 0-8) to their caregiver and peers.

Our first group was held in the Fall of 2018 (September - December) and our second group was held in the Spring of 2019 (February - April). With our bright new space, we were also able to host caregivers and children at our office for the first time. We were extremely privileged to welcome a past client and grieving father as a co-facilitator of our Fall group; his insights and lived experience enriched the group discussions and learnings. We also expanded our capacity to run this group by training an additional staff member to serve as a co-facilitator in our spring session. In January 2019, the Centre offered an alumni reunion for past and current program participants, and 13 caregivers attended. The concurrent children's groups, run by some of our incredible volunteers, were also a success; children explored their grief using discussion, art and play, while making new friends who understood their grief.

CAREGIVER GROUP - ADULTS



CAREGIVER GROUP - CHILDREN



"I feel more equipped to talk about the death of a parent more than before. I have really learned a lot about grief, its implications on parenting and childhood and how to relate what I've learned there at home with my kids."
- Caregiver Participant



OTHER CENTRE HIGHLIGHTS

RESEARCH & EVALUATION

Dr. Jay's is committed to evaluating all of our programs on an ongoing basis to ensure we continue to provide evidence-based and effective services. Using qualitative, quantitative and arts-based feedback, we make sure to connect with all program stakeholders (including children, youth, caregivers, volunteers, and community members) to ensure that our 1:1 counselling and group offerings are as meaningful as possible. With the advent of additional programming this fiscal year, we have collected and analyzed more program data than ever before, much of which is showcased in this report.

We also take part in various original and collaborative research initiatives to advance grief scholarship. In late 2017, the Centre received funding from the Golda Fine Fund at Mount Sinai Hospital to collaborate with Canada Virtual Hospice and other agencies to create a Question & Answer document and video series for caregivers supporting children and youth to understand Medical Assistance in Death (MAID). The newly published resource is now available on our website. In September of 2018, we also received funding from the Toronto Urban Health Fund to convene an advisory group of agencies and service providers in the GTA working in substance use, grief and education to study the impact of substance-related grief on caregivers and youth, and create a resource to support these families. We look forward to sharing the outcomes of this partnership in the months to come.

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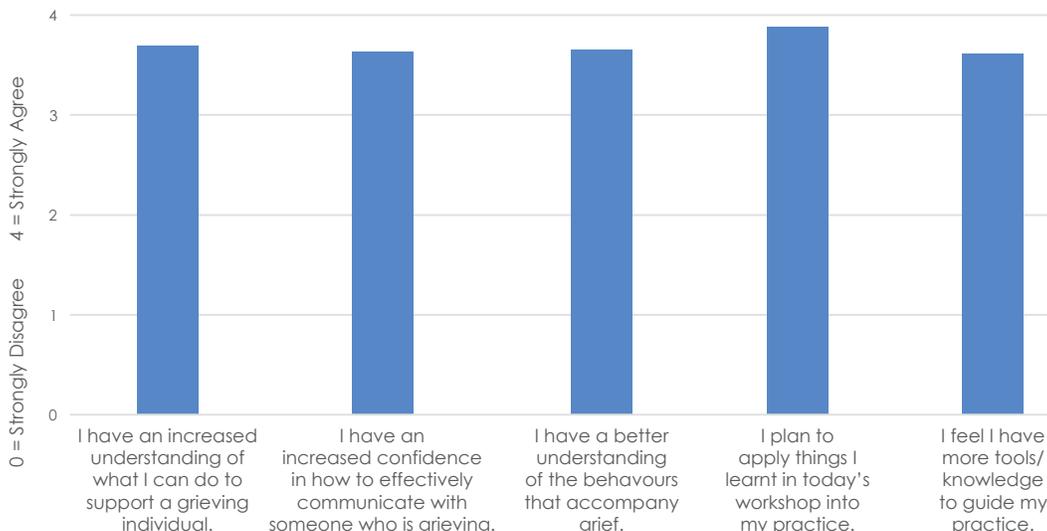


EDUCATION & TRAINING

Dr. Jay Children's Grief Centre has provided support and education to the community around death and grief for many years. Our clinical team continues to be recognized as leaders in the field of children's grief and bereavement as we provide regular consultation and training to health care professionals, children's mental health providers, boards of education, community partners and other adult allies. In 2018-19, we were invited to present to the Toronto District School Board Social Workers to support their work with grieving students. We were also asked to present to COTA, a community-based organization working with adults living with mental health and cognitive challenges. As part of our Camp Erin program, we hosted two volunteer trainings and one caregiver information session related to recognizing and supporting children's grief.

In addition to these community presentations, we hosted two successful caregiver information sessions at our Centre for the first time this year. The first session, held in September, focused on Grief 101, supporting caregivers to talk to their children about illness, death and dying. We then invited a guest speaker, Charlotte Paul, to host a session in November on financial planning after the death of a partner, and explaining financial transitions to young people.

PROGRAM IMPACTS



OTHER CENTRE HIGHLIGHTS

COLLECTIVE IMPACT

As members of the Children & Youth Grief Network (CYGN) in Peel Region, we supported the creation of a number of new and exciting grief resources. In November 2018, CYGN released their Grief & Death Education Toolkit, an initiative designed to help educators feel more comfortable addressing concepts of death and grief within the school setting. It includes an outline of death education, lesson plans, tip sheets, and resource lists that compliment Ontario curriculum standards for grades 4-10.

Together with Family Education Centre, CYGN also released 4 tip-sheets (available in 7 languages) and an e-learning course, *Weathering the Storm*, for grieving caregivers. The CYGN also received one year of funding from the Ontario Trillium Foundation to undertake new and exciting research on working with marginalized grieving youth; an initiative we are thrilled to support and report on in 2019.



AWAASH ISHPEYIMUWIN 2018: "CAMP HOPE"



The partnership between Dr. Jay Children's Grief Centre and the Health and Social Development Department in the Cree Community of Mistissini continues to grow and thrive. Together, the second annual Awaash Ishpeyimuwin "Camp Hope" that supports grieving children and youth in Mistissini, Quebec was a glowing achievement. We hosted 11 campers between the ages of 6 and 14, including two return campers from our 2017 camp. This August, we were joined by Kelsey Huson from the Jays Care Foundation to deliver the camp program, and we are grateful to Jays Care for their partnership and ongoing support of Centre initiatives. For the first time ever, we welcomed one of the community's child and family art therapists as a volunteer; an exciting addition to the program as it allows the children and youth of Mistissini to continue to receive grief support following their camp experience. Looking toward the future, we hope to extend our partnership and impact even further by including more

children and youth from different Cree communities in the James Bay region.

SOCIAL MEDIA

We continue to grow our social media presence, using multiple platforms to share news about our upcoming programs, successes, and helpful resources being shared in the community. We formally launched our Instagram handle (@drjaygriefcentre) in late March 2019, and are excited to share our growth in the next Annual Report. In the 2018-19 fiscal year, we increased our following and reached thousands of people with our content.

1125
Facebook Followers
138,000
Facebook Post Views

1300
Twitter Followers
80,900
Twitter Impressions

1862
Newsletter Subscribers

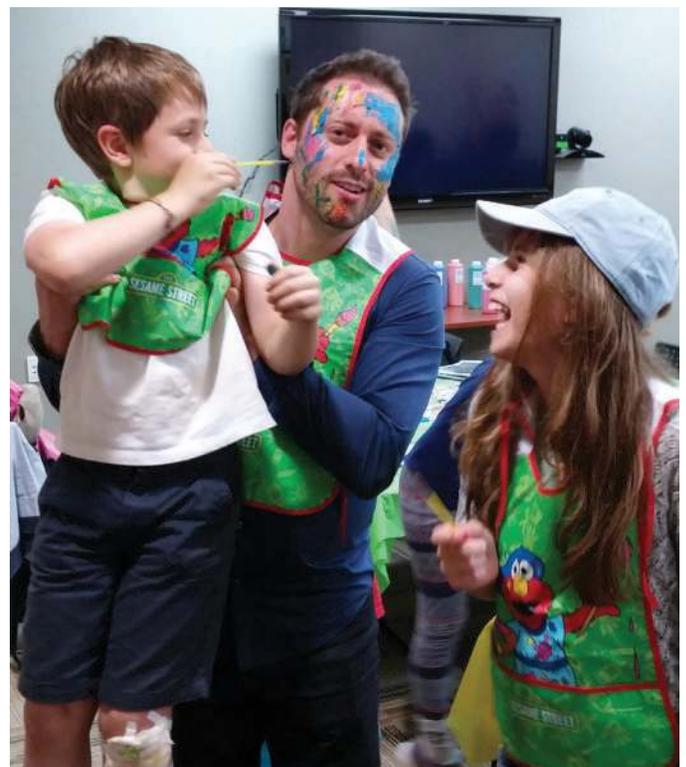
OUR VOLUNTEER COMMUNITY

OUR VOLUNTEERS

Our volunteers are a dynamic and essential part of our Centre. In addition to supporting administrative and fundraising tasks throughout the year, more than one hundred volunteers participate in one or many of our programs, including: our Board of Directors, Camp Erin Toronto, Youth Group, Caregiver Group, and Family Night. We are grateful to the individuals who give so generously of their time, passion and compassion. They help make everything we do possible.

To honour their dedication and hard work, we hosted a Volunteer Appreciation Event in October 2018. The evening was full of sharing memories and gratitude with many individuals who believe strongly in our vision and mission. We unveiled our volunteer recognition wall, and awarded our 2nd Harold Heft Award for volunteerism to Esther Rhee, a long-time volunteer of the Centre, who has supported Camp Erin, our Youth & LIT program, and our children's group. Esther is pictured in the photo on the right, receiving her award from Harold's wife, Suzanne.

In addition to the amount of time they give, our Camp Erin volunteers stepped up in a major way in 2018. For the first time ever, volunteers tapped into their networks to raise the funds to support Camp Erin 2019. Not only did this volunteer-led initiative raise thousands of dollars for Camp, it significantly raised the profile of Camp Erin Toronto. Special thanks go to "Dr. Hal" Berman, Lynda Fishman, Chantal Dougan, Erin Relyea, and Julia Rosenthal for their incredible fundraising efforts. We are so grateful to every single volunteer for their energy and enthusiasm, and their commitment to all of our programs.



DONOR RECOGNITION

ROBERT KERR FOUNDATION

ROBERT KERR
FOUNDATION

We thank The Robert Kerr Foundation for their on-going, multi-year investment in Dr. Jay's. In 2018, the Foundation's generosity enabled the Centre's clinical team to enhance its capacity to support our clients through professional development, specifically in the area of advanced trauma training. We are grateful to the Robert Kerr Foundation for its support, and for believing in the work we do at our Centre.

KATHY MORRISON GOLF TOURNAMENT



This August, Dr. Jay Children's Grief Centre were extremely fortunate to attend and be a recipient of funds raised through the 10th annual Kathy Morrison Memorial Golf Classic; a very special golf tournament supported by many friends and family of Kathy, Scott and their son, Mark. We are grateful to be able to honour Kathy's memory as well as her kindness and community involvement. Our staff enjoy learning more about Kathy and her legacy each year. We thank Scott, Mark and their community for continuing to give back (and have a fun day of golf) in celebration of Kathy's life.

KRG CHILDREN'S FOUNDATION



CHILDREN'S CHARITABLE FOUNDATION

KRG Children's Charitable Foundation has been a cornerstone donor of Dr. Jay Children's Grief Centre for more than 10 years. Our Youth Program has been funded by KRG since its inception in 2010. Since the start of our partnership, we have directly served over 125 teenagers, providing each of them with 1:1 and peer support, as well as leadership training and meaningful volunteer opportunities to share their experiences with other grieving children in the community. We thank KRG Children's Charitable Foundation for their extraordinary support in inspiring these future leaders.

JAYS CARE FOUNDATION



The Jays Care Foundation has been a founding sponsor of Camp Erin Toronto since its inception in 2008. Without their steadfast support, our camp would not be possible. In addition to their annual financial support of the program, Jays Care has also hosted our Camp Erin Toronto reunion and Gingerbread Family Night at the Rogers Centre; two special events which allow so many of our families to come together as a community, enjoy a special night of memory making, and support one another in their grief.

FIRKIN PUBS



The Dr. Jay Children's Grief Centre is tremendously grateful for the incredible kindness of Firkin Pubs, and its community members who participated in the 21st Annual Firkin Golf Classic. This year marked a huge accomplishment for this partnership, as they reached their goal of raising **1 Million Dollars** in support of Dr. Jay Children's Grief Centre! It is the philanthropic action of donors like the Firkin Group that have made it possible for the clients who need us to access the Centre's expertise and unique programming free of charge.

WECANASTA



The WeCanasta committee is a group of passionate and dedicated women, lead by Marilyn Bannack, who are committed to raising funds for under-resourced organizations to ensure they have the financial support they need to build healthier communities. The WeCanasta committee hosted two highly successful Canasta tournaments as fundraisers for our Centre. Thank you to the tourney organizers and Canasta players!

OUR DONORS

THANK YOU from all the children, youth and families we serve at the Dr. Jay Children's Grief Centre!

\$200,000+

Firkin Pubs

\$100,000 - \$199,99

KRG Children's Charitable Foundation

\$50,000 - \$99,999

Scotiabank Marathon/Run for The Dr. Jay Children's Grief Centre

\$25,000 - \$49,999

The Alva Foundation
Laurence Metrick

Robert Kerr Foundation

City of Toronto
(Toronto Urban Health Fund)

\$10,000 - \$24,999

Kathy Morrison Memorial Golf Classic

Bryan McWatt

The Sprout Foundation

\$5,000 - \$9,999

Arbor Memorial Foundation
The Moyer Foundation
The Pottruff Foundation

RBC Foundation
Richter
The Rotary Club of Toronto

The Tide Over Program/
Happy Moments Fund
Lysa Toye

\$1,000 - \$4,999

Alectra Utilities
Jay & Fern Bacher
Stephen Bacher
Marvin & Renee Bearak
Hal Berman ("Dr. Hal")
Mark Bernstein
Eric Chan
Michael Dab
Jason Feldman
Fuad Frank Daniel
Lorne Glass

Stephanie Gower
Green Shield Canada
Ross Hamilton
Harkel Office Furniture
Norma-Jean Hogg
Joseph B. Lubotta Charitable Foundation
Cindy Leff
LivWise Foundation
Leilany Mandlsohn
Robin McLernon

Tim Milligan
Mount Sinai Hospital
Jason Nyman
Rogers Communications Canada Inc
Zanvel Stern
Carolyn Stinson
Glenn Wallace
Marilyn Walton
John & Josie Watson
Sharon Wilmot

\$500 - \$999

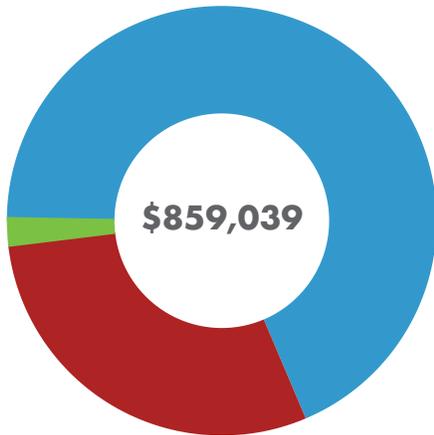
Marcy Bacher
Steven & Marnie Bacher
Aubrey Banack
Robin Bookbinder
Branksome Hall
Entertain Kids on a Dime
Randall Friedland
Bob Goodman

Fern Gordon
Bryna Hyman
Martha, McCarthy & Company LLP
Tonietta Mauro
Sue McWatt
Harold & Gilda Niman
Cyndy Rosenthal
Vivian Silverberg

Barbara & Marty Slater
Peter Slemmon
Susan Steffan
Simone Stenekes
TD Bank Financial Group
Elaine Yaffe
Mark Zaretsky

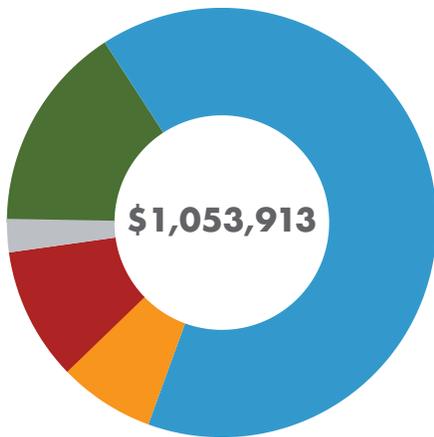
Please note: We strive for accuracy in our donor listings. Please contact us to let us know if we have made any errors or omissions in this document. This page captures all donations made in the 2018-19 fiscal year (April 1, 2018 - March 31, 2019).

FINANCIALS



REVENUE

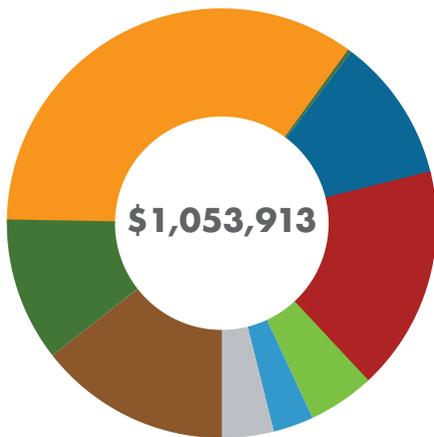
68%	Grants & Foundations	\$587,528
30%	Individual Donations	\$254,549
2%	Other Revenue	\$ 16,962



TOTAL EXPENDITURES

65%	Personnel	\$681,398
16%	Programming	\$166,403
10%	Building Occupancy	\$105,234
7%	Operations & Administration	\$ 77,088
2%	Amortization & Non-Recoverable HST	\$ 23,790

EXPENSES BY PROGRAM



35%	Counselling Services	\$368,870
17%	Family Program	\$179,165
14%	Administration & Fundraising	\$151,676
11%	Camp Erin Toronto	\$113,184
11%	Youth Program	\$114,205
5%	Volunteer Program	\$ 52,696
4%	Special Projects	\$ 42,500
3%	Research & Evaluation	\$ 31,617

NOTES:

1. This summary is based on the information in the Dr. Jay Children's Grief Centre 2018-2019 audited financial statements.
2. Copies of these financial statements may be obtained from the Centre or on our website.

