

Annual Impact Report 2025

*Fiscal Year 2024



A NOTE FROM THE EXECUTIVE DIRECTOR

Reflecting on the past year, I am most struck by the ripple effect of our work throughout the Cape & Islands. We are supporting 12 Hope Squads to provide evidence-based suicide prevention to nearly 8,000 students, and are meeting the needs of bereaved children, families and individuals by providing clinician-led grief support groups at our Harwich center, as well as satellite locations in Wellfleet, Sandwich, Nantucket and Martha's Vineyard and six local school districts.



We launched Grief 101 to build a grief-sensitive community, collaborating with libraries to offer this presentation in each of the 15 Cape towns and on both islands. In May, we held our largest Suicide Awareness Walk to date with 600+ walkers! And each bit of courageous conversation, shared information, and resources accessed by those in need creates ripples of hope and healing for our families, neighborhoods, and communities.

One example: recently a bereaved teen in one of our groups shared that there had been an unexpected student death in their school. They didn't know the student, but the two had mutual friends. The teen shared, "I knew just what to do to support my grieving friends because of what I learned in my group. I know I can't fix their pain, but I can be present and let them know I care about them. I can ask them to tell me about their friend." The work of Sharing Kindness is creating sustainable change in how people of all ages address grief and loss, stigma and mental health.

As you look through this impact report, please recognize the value and respect we hold for our staff, volunteers, funders, and community partners. Our board of directors continues to guide us in thoughtful and intentional growth to better serve our constituents. Together we are nurturing a healthier, more resilient Cape & Islands, with a vision of the future that will also include our permanent home, The Healing House.

Kimberely Mead-Walters, M.D.

CO-FOUNDER/EXECUTIVE DIRECTOR

WHO WE ARE

Sharing Kindness:
Building a grief-sensitive
and suicide-aware Cape &
Islands community.

BOARD OF DIRECTORS

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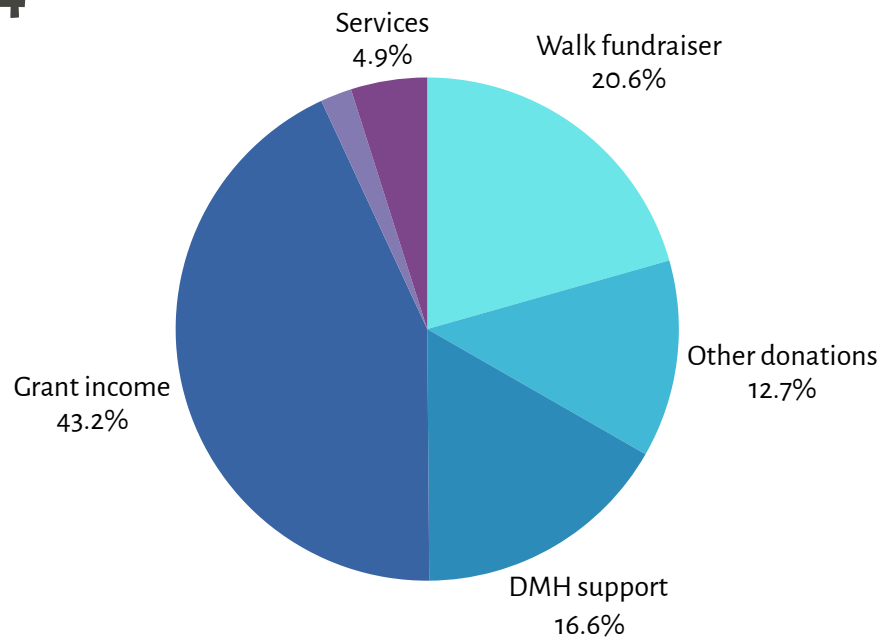


FINANCIAL OVERVIEW

Fiscal Year 2024

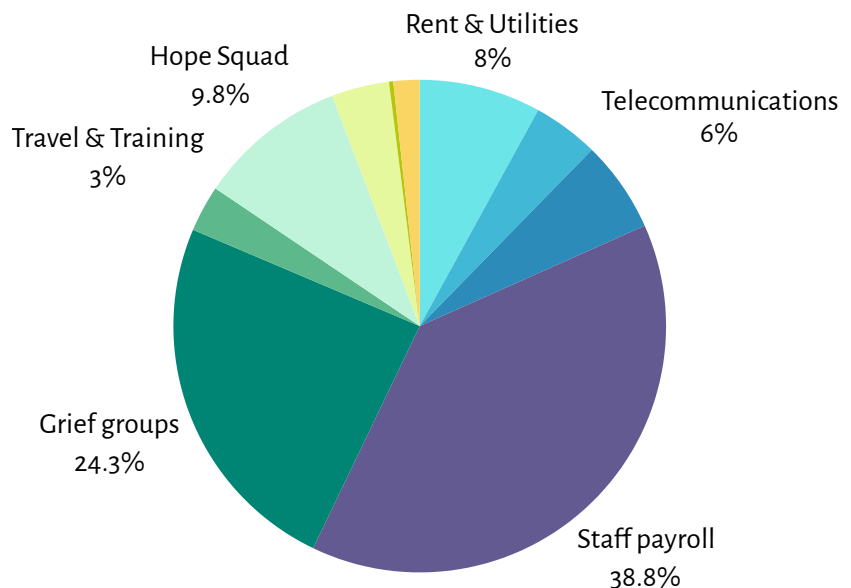
INCOME

Total: \$434,880



EXPENSES

Total: \$434,295



MAJOR FUNDING

The most beautiful trees can grow from the smallest seeds; in this sense, each contribution to our nonprofit makes a significant impact. With the help of amazing sponsors and donors, we can extend branches far and wide to reach each member of our community.



ROOTED BENEFACTORS

\$25,000+

The Cape Cod Foundation
Cape Cod Healthcare Foundation
The Federated Church of Orleans
Massachusetts Department of
Mental Health
Parent Information Network
Nicholas James Eastman Fishing
Tournament
Peter & Elizabeth Tower
Foundation
Seaside LeMans
Sharing Kindness Suicide
Awareness Walk



BRANCHING SUPPORTERS

\$10-25,000

Baskin's Ace Hardware
Brewster Baptist Church
Cape Cod Athletic Club
Kelley Foundation, Inc.
Lyndon Paul Lorusso Charitable
Foundation
Network of the National
Library of Medicine
Roessner Family Foundation
Second Summer Cycle



SEEDLING SPONSORS

Up to \$10,000

The Agnes M. Lindsay Trust
Broad Reach Healthcare
Cape & Islands District Attorney
Cape Cod 5
Community Foundation for Nantucket
The Cooperative Bank of Cape Cod
Dennis Union Church
E.J. Jaxtimer Builder
Falmouth Human Services Department
First Lutheran Church of Cape Cod
The Fund for Sandwich
The Kacie Project
Movember Cape Cod Challenge
Palmer and Jane D. Davenport
Foundation
Sean M. Gannon Memorial Fund

OUR IMPACT

"This is a very special mission-driven organization run by deeply kind and caring people. I feel blessed to have been welcomed into the fold."

-Peer grief support group participant

"It is the building of empowered and trusted student leaders that has made the Hope Squad exceptional and transformative for Falmouth High. The teachers' leadership that fosters confidence among the student members to be vigilant in the way they listen, they connect and they care for every scholar makes our school safer every day."

-Falmouth High School Principal Alan Harris

"For the first time ever, I did not feel crazy or alone in my grief. I was so relieved. These people from Sharing Kindness get it. They understand what it is like to be grieving."

-Chrystal Kellerman,
Grief101 attendee



"I'm very passionate about being part of Cape Vibes because I'd like to help break the stigma around mental health and make sure there are always resources for those who are struggling."

-Emma Gogol, member of
Cape Vibes for Healthy Minds
and Monomoy High School
Hope Squad

"Nantucket is one of the communities that has really struggled over the years with losing loved ones to suicide... so to have this group and have a place for people to come and meet others who have shared their loss is such a gift to the island, and just to the Cape overall."

-Amanda Wright, Suicide Awareness Walk attendee

"They supported us greatly in a really difficult time for us... and we feel like at times we're on the other side of it now, and we just want to give back."

-Shannon Considine, peer grief support group member,
on her and her husband Patrick's participation in the
Suicide Awareness Walk

BY THE NUMBERS

Peer Grief Support



237

Cape & Islands residents served through peer grief support groups

10

School-based groups

14

Groups for adults and families with children

100

Percentage of participants who:

- Felt that group was a safe space
- Felt more comfortable talking about their grief since attending
- Felt respected and heard in group
- Would recommend their group to others

Suicide Awareness Walk

520

Registered walkers

25

Resource tables



\$95k+

Raised for Sharing Kindness programs



221

Community members trained to help prevent suicide through QPR (Question, Persuade, Refer)



13

Local libraries that now carry a Child's Grief Book Pack as a result of our new Grief101 program



1,342+

Individuals reached through education and outreach events

Milestones



- Rental home
- Video grant proposal
- Student-led social media project

Hope Squad

12

Schools with Hope Squads supported by Sharing Kindness

406

Trained student members

7,681

Students in Barnstable County with access to peer-to-peer support

CONNECT WITH US

Reach out!



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@sharingkindnessinc

Support from people like you helps us sustain valuable programming on the Cape & Islands. Visit sharingkindness.charityproud.org/Donate to make a donation today.

