

Sharing Kindness



ANNUAL REPORT
FOR 2022



Dear Friends,

As I reflect on 2022, the organization's first year with a full-time executive director, I am in awe of what we have been able to accomplish together.

We began the year with an increased number of suicides on Cape, and a renewed sense of urgency. Sharing Kindness found new partners both in schools and in the community. We have been able to provide a Community in Crisis Grief Response program following unexpected losses. With the aid of a Cape Cod Healthcare Foundation grant, we were able to partner with three other nonprofit organizations and share our signature Grief Tools programming from the bridges to Provincetown.

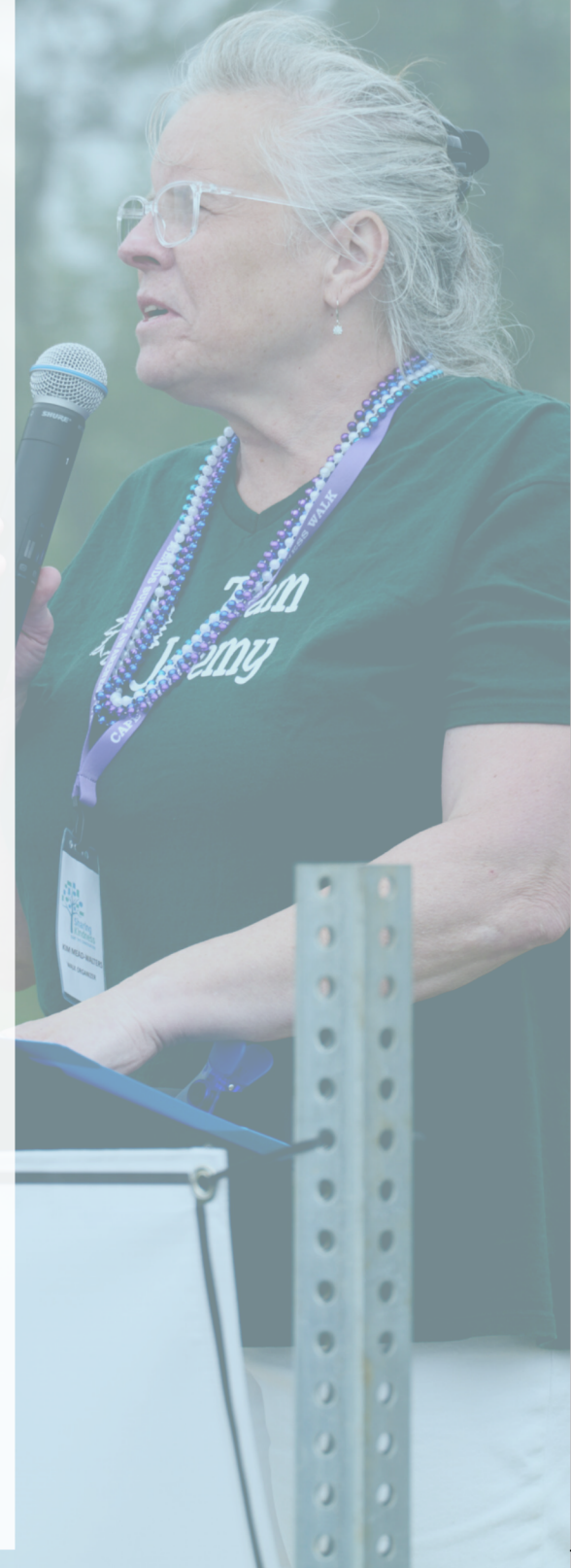
We held our 5th Cape & Islands Suicide Awareness Walk in May, our most successful walk yet in terms of resources made available, walkers registered and funds raised. This fall, we are kicking off the Cape's first Hope Squad, a peer-to-peer school-based suicide prevention program, in partnership with Falmouth High School. And we are ending the year with a huge forward step toward our vision of a grief and wellness center on Cape Cod: a generous Cape Cod Foundation grant made possible a three-day training on our peer grief support model, preparing clinicians and volunteers to co-facilitate a new series of peer grief groups starting in January 2023.

Due to the peninsula we live on, we know there will always be a need to take our programming to those geographically hard-to-reach areas. However, over the next year, we look forward to developing our vision of The Healing House, a center for grieverers of all ages, where we build resilience and foster wellness, strengthen families, and empower our community to grow from loss and adversity.

We remain grateful for your support and thank you for the gift of hope that you share with us, and with all the community members Sharing Kindness serves.

KIM MEAD-WALTERS, MD

Executive Director and Co-Founder, Sharing Kindness



ABOUT US

Our mission:

Sharing Kindness, seeded from the shared devastation of suicide and grief, tends a thriving community through empathy, education and courageous conversation.

We provide free programming in these areas:

Grief support

Mental health education

Suicide awareness



Our goal: The Healing House

Although Sharing Kindness currently offers programming in rented and donated spaces across the Cape & Islands, our goal is to open The Healing House, the first grief and wellness center on Cape Cod. This is our vision: a place where people who have experienced loss can connect with other grievers, talk about their grief journeys, and participate in programs that aid in healing.

OUR PROGRAMS

All of our programs are made possible by grant funding, corporate sponsorships and donations.

Peer Grief Support

Facilitated by trained volunteers and clinicians, our grief and trauma-informed peer support groups provide a safe, judgment-free space for griever to connect and share their feelings. Starting in 2023, we will be expanding these programs to meet the needs of a diverse grieving community.

Community Support & Education

Programs include documentary screenings, community forums, workplace and professional education events. We also offer a Community in Crisis Grief Response in the wake of unexpected losses.

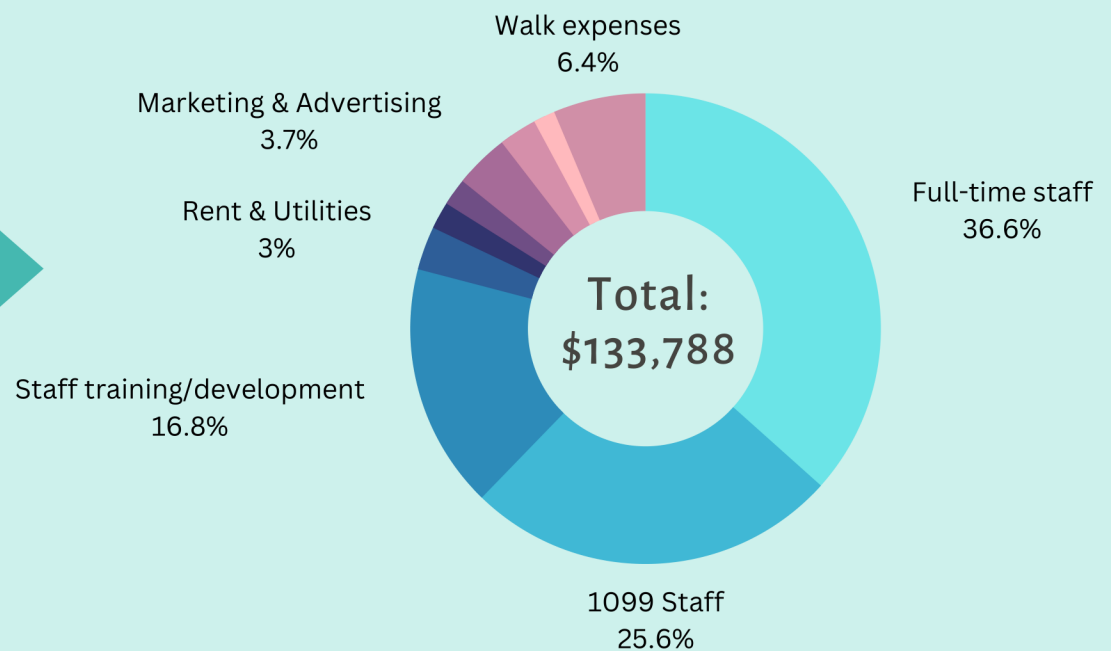
Grant-Funded Partnerships

Sharing Kindness collaborates, using grant funding, with other nonprofit organizations to meet the grief needs of our community, including Helping Our Women (HOW), Grandparents Raising Grandchildren, and Alzheimer's Family Support Center (AFSC). We also offer one-day community grief workshops and a five-week "Grief Tools" curriculum.

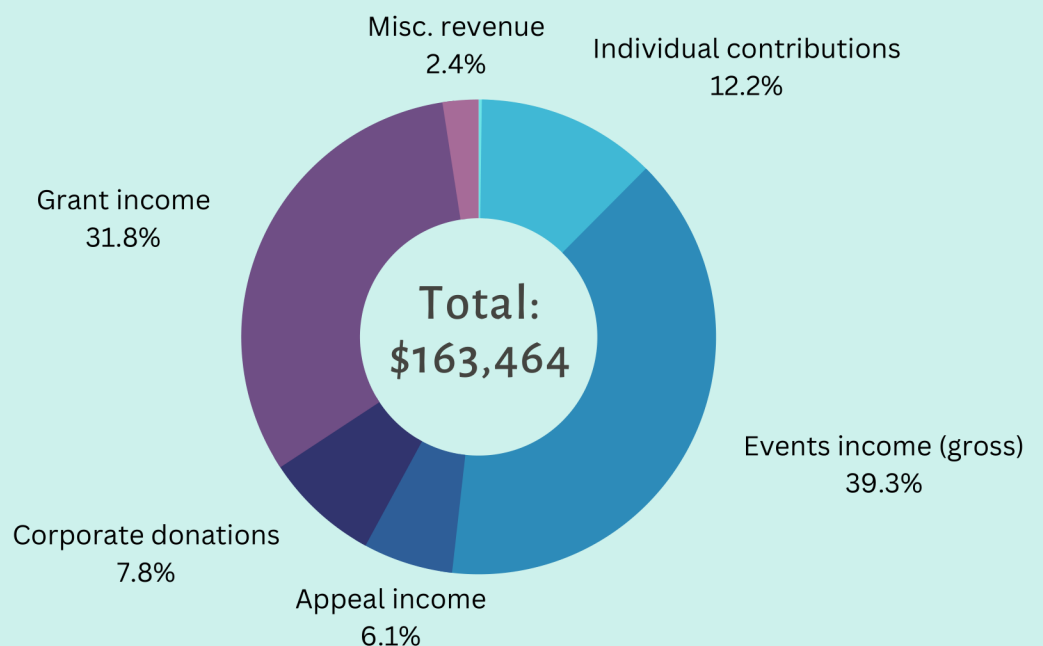
FINANCIAL OVERVIEW

Fiscal Year 2021-22

Expenses



Revenue



SHARING KINDNESS *BY THE NUMBERS*

65

community members supported in the wake of unexpected loss, through our Community in Crisis Grief Response program

1st

Hope Squad, a peer-to-peer suicide prevention program, launched in Massachusetts, thanks to a partnership with Falmouth High School

64k

raised for Sharing Kindness at this year's Cape & Islands Suicide Awareness Walk

1,597

students who viewed educational documentaries screened by Sharing Kindness

12

new partnerships formed with local organizations

19

volunteers and clinicians trained to lead peer grief support groups starting in 2023

15

presentations and panel discussions featuring, or led by, Sharing Kindness on suicide, grief and brain health

52k

in grant funding received to fulfill our mission

PEER GRIEF SUPPORT TRAINING



From September 30-October 2, 2022, Sharing Kindness held its first-ever Peer Grief Support Training for clinicians and volunteers in Hyannis. Over the three-day period, 19 community members were trained in the Dougy Center Model — the peer grief support model followed by our nonprofit, which is considered a “gold standard” of practice.

Under the leadership of Stephanie Heitkemper, LPC, RPT, FT of Resilient Minds Counseling in Colorado, and Erin Nelson, ACTP, and Colleen Montague, LMFT, of Jessica’s House in California, all participants successfully completed the training. We’re excited to announce that these clinician facilitators and volunteer co-facilitators will lead a new series of peer grief support groups starting in January 2023!



BOARD OF DIRECTORS

Executive board

Tracy Berto Taylor
Chairperson (incoming)

Davis Walters
Chairperson (outgoing),
Co-founder

Alexandra Nelson
Secretary

Steven M. Garran
Treasurer

Board members

Korrin Dean

Melissa DeMarco

Gwynne Guzzeau

Christian Jones

Carlos Peinado

David Samuel

Gerry Wheeler (outgoing)

Jason Wheeler (incoming)

Advisory board

Kathleen Shine-O'Brien, LMHC

Susan Andersen

Stephanie Kelly

Kate Goodrich

Youth Representative

Learn more about us at
SharingKindness.org:

