

The Kindness Report

The latest news from Sharing Kindness



Ready, set... get fundraising!



Joining us at the annual Suicide Awareness Walk? The event website is live and ready for you to register your teams!

This year's walk is on Saturday, May 20 at 10 AM at Veterans Park Beach in Hyannis. Once again, Sue Andersen will be leading morning yoga on the beach for those who wish to relax for the day ahead. We're excited to have **Senator Julian Cyr** returning again for our opening ceremony, along with **Robert O. Motley, Jr., PhD, MSW**, an assistant professor at the Boston College School of Social Work, whose research focuses on the

impacts of interpersonal and self-directed violence (ex. suicide, self-injury and drug abuse) in Massachusetts.

Last year, we were blown away by record-breaking attendance and fundraising: over 400 walkers joined us to spread awareness of suicide, raising over \$64k for the cause. All proceeds benefit Sharing Kindness' work in suicide prevention, grief support and mental health education right here on the Cape & Islands. We could not be more grateful for your support, and can't wait to see what you accomplish in 2023! [▶ Visit the walk site](#)

Our peer grief support team is expanding...

Sharing Kindness kicked off the New Year with our second Peer Grief Support Training! Three clinicians and five volunteers successfully completed training, and are beginning to lead our new series of peer support groups for those who are grieving.



Congratulations and welcome to our newest team members!

New Blog:

5 Middle Grade Novels for Children Grieving a Parent or Sibling's Death

Our volunteer Brittany Taylor, the assistant director of Provincetown Public Library, shares her top picks for middle-grade novels (for readers ages 8-12) that deal with the death of a parent or sibling. [▶ Read more](#)



Sharing Kindness launches new peer grief support groups



A lot is happening at Sharing Kindness!

This year, thanks to generous grant funding and donations, we introduced a brand-new series of peer grief support programs on Cape Cod. Led by trained clinicians and trained volunteer co-facilitators, each of our grief- and trauma-informed programs is designed for a specific age group, relationship and/or type of loss. Current peer support programs are listed here.

► [Learn more & register](#)

Family Grief Groups

For families with tweens (ages 10-13) and teens (ages 14-17)



Perinatal Loss Groups

- ◆ Pregnancy & Stillbirth Loss
- ◆ Early Infant Loss (Birth-12 Months)



Suicide Loss Survivor Groups

- ◆ For Parents
- ◆ For Spouses, Partners & Significant Others



Young Adult Group

For young adults (18+) grieving any type of loss



NACG Webcast & Discussion

CapeSpace, Hyannis, 1-4 PM

Free live webcast of NACG's 2023 National Conference, *Supporting Children and Families Following an Overdose Death*. CE's available.

[Event info](#)



Virtual Forum on Preventing Youth Suicide

Virtual event, 6:30-8 PM

A public forum hosted by the League of Women Voters and YMCA Cape Cod Achievers. Sharing Kindness will be among the panelists.

[Event info](#)

Psst! You can find us at these upcoming events...