

NOVEMBER 2022 | ISSUE 2

# The Kindness Report

The latest news from Sharing Kindness



## How we're making a difference

We recently held a grief group for young adults at Wellstrong in Falmouth. This was some of the feedback we received from participants.

"I feel something... I've felt so numb."

"I came into group tonight feeling upset and confused. This was a [pleasant] surprise. I almost didn't come."

"I'm trying to figure this grief thing out. I've never done it before. And no one really wants to listen."

"I'm in early recovery, and my friend overdosed last week. This group is where I need to be."

## Sharing Kindness offers programming in the areas of grief support, suicide prevention, and mental health education.

### Why it matters:

Suicide prevention and grief support resources are still limited on the local level. Why? Because these issues, combined with mental health (what we refer to as *brain health*) are still shrouded in stigma. Many people are still afraid to discuss them, or simply don't know how. At the core of our programming is a mission to encourage and facilitate #CourageousConversation as a means to decrease stigma, creating a more understanding and supportive world for those who are most at risk.

► [Learn more about our programs](#)



### Annual Community Kindness Award

*Presented to Marianne Miller*

Since Sharing Kindness' beginnings, Marianne has generously donated her time and graphic design skills to our nonprofit. She is the artist behind our logo and marketing materials for events, including the Cape & Islands Suicide Awareness Walk, as well as the creator of our new logo for The Healing House, a grief and wellness center we plan to open in the next year.



At our Annual Meeting on October 28, we presented Marianne with the first Community Kindness Award, surrounded by posters displaying her designs.

# PEOPLE WHO GIVE



## Donor Spotlight: Steve Garran

Steve is the executive board treasurer of Sharing Kindness whose business, Steven M. Garran CPA, was the presenting sponsor for this year's Suicide Awareness Walk.



**Q: Why do you feel personally invested in this cause?**

We all experience grief and trauma in our lives. When I was in my teens and early twenties, I struggled with depression and contemplated suicide several times. I didn't talk to anyone about this and didn't feel like there was anybody I could talk with.

On the outside, I was a high achieving, seemingly happy person, but on the inside, I was struggling to breathe and function.

Somehow I made it through those years, and have learned how to embrace my grief as a part of me and carry it along with me in my journey through life.

If I can be part of an organization that loves and supports others who are experiencing the things that I experienced as a teen and young adult, then I feel like I have accomplished a great thing. Suicide loss and grief in general can tear a person apart. I know those feelings. I have felt those emotions.

**Q: How do you feel you benefit from donating funds, time and passion to this nonprofit?**

I always say that I get far more out of SK than I could ever give. That is a true statement. If my time, treasure and talent can help one person carry

their load of grief a little easier then I have succeeded.

Every interaction I have with SK is positive. I feel better physically and mentally after every meeting. Every time. The love and support that our organization gives to some of the most vulnerable and at times broken people is immeasurable. To be part of that in some small way is priceless to me.

► [Read Steve's full Q&A on our blog.](#)

# Volunteer Spotlight: Nick Abbott



Nick is a Sharing Kindness volunteer who was recently trained to co-facilitate our peer grief support groups. This year, he led one of the top fundraising teams for the Cape & Islands Suicide Awareness Walk.

**Q: Why did you decide to become trained as a volunteer co-facilitator? How do you think peer grief support programs fill a need in this community?**

I believe the connection between physical health and mental health has become more clear than it ever has been. Unlike physical health, the condition of poor mental health can often be overlooked, both internally and externally. Combined with this, most people struggle with simply identifying the root cause of the problem. I believe that many of the mental health issues we are seeing today stem from unacknowledged past trauma and grief.

Although this is not a [female or male]-dominated topic (trauma does not differentiate), we

all know that men tend to be far more emotionally unavailable.

I believe this not only because I have witnessed it, but because I have also put myself in that situation. Being a man who has started to dig deeper into past trauma, I believe that I have a certain perspective — and relatable background — that could help show others that it's okay to not be okay.

I believe support groups like ones offered by Sharing Kindness can help fill a huge void for many people. I think in coming together to collectively discuss our stories, we can accomplish many goals — especially in such divisive times. Not only can we begin to work through personal trauma, but we



can also be reminded: this little place called Cape Cod is full of friendly faces made up of many who are willing to help each other out.





## Meet Tracy Taylor, our new Executive Board Chair



We're excited to announce that our longtime board member, Tracy Taylor, has taken on a leadership role as executive board chairperson for Sharing Kindness.

One of the founding board members of our nonprofit,

Tracy is a native Cape Codder and an assistant vice president of Cape Cod 5 Cents Savings Bank. She also supports the community as a foster mom, and recognizes the importance of providing a safe place for children in crisis.

Tracy has a personal connection to the work that we do: she lost her brother, Chris, to suicide as a young adult. Her experience as a suicide loss survivor drives her support of this organization and efforts to decrease the stigma surrounding brain health, suicide and grief.

## New Blog:

### 9 Children's Picture Books about Grief

Sharing Kindness volunteer Brittany Taylor, the assistant director of Provincetown Public Library, shares her favorite titles for little ones navigating life after loss.

► [Read more](#)



# *Celebrate Sharing Kindness this #GivingTuesday!*

Our goal is to give to our community through the programs we offer, but it is only possible through the kindness of others: the people who donate time, energy, funding and resources to keep our nonprofit running. If you feel inspired by our work, please consider supporting Sharing Kindness through Giving Tuesday, November 29, and the upcoming Season of Giving in one of the following ways.

## **1. Contribute to our social media fundraiser this Season of Giving:**

- ▶ On [Facebook](#)
- ▶ On [Instagram](#)

**2. Alternatively, make a donation via [Qgiv](#) or by mail to P.O. Box 1082, Orleans, MA, 02653**

**3. Join our team as an [AmeriCorps VISTA member](#) (or share this position with someone you know!)**

