

SEPTEMBER 2022 | ISSUE 1

The Kindness Report

The latest news from Sharing Kindness



You're invited to our annual meeting

We're "Celebrating Kindness" with a night of food, fun, and honoring your dedication to Sharing Kindness!

Sharing Kindness has a lot to celebrate this year: in addition to a Cape & Islands Suicide Awareness Walk with record-breaking attendance and fundraising, we have launched new grief support groups, broadened our local partnerships, and thanks to generous grant funding,

planned significant expansion of our programs that will mark the next chapter for our nonprofit. For all of this, we owe a great deal of thanks to you.

On Friday, October 28, 5:30-8 PM, we are holding our annual meeting at the Family Table Collaborative in South Yarmouth, with a bit of a twist. We're using this event as an opportunity to say "Thanks!" to our incredible volunteers, fundraisers, walk sponsors and all those

who have supported our work through the years — like you!

Join us for a night of delicious food and drinks, live music and mingling, as well as an honors and awards ceremony, which will include the presentation of the very first Community Kindness Award.

Spreading hope, one high school at a time

Sharing Kindness offers award to local schools for Hope Squad, a suicide prevention program



High school can be tough. For many, these four years are filled with emotional ups and downs and mental health challenges. Teens who are struggling might feel like the adults around them just can't relate, which makes it even more important to be surrounded by peers who "get it."

When you're struggling to see the bright side, you need a Hope Squad.

Hope Squad is a peer-to-peer suicide prevention program that aims to reduce youth suicide through education, training and peer intervention. Students are nominated by their classmates to become trained members of the program.

Here's how we're getting involved:

- ◆ Sharing Kindness is offering awards—in the name of four beloved local high school students who died by suicide—to Cape & Islands schools for the purpose of starting a Hope Squad. The amount covers the cost of a two-day advisor training (outside of the training, schools are responsible for covering a licensing agreement for the program). We are thrilled to announce that Falmouth High School will be the first recipient of the *Holding Hope Award, honoring the lives of Jeremy, Nicholas, Anders and Noah*.

- ◆ Through a collaboration with the National Alliance on Mental Illness (NAMI) Cape Cod & The Islands, we are also bringing the film *My Ascension*, which offers information about youth suicide and the Hope Squad, to interested local high schools.

► **Contact us about Hope Squad and/or hosting a film screening**

Coming soon... a new series of peer grief support groups on Cape Cod

Sharing Kindness received a \$25,000 grant from the Cape Cod Foundation that will help us significantly increase our peer grief programming for children and their families, parents, youth and young adults.

The 1-Year Targeted Nonprofit Capacity Building Grant supports strong Cape Cod nonprofits that are at a point of critical change or growth. The new funding will allow us to increase the number of trained clinicians affiliated with Sharing Kindness, as well as the number of trained volunteer facilitators available to co-lead grief programs with clinicians. With the new growth of our team, our plan is to greatly expand our peer grief support groups by January 2023.

► **Learn more about the new support groups we'll be offering.**

Imagine this: a welcoming. judgment-free space where a grieving community finds hope in moments of darkness. This is our vision for The Healing House, the first grief & wellness center on Cape Cod.

Our goal is to open a physical location where people can connect with other griever, talk about their grief journeys, and participate in programs that help make their pain less burdensome. This space will be called The Healing House.



► **Learn more about The Healing House and what you can do to help.**

Taking steps toward change

Hundreds attend Cape & Islands Suicide Awareness Walk,
raising over \$64K for Sharing Kindness

Community. It's a word that's thrown around a lot — sometimes to refer to the place where you live, or the people who live there. Other times, it's more about the feeling that results from joining together with other people, the sense of being buoyed by their passion, camaraderie, and support of a common purpose. This is the type of community that was present at this year's Cape & Islands Suicide Awareness Walk on Saturday, May 21 in Hyannis.

“...it's so great to see [this event] get bigger and bigger. I'm so glad that Sharing Kindness has been able to reach so many people on the Cape.”

—Caroline Butler, walker

Every year, we are amazed by the support of our walkers and fundraisers, volunteers and speakers who make this event so special. But this year broke records: more than 400 registered walkers joined us at Veterans Park Beach, raising over \$64,000 for Sharing Kindness. We are still blown away, and cannot wait to show you the impact of these funds on mental health, grief support and suicide prevention programming on the Cape & Islands. Thank you to all who helped make this event a huge success!

► [View photos and videos from the walk](#)



Suicide Prevention Summit: Creating Hope through Action

Cape Cod Community College • 8:30 AM-4:30 PM

Includes presentation by Sharing Kindness on navigating teen suicide loss

[Event info](#)



Expert Panel & Community Forum: Playing a Role in Suicide Awareness

Eastham Public Library • 5:30-7 PM

An open forum to share local resources, answer questions and offer support

[Event info](#)

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