




Lost & Found

grief center

10 Years of Mending Grieving Hearts

"Lost & Found facilitates the ability to learn how to remember...and survive remembering." These words spoken by a parent of three and five year olds who attended Lost & Found Grief Center after their mother died are the heart of Lost & Found Grief Center. For the past ten years, Lost & Found has been mending the hearts of grieving children and families.

About Lost & Found Grief Center

Lost and Found Grief Center is a local nonprofit that offers therapeutic support groups supervised by professional counselors, who are supported by trained volunteers. They are the only nonprofit in Southwest Missouri that provides grief support services to children at no charge. Lost & Found Grief Center's mission is to provide grief support services in a safe and supportive environment for children, young adults, and their families grieving the death of a loved one.

Founded in 2000 by Dr. Karen S. Scott and Shawn Askiosie, the first group met in January of 2001. This year marks the 10th anniversary of the first support group. In that short amount of time, Lost & Found has expanded from two support groups to the current 17 support groups offered.

The continued success of Lost & Found is rooted in their understanding of grieving families. Lost & Found supports their mission by operating under the principles that:

- grief is a natural reaction to death for children as well as adults
- within each individual is the natural capacity to heal oneself
- duration and intensity of grief are unique for each individual
- that caring and acceptance assist in the healing process

Who Lost & Found Serves

Peer support groups are offered for children ages 3-18 grieving the death of a parent, sibling, or primary caregiver. Adult groups are for parents of children in groups, with separate adult groups for young adults and adults grieving the death of any family member. Currently, more than 200 children and adults from a 15-county area are enrolled in grief groups which include: 5 children groups, 2 middle school aged groups, 1 teen group, 7 parent groups, 1 young adult group, 1 adult group.

How they Help

1 in 20 children will experience the death of a parent before age 18 (U.S. Census Information). In our 15-county area, that means 10,000 children are grieving the death of a parent. These numbers do not include those grieving the death of a sibling or primary caregiver other than a parent.

Unresolved grief can result in:

- Physical & mental health problems including anxiety, depression, sleep disturbances, and weakened immune system
- Family chaos & disruption
- Academic & behavioral problems; dropping out of school
- Juvenile delinquency, substance abuse

Lost & Found offers a preventative measure with a forward moving model. It is not about getting over grief, but instead working to get through it to find a new normal. Every night the group coordinators and facilitators see progress in their families, and although it is a sad situation that brings them to Lost & Found, it is not a sad place. The bonds and friendships that are created make it place where children and families enjoy coming. Lost & Found Grief Center works to truly mend the hearts of grieving children and families and help them remember and survive remembering.

A Celebration of the past 10 Years

To commemorate Lost & Found Grief Center's 10 year anniversary, the staff and Board of Directors invite you to join them at the Memorial Balloon Release & 5K Run/Walk: 10 Years of Releasing Grief and Celebrating Lives on May 26, 2011 at Jordan Valley Park. The event serves as a community kick-off to the Memorial Day weekend and is a beautiful way to honor lost loved ones.

For more information about how to purchase an environmentally friendly balloon or register for the race, contact Bethany Davis at (417)865-9998.



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Save the Date (417) 865-9998
www.lostandfoundozarks.com



Memorial Balloon Release & 5K Run/Walk
Thursday, May 26, 2011
Jordan Valley Park
Balloon Pick Up/Sales 5:45pm
Balloon Program 6:15pm
Balloon Release 6:30pm
Run/Walk 7pm

Balloons are \$5 each. Pre-registration for the race is \$20. Sponsorship opportunities still available. Proceeds from environmentally friendly balloon sales and run/walk registrations benefit the grief support programs provided by Lost & Found. Contact Bethany at (417) 865-9998 or bdavis@lostandfoundozarks.com for more details.



10 Years of Releasing Grief and Celebrating Lives