

History of The Cove



The Cove Center for Grieving Children was founded in 1994 by Jim Emswiler and his second wife Mary Ann. After his first wife died, Jim struggled to find services to support himself and his three young children through the grieving process and was frustrated by the lack of resources available.

The mission of The Cove is to provide hope and healing to grieving children and support for their families in their greatest time of need.

Since obtaining 501(c)3 status in 1998, The Cove has grown to become the largest children's multi-site grief program in the Northeast. We serve families, schools and community based programs to provide an innovative, peer support based model of healing for children and families throughout Connecticut.

"I can never repay The Cove program for all you have done to help my boys and me through the most tragic time of our lives. When we lost my wife Anna, The Cove was a godsend."

~ Ken D'Ademo, Cove parent

Getting Involved with The Cove

Join The Cove Volunteer Program

- Help with a Cove event or special project.
- Consider becoming a Cove facilitator or trainer or offering administrative support.

Share The Cove Message

- Invite a trainer from The Cove to speak at a school, community or business event or meeting to share about the resources available to support children who are grieving.
- Visit the Cove website at www.covect.org to learn more about our programs, then share our message with those we can help.

Contribute Your Support Financially

- Sponsor an individual event.
- Pledge any amount to The Cove for general or designated expenses.
- Provide in-kind goods or service.

The Cove currently relies on the generosity of individual donors, corporations and civic groups to financially support its programs. We do not require a fee for services but look to those whom we serve to support fundraising efforts or volunteer in whatever capacity possible so we may continue to serve more children.



The Cove Center for Grieving Children

**(203) 634-0500
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www.covect.org

**250 Pomeroy Avenue, Ste. 107
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THE Cove

**Providing
Hope and Healing
for Grieving Children**



**Comprehensive Grief Services
for Connecticut's Children**

Family Support Groups

Children see the world differently than adults. It is only natural they grieve differently as well.

The Cove Center for Grieving Children specializes in helping children and adolescents who are grieving the death of a significant person in their lives.

Children's needs, as well as their understanding and perception of the future, often do not incorporate the coping skills required to heal from loss. This can produce emotional and behavioral problems sometimes not easily recognized by family, friends or even professionals.

Unresolved grief in children and teens may result in:

- Significantly lower academic achievement
- Higher school dropout rates
- Substance abuse & risk taking
- Aggression/violence
- Depression

The Cove offers child-focused, family support groups at four locations throughout the state. These groups are based on a peer support model of healing and are facilitated by trained licensed professionals and volunteers.

Participants in these groups learn how to further develop skills to manage and express their feelings; effectively communicate through creative activities and group sharing; and identify strategies which support them in their journey through the grief process.

- Support groups are held in West Hartford, Guilford, Meriden and New Haven sites.
- Groups are held twice a month from September through June.
- Children ages 4-18 are welcome to attend.
- Child, teen and parent groups are available.
- All meetings are FREE of charge however a suggested donation is requested.

"Good Grief" School Program



The Cove "Good Grief" School Program provides students with a supportive peer group to address and manage their grief in a familiar school setting.

Cove facilitators work with school counseling professionals by modeling the eight week curriculum using expressive arts and activities especially designed to help students move through the healing process.

Once school professionals are trained to deliver the program, they are equipped to facilitate the program at their schools at any time.

Upon completion of the program students often report feeling empowered. They find strength and hope through increasing their repertoire of coping skills and sharing and learning from others, as well as comfort in realizing they are not alone.

Participant testimonials:

"Great program! The activities encourage students to share their grief experiences and develop new tools for coping with the death of someone they loved." ~ Sherry Lewton, Social Worker, Thomaston Center School

"The most helpful part of being in the group was knowing that there are other students in the school with my problem." ~Nicole, age 10,

Professional Development Series

The Cove provides training for professionals at all levels to effectively support children who are grieving. Professionals are taught how to recognize, understand and support a child's grieving process.

Special topics include: Families in Crisis, Suicide and Suicide Prevention, Holidays and Special Days, Accidents and Accidental Deaths.

These sessions are applicable for anybody who works directly or indirectly with children, including:

- Medical and Psychiatric Practitioners
- Hospital and Hospice Personnel
- School Administrators and Faculty
- Youth and Family Program Employees
- Social Service Agency Staff
- Therapists, Clinicians and Psychologists

The Professional Development Series is offered in a variety of formats tailored to meet the needs of each organization.

Community Outreach/Urban Programs

The Cove works in partnership with civic, faith-based, and youth organizations to deliver Community Outreach and Urban Programs. These programs serve children who are living at-risk or in culturally diverse communities.

The 8-week, peer support program is facilitated by Cove trained professionals who assist children learning how to cope with and heal from their loss, unresolved grief or trauma.

Once the program is completed, The Cove remains available as a resource to the partner organization to ensure the needs of the kids continue to be met.

