

EDUCATIONAL PROGRAMS

700
TOTAL ADULTS SERVED

"CONVERSATIONS ABOUT GRIEF" 155 SERVED

During 2018, Full Circle offered nine conversations for adults throughout the Richmond community. Topics in 2018 included:

- Dating After Loss of a Spouse/Partner
- Telling Your Story of Loss
- Transforming Loss: Finding Potential for Growth
- Talking to Teens After Suicide Loss
- Funeral Customs Across Cultures
- Coping with Overdose Death: Strategies for Professionals
- Legacy Work and Vigil Planning for the Dying
- Remembering Loved Ones at the Holidays
- Pregnancy after Perinatal Loss

EDUCATIONAL PRESENTATIONS 169 SERVED

During 2018, Full Circle offered direct Educational Trainings to four organizations, serving 169 adults. This program provided organizations with bereavement training led by an experienced mental health professional.

INDIVIDUAL BEREAVEMENT CONSULTATIONS 376 SERVED

Our clinical team provided professional support and consultative services to 376 adults through email, phone, and one-on-one meetings. Many of these consultations included:

- Guidance in dealing with grief and loss
- Communicating with children about death
- Preparing for the memorial services
- Recommendations for books and other community resources

SCHOOL GROUP PROGRAM

During 2018, Full Circle provided eight-week counseling groups to 21 students from Oak Grove and Westover Hills Elementary Schools, who were grieving the death of a loved one.

as a result of the Full Circle Group...

- 20% reported feeling alone in their grief, down from 100% at the start of the group.
- 100% reported that doing art in group helped them express their feelings.
- 100% reported they learned ways to honor and remember their loved ones.

“
This group helped me
talk about my feelings
and be brave.
”

NUMBER SERVED
21 Children

DEMOGRAPHICS
100% African-American

SOCIO-ECONOMIC STATUS
100% of the youth were living at or below the poverty line

OUR MISSION

To provide comprehensive, professional grief support for children, families, and communities. As a leader in Richmond's bereavement community, Full Circle offers grief counseling groups, consultative services, and educational trainings.

OUR VISION

Full Circle empowers our local community to grieve in a healthy way.

TOTAL SERVED BY
FULL CIRCLE TO DATE: **14,520**

6,561	Educational Programs
2,786	Remembrance Programs
1,832	Hands on Healing Family Program
979	School Program
1,335	Professional Bereavement Consultations (started tracking in 2014)
428	Creative Connections (no longer offering)
599	Perinatal Loss, Overdose Loss, Suicide Loss, Outreach Groups, Young Adult Programs



OUR VOLUNTEERS

Full Circle is fortunate to have a wide variety of volunteers that provide administrative support, event planning through the Junior Board, program/group support, advocacy at community events, and membership on the Board of Directors.

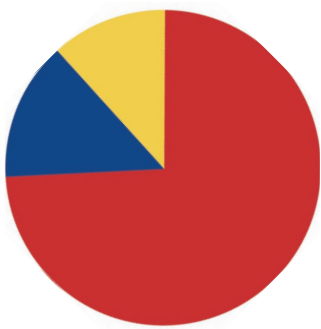
In 2018, our volunteers worked over 985 hours.



2018

Full Circle Grief Center

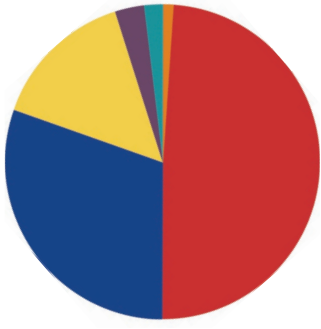
FINANCIAL SUMMARY



USE OF FUNDS

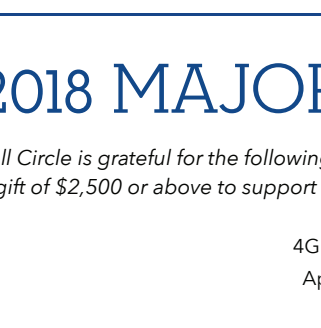
- 74% Program \$296,395
- 14% Management \$54,429
- 12% Fundraising \$48,345

FY18 EXPENSES: \$399,169



INCOME BREAKDOWN

- Restricted \$53,111
- Unrestricted \$123,068
- Events \$47,947
- Other \$88,607



FUNDING SOURCES

- 49% Individuals \$152,126
- 30% Foundations \$93,459
- 15% Special Events \$47,947
- 3% Corporations \$9,586
- 2% In-Kind \$7,710
- 1% Individual Counseling \$1,905

FY18 REVENUE: \$312,733

2018 MAJOR DONORS

Full Circle is grateful for the following individuals, corporations, and foundations who made a gift of \$2,500 or above to support our children, family, and community programs in 2018.

- | | |
|--------------------------------------|--|
| 4G Foundation | Peachtree House Foundation |
| Apex Systems | Faisal and Traci Qureshi |
| Bliley's | Mr. and Mrs. Claiborne Robins, Jr. |
| Boost Promotional Branding | Robins Foundation |
| Chad and Tammy Eisele | Wally and Wink Stettinius |
| First Community Bank | The Strum Group of Long & Foster |
| Melanie Frank | Kirk and Kelly Tattersal |
| Wes Hall | Neil and Bonnie Turnage |
| Emily S. and Coleman A. Hunter Trust | Jeff and Nicole Ukrop |
| George Jennison | Shannon Venable |
| Steve and Kathie Markel | Mike and Andrea Wassmer |
| Memorial Foundation for Children | Preston and Catherine White Foundation |

HANDS ON HEALING FAMILY PROGRAM

During 2018, Full Circle provided four sections of eight-week groups to children and families grieving the death of a loved one.

128 Individual Bereavement Consultations | 83 Professional Consultations

179 Inquiries for General Grief Support/Group Information | 135 Group Participants

DEMOGRAPHICS
73% Caucasian
17% African-American
4% Multi-Racial
3% Hispanic
3% Asian

SOCIO-ECONOMIC STATUS
41% of group participants fell at or below the poverty line

YOUTH'S RELATIONSHIP TO THE DECEASED
60% Father
18% Mother
12% Sibling
5% Grandparent
5% Other

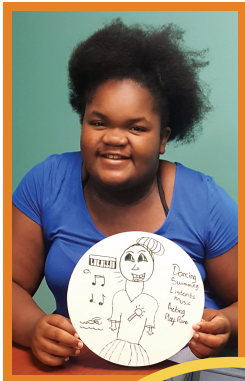
ADULT'S RELATIONSHIP TO THE DECEASED
40% Spouse/Partner
16% Child (aged 1-22)
16% Other
11% Ex-Spouse/Partner
7% Sibling
5% Child (aged 23+)
5% Parent

CAUSES OF DEATH
58% Natural Illness/Causes
16% Accidental
11% Suicide
11% Overdose
4% Homicide

GEOGRAPHY
39% Chesterfield
38% Henrico
9% Hanover
6% Other
4% New Kent
3% Richmond
1% Tri-Cities

as a result of the Full Circle Group...

100% of adults shared that attending HOH helped them better understand what their children were feeling and experiencing following the death of their loved one.



100% of caregivers reported that the family activities and discussions helped them and their children to talk about the death of their loved one.

100% of youth aged 6-10 reported that attending HOH helped them to stay connected to and remember their loved one.

91% of adults reported that they were managing their feelings with healthy coping skills, while only 77% reported doing so at the start of the group.



testimonials...

It has helped me to be with others who have lost a loved one too - I don't feel so alone anymore.

This HOH has helped me by allowing me to express my feelings in ways other than just talking.

The discussions with other parents and grandparents were very helpful, especially because some are years out from their loss and their insights and advice is so helpful.

PERINATAL LOSS PROGRAM

During 2018, Full Circle provided three sections of eight-week counseling groups to parents grieving the death of a baby due to late stage miscarriage, stillbirth, prematurity, or SIDS.

13 Individual Bereavement Consultations | 28 Professional Consultations | 34 Group Participants



DEMOGRAPHICS
75% Caucasian
22% African-American
3% Multi-Racial

SOCIO-ECONOMIC STATUS
6% of group participants fell at or below the poverty line

ADULT'S RELATIONSHIP TO THE DECEASED
59% Mother
41% Father

CAUSES OF DEATH
37% Stillbirth
28% Genetic Complication
16% Prematurity
13% During Childbirth
3% Accidental
3% SIDS

GEOGRAPHY
38% Henrico
22% Chesterfield
22% Richmond City
9% Hanover
6% Other
3% Dinwiddie

testimonials...

This group setting helped both my wife and myself find healthy ways of remembrance for our daughter. Seeing other mothers/daughters and discussing feelings and ways they coped was beneficial.

This group really helped me be able to discuss my loss and grief. It also helped to have others who are in similar situations share their stories - it helped with the 'why me' aspect to see I'm not alone.

as a result of the Full Circle Group...

100% of participants reported knowing ways to stay connected to their babies, up from 53% before attending the group.

100% of participants agreed that they are able to talk about their feelings with someone.



SUICIDE LOSS PROGRAM

During 2018, Full Circle provided three sections of eight-week counseling groups to adults grieving the suicide death of a loved one.

26 Individual Bereavement Consultations | 19 Professional Consultations | 48 Group Participants

as a result of the Full Circle Group...

100% of participants felt they could understand what their family members might be feeling.

There was a **34%** decrease in participants who feel alone in their grief.

testimonials...

This group feels like family to me now.

The entire experience has been so valuable and meaningful for us. The pain involved in sharing the first few weeks has created strength and hope for me.

Thank you for providing this support group. It was a first and very beneficial. It has made me feel stronger while being able to remember the beauty of my mother.

The kindness within the group is just amazing. I made new friends here. I'm really grateful.



DEMOGRAPHICS
90% Caucasian
4% Hispanic
4% Other
2% African-American

SOCIO-ECONOMIC STATUS
At least 23% of group participants fell at or below the poverty line

ADULT'S RELATIONSHIP TO THE DECEASED
45% Child
25% Spouse/Partner
15% Parent
15% Sibling

GEOGRAPHY
37% Chesterfield
22% Henrico
19% Hanover
11% Richmond City
9% Other
2% Tri-Cities



OVERDOSE LOSS PROGRAM

During 2018, Full Circle responded to our community's opioid crisis and added three Overdose Loss Groups to our menu of services.

64 Individual Bereavement Consultations | 15 Professional Inquiries/Consultations | 41 Group Participants

as a result of the Full Circle Group...

97% of members reported managing their feelings with healthy coping skills, up from 69% at the start of the group. This is a significant increase and critical to members' long-term well-being.

97% of members reported knowing ways to stay connected with their loved one, up from 73% at the start of the group.

74% of members reported no longer feeling alone in their grief, up from 47% at the start of the group. This decrease in feeling isolated is significant as this is often the primary presenting problem/need reported by members prior to starting an Overdose Loss Group.



The most powerful part of OLG was being with people I can relate to and who listen with no judgment.



DEMOGRAPHICS
73% Caucasian
15% African-American
12% Hispanic

SOCIO-ECONOMIC STATUS
32% of participants were at or below the poverty line

GENDER OF PARTICIPANTS
94% Female
6% Male

ADULT'S RELATIONSHIP TO THE DECEASED
59% Child(ren)
21% Sibling
18% Spouse/Partner (includes ex)
2% Parent

CAUSES OF DEATH
56% Heroin
26% Fentanyl
9% Other Prescription Drugs
6% Alcohol
3% Other Illegal Drugs

GEOGRAPHY
38% Chesterfield County
24% Henrico County
22% Richmond City
8% Other
6% Hanover County
2% Goochland County

My favorite part of OLG was sharing positive memories of my loved one and sharing photos of them - it is so important to remember them for who they were and not how they died.