



The name WinterSpring symbolizes the seasons of life and death; particularly the transition from the darkness of winter to the reawakening, lightness and hopefulness of spring.

The seasons are represented in our logo – a sheltering tree, half its branches bare, half cloaked in vibrant new growth.

WinterSpring Center is a community based organization that has been providing grief support services to children, teens and adults in Jackson County for over 20 years.

We all know someone who is either going through a divorce or is divorced. Most of us know many families who have gone through this painful process. When children are involved, the experience can be as or more devastating for them as the death of a loved one. It is, essentially, the death of a marriage and the death of the intact family unit. The complex changes that result from this family transition can rock a child's foundation and sense of security to the core, dramatically increasing the risk factors for future unhealthy behaviors.

For 20 years we have witnessed the profound impact that facilitated peer support has on bereaved children and the opportunity for healing and transformation it offers. From the calls we receive from community members asking for resources and referrals for Divorce Support Programs and from what we witness in our daily lives, we knew there was a need in our community for the support to families coping with the challenges and stress created by divorce. Thanks to start-up funding from the **Gordon Elwood Foundation**, WinterSpring is offering a new program for children and families coping with the grief, loss and other complicated feelings associated with divorce.

This new program will give children a safe place to express and normalize feelings through sharing. Using an evidence based curriculum, the program will also help children gain coping skills and resilience. Parents meet separately on site for adult support and education on how to help their children through this painful process. With support and guidance families learn healthy, effective communication skills.

WinterSpring also offers group and individual support for bereavement. Our adult support groups provide a nurturing space for participants to experience deep healing. We offer general bereavement groups and specialty groups including spouse loss, bereaved parents, and loss to suicide groups. We offer comprehensive training to volunteers and community members in ways to provide appropriate, compassionate and empowering grief support to individuals and families. We take our services to schools, employers, community groups when requested.

For more information, please visit www.winterspring.org or call 541-552-0620.