



Companions on a Journey

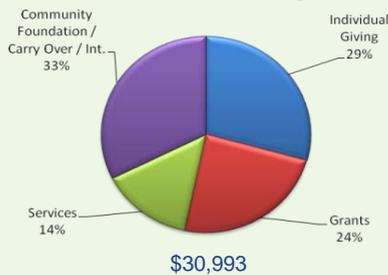
GRIEF SUPPORT

Our Mission; in the field of Human Services is:
To reach out to those who grieve, educate those who do not understand, and offer grief support to those individuals, schools, businesses and organizations
Together with our Mending Hearts Program we are Restoring Family Balance with Faith, Hope and Love One Child, One Teen, One Adult, One Family at a time

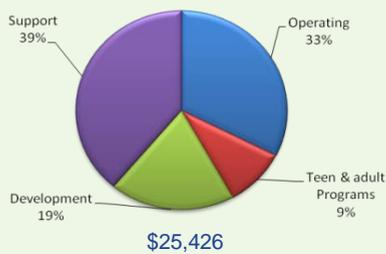
Financial Highlights*

- Sustained program giving while increasing those served
- Crisis intervention funding provided to meet immediate needs of the community

Source Of Funding



Expenditures



Volunteer Value = \$134,000 Increasing with need

*Annual Reporting, Apr. 1st through Mar. 31st

COJ is based in West Chester, Ohio serving the Greater Cincinnati Area. COJ continues to be a faith based community volunteer organization. Maintaining its core values, COJ continues to provide bereavement services to all those in need

Accomplishments*

Awards/Accolades: Exec-Directors Sheila Munafa-Kanoza Enquirer Woman of the Year, Athena Award Finalist, Linda Sullivan- West Chester Liberty Chamber of Alliance Woman of Excellence.

Crisis interventions: First responders and assisted in ten schools following the death of a student or a teacher. (See Back)

Groups and Events: 14 schools serviced, 11 Groups established assisting over 4000 individual in their Grief Journey

Training: Training through National Organizations continues. One Psychologist, and two Social Workers with COJ. Facilitators trained. COJ increases QPR (Suicide) Training

Social Outreach: Popularity growing with Lunch Bunch, Travel, Bicycle, and Dinner Groups. COJ Newsletter gaining in need



Why the need:

- Over 2,400,000 yearly or 6576 Americans die daily
- 67,000 yearly or 183 under the age of 24 die daily
- 1 in 20 children in the United States will experience the loss of a parent before the age of 18. One in five will experience the death of a family member
- For every Death in our Communities, approximately 18 others are immediately affected with Grief, Countless others are affected in other ways



COJ Provides a safe, comfortable, and focused environment for many types of grief that promotes healing and the understanding of one's grief. Knowing and participating in bereavement support activities has proven to aid in the healing processes allowing individuals to function as a whole person again.

Help COJ continue to grow!

- Talk to others about your journey, help them contact COJ now
- Send us a note, tell us how COJ has helped you on your grief journey
- Help COJ become a Center for Hope, Strength, and Healing
- Consider a financial gift or sponsor one of our programs. Volunteer

Visit COJ @ www.companionsonajourney.org or call for services @ 513-870-9108 or 755-9433

COJ is a section 501(c)(3) organization. It is a social service organization which provides bereavement support and educational services for children, teens and adults. COJ does not provide any individual counseling or related services which require a license under Chapter 4757 of the Ohio Revised Code.



Companions on a Journey

GRIEF SUPPORT

We seek to be the most compassionate and effective faith based bereavement support center in the Tri-State area serving individuals, families and groups at any stage of their grief so they may come and find hope, strength, and healing

Teens-in-Grief: Creating a safe environment where teens can share



A large portion of Companions on Journey work is reaching out to schools, students, faculty through our Teens-in-Grief Program. COJ offers In-School Facilitations during school times.

When children face the loss of a loved one, such as a parent, sibling, or friend, the effects of this sometimes complicated unresolved grief can have a lasting impact on their lives.

Children who experience the death of a parent, for example, are at higher risks for depression, poor school performance, a negative outlook on their future, low self-esteem, increased fear and anxiety, and less hope for their future.

When a crisis arises in a school community, such as the death of a teenager or teacher, there are rippling effects that touch the lives of teens. The COJ Crisis Response Team is an enduring program that has helped heal those affected by tragic loss.

Testimonials from supported teens:

“I’ve been coming to this group for the 4th year. I’ve loved the chance to come into a room where there are people who care. Most people won’t give me a second look, but in this group if I was gone for one week they would notice and ask me about it even after the month between meetings. I have never felt out of place in this group.” ZT

“This group played a miraculous roll in my life. No matter how strong I tried to be this group let me release and helped me to mature. It has helped me cope and helped me understand I’m not the only one who mourns. This is a great venting place. It is a place for you to come and talk about issues in your life. I love it.” DS



Consider volunteering or donating to COJ to help us continue to support those who grieve

With all the grace and gratitude in our hearts, we are so grateful for your generous support!

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