



Cheers to 25 Years!



You were there for us on day
one to help us understand
and maneuver through our grief.
Thank you for all your years
of service to our community!
The impact you've had on
so many lives is incredible.

♥ Gina Marek



companions
on a journey
HOPE. STRENGTH. HEALING.

2022 Annual Report



If you would like to make a donation to support COJ's grief support services

Scan Here



Dear Friends,

Companions on a Journey, lovingly referred to as COJ by our participants, celebrated 25 years of service in 2022. Founded in faith and rooted in God's love, we provide in-person and virtual grief support for bereaved children, teens, adults, and families in southwest Ohio, across the United States, and throughout the globe through our virtual support programs. Our hope is to create communities where no grieving person journeys alone.

We continue to see steady demand for our services. We know that no one escapes experiencing the loss of a loved one. It is an honor to work with and guide children, teens, adults, and families through their loss.

We were blessed by grants and partnerships which supported our organization in several ways, including the expansion of our leadership team with the recent hiring of Shayna Thomas, Director of Operations and Sovanara My, Director of Bereavement. Together, we will work to ensure that our mission continues for the next 25 years.

We were humbled to receive a \$100,000 grant from The New York Life Foundation which will be distributed over two years. These funds are earmarked for developing a manual to share with grief organizations throughout the country that desire to implement a school-based grief support program. We are thrilled to be able to share our expertise about school-based grief support and the expansion of these services!

You, our generous partners, donors, committed team, and volunteers are the reason we can do what we do. I'm so thankful for the generosity you have provided to COJ. I thank God for allowing the legacy of Companions on a Journey to continue to bring hope to those whom we are called to serve.

God bless you,

Executive Director

COJ has been an open space for me where I am able to learn coping mechanisms, as well as helping others through their trials and tribulations when dealing with grief.

♥ Student, Moeller HS

Social Media and Website Numbers

Facebook Followers: **1,418**

Instagram Followers: **164**

Newsletter Subscribers: **2,563**

Phone Calls: **231**

Website: **700** visitors/month

New website launched in September better supports our clients in finding grief support whether through our resources or by learning about and registering for our support groups.

Overview of Services

School-Based Grief Support Program for K-12

- Monthly Grief Support Groups
- Consultation & Education for Staff & Caregivers
- Crisis Response & Postvention Support

Adult Support Programs

- Monthly Grief Support Groups
- Pathway to Healing Events
- Social Outings
- Individual Consultation & Crisis Response

Family Programs

- Mending Hearts for Grieving Families
- Pathway to Healing Events

Community Education & Training

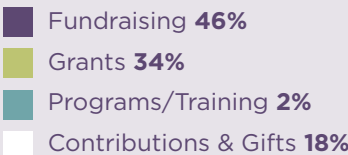
- Grief Education
- Facilitator Training
- Caregiver Education
- Postvention Support

Workplace Support

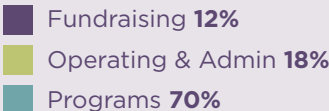
- Education & Trainings
- Grief in the Workplace Support & Resources
- Crisis Intervention & Consulting
- First Responder, Healthcare, & Essential Workers Program

2022 Financials

INCOME \$387,444.58*



EXPENSES \$380,641.28



*Excludes one time Employee Retention Credit of \$30,643



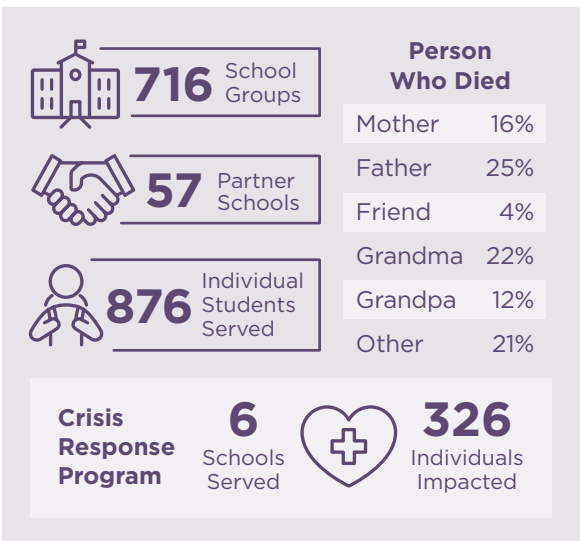
95 VOLUNTEERS = 6,218 HOURS

In 2022, our volunteers saved us **\$186,229** (\$29.95/hour x 6,218 hours)

2022 Impact

1,530+ Bereaved Individuals Served

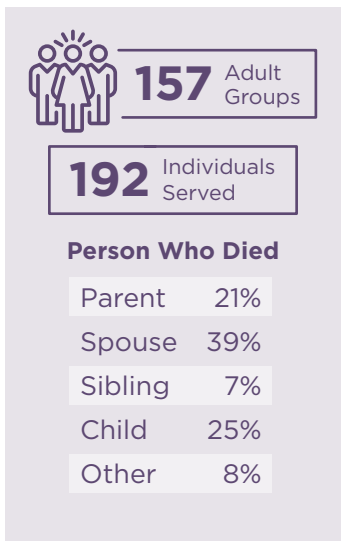
1 School-Based Support



2 Family Support



3 Adult Support



Mission

Companions on a Journey provides ongoing support for the bereaved – one child, one teen, one adult, one family at a time, surrounding them with **HOPE, STRENGTH, and HEALING** as they create their new life balance.



I love the caring and loving community built around mental health and the concern given to serious topics. Many times I have been able to get out of or solve tough mental situations by using the information given to me by the wonderful people at COJ!

♥ Student, Hamilton HS

Our Commitment to Those We Serve

Grief is the most inclusive experience we know, and at Companions on a Journey, we strive to make sure **all feel welcome**. We are committed to treating everyone we serve equally with the highest regard and respect. Grief does not discriminate and neither do we.

We look forward to serving you.



Board of Directors

Elizabeth Dreyer
President

Jeanne Feldkamp
Vice President

Tracey Nugent
Secretary

John Atkinson
Treasurer

Sheila Munafo-Kanoza
Executive Director

Tom Kanoza
Advisor

Brian Boyle

Elgin Card

Jonathan Gordon

Dr. Michael Kachmann

Jim Morgan

Lisa Reinhard

Craig Sander

Rita Williams

Jonathan Winterkorn

We're here for you!

8857 Cincinnati-Dayton Road
Suite #002
West Chester, OH 45069
(513) 870-9108
companionsonajourney.org

