



companions
on a journey
HOPE. STRENGTH. HEALING.

2023 Impact Report



Kevin Weiss, Adult Group Participant

What was one of the most impactful things you learned from COJ on your grief journey?

It's hard to name one thing because many at COJ know firsthand how messy grief actually is. COJ taught me healthy boundaries for dealing with my grief, to claim my grief, to accept where I am in my journey, and to know it is okay to regress during the journey. They taught me how to own and control difficult conversations and interactions, and prepped me with conditioned responses to easily navigate the tough moments. They allow you to feel that you're the only person experiencing grief but also that you're not alone in your grief/journey. At some point, we all feel our grief is the worst possible grief, that no one could top our grief, and COJ walks you through the journey to the realization that we are stronger when sharing our grief with others who understand.

What would you say about COJ to someone else who has lost a loved one?

Absolutely give COJ a chance to repair your heart and soul to return to some semblance of a functioning human. Give those who have experienced and endured grief the opportunity to help you. And if nothing else, it gives you an opportunity to share your story with others, and by doing so they help to keep your loved one's spirit alive! That is all any of us want when losing someone special.

Dear Friends and Supporters,

As I reflect on 2023, we continued the expansion of our school-based grief support programs, amplifying our reach and impact on children navigating the complexities of loss. Additionally, for the first time since the pandemic began, every single one of our adult grief support groups offered an in-person option, as we believe this fosters a sense of connection and understanding that is irreplaceable in our digital age.

Looking ahead to 2024, I am filled with excitement for what the future holds for our organization. We are poised to further expand our impact through strategic partnerships with corporations and community organizations, building upon the wonderful foundation laid by our existing partners.

I thank God for you, our generous partners, donors, volunteers, team members, and supporters - you truly make all our programs and services possible. Together, we will continue to move forward, offering hope, strength, and healing to all those navigating the difficult journey of grief.

With gratitude and anticipation,

Sheila Munaf-Kanya

Executive Director



Kevin and his family and friends pause to remember and honor his daughter Madyson on her birthday at the 2023 Vince Munaf Memorial Golf Outing.

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

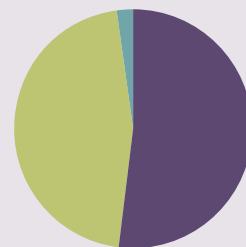
Workplace Support

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

Revenues

INCOME \$451,869.73

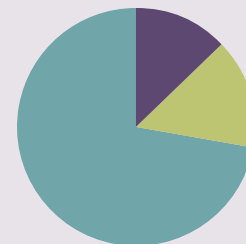
- Individual & Corporate Contributions **52%**
- Grants **46%**
- Programs/Trainings **2%**



Expenses

EXPENSES \$480,157.35

- Operations & Administrative **13%**
- Fundraising **15%**
- Programs **72%**



74 VOLUNTEERS = 5,898 HOURS

In 2023, our volunteers saved us **\$176,645** (\$29.95/hour x 5,898 hours)

2023 Impact

1,647+ Bereaved Individuals Served

1 School-Based Support



100 School Groups



67 Partner Schools



1,247 Individual Students Served

Crisis Response Program

5 Schools Served



66 Students and Staff Supported

Person Who Died

Father	26%
Mother	13%
Grandparent	22%
Sibling	5%
Aunt/Uncle	10%
Other	21%

2 Adult & Family Support



10 Monthly Adult & Family Support Groups

215 Individuals Served



At **2** Pathway to Healing Events, there were

119 Individuals Served

Community & Training Events



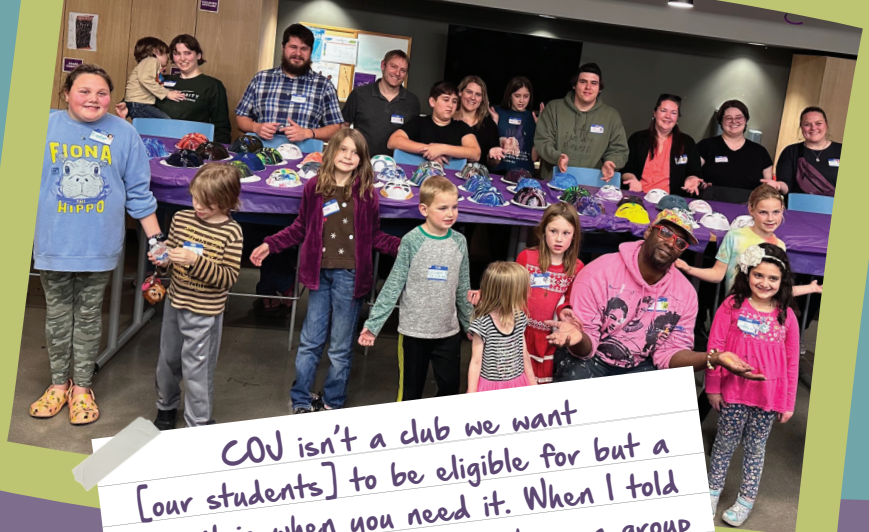
13 Presentations /Events

1,295 Individuals Attended

It was really hard for me when my mom died when I was 8! This group has helped me really well.
 - Student, School-based Program

Mission

To provide 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.



COJ isn't a club we want [our students] to be eligible for but a gem it is when you need it. When I told a grieving student that we have a group uniquely for him, there was a sense of belonging written all over his face.

♥ - Andria Laphorn,
Counselor, Hopewell JHS

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

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Jim Morgan

Lisa Reinhard

Craig Sander

Jonathan Winterkorn



It (COJ) has helped me realize I am not alone.

♥ Student, School-based Program

We're here for you!

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