

CORK'S PLACE IS...

- **A safe and nurturing environment** where hurting children, teens and families can share experiences, support one another and find comfort as they move through the difficult process of emotional healing.
- **A place that empowers** children, teens and families to lead productive, and healthy lives.
- **Staffed by professionals** staff members and trained volunteers.
- **The only facility in our area** specifically designed for children and teenagers, ages three through seventeen, who are grieving a significant death.
- **A place that fosters in-depth conversations** as well as artistic and physical activities that allow children and teens to express their emotions.
- **For parents and caregivers too.** They are encouraged to participate in group meetings focused on the emotional needs of hurting children and teens while they move through their own healing process.

CHAPLAINCY HEALTH CARE'S MISSION

The team at Chaplaincy Health Care focuses on the entire person – their physical, emotional, and spiritual needs. We guide, comfort and care for people experiencing serious illness, end of life, behavioral health issues, personal crisis and loss.

Other services available through Chaplaincy Health Care:

- Hospice Care
- Palliative Care
- Grief Care
- Cork's Place – grief care for children and teens
- Spiritual Care – Contract Chaplain Services
- Behavioral Health Therapy



Expert Guidance
for Children During
Seasons of Grief



CORK'S PLACE

712 W. 19TH AVE.
KENNEWICK, WA 99336
(509) 783-7418
CHAPLAINCYHEALTHCARE.ORG



United Way of
Benton & Franklin Counties
unitedway-bfco.com

MAILING ADDRESS:
1480 FOWLER ST
RICHLAND, WA 99352
(509) 783-7416

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-509-783-7416. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致 1-509-783-7416。



EXPERT
guidance

CORK'S PLACE FEATURES

Cork's Place allows for facilitation of powerful feelings and energy to be expressed in a supportive, focused, and non-judgmental atmosphere.

Healing spaces include:

- **Group Circle Room:** This area facilitates comfort in sharing and provides the transitional space into and out of Cork's Place activities.
- **Dramatic Play Area:** Children are able to utilize puppets, clothing, and role playing resources to process their grief through imaginative and social play.
- **Art Room:** Arts and crafts serve as a medium for children and teens to express their thoughts and emotions through creativity.
- **Activity Room:** A multi-purpose room where youth connect with one another through music, board, and table games.
- **Volcano Room:** A well-padded room that includes a punching bag and gloves that help children and teens release big energy in a safe and monitored setting.
- **Paint Splatter Room:** In this room children and teens can release big emotions through free-form painting.
- **Hospital Room:** A thought-provoking room that provides children and teens the opportunity to explore their fear and other emotions in a mock hospital setting.

SHORT TERM SIGNS OF GRIEF

- Nervousness
- Nightmares or reoccurring dreams
- Depression or withdrawal
- Hyperactivity
- Expressive anger or uncontrollable rages
- Inability to concentrate (especially in school)
- Over-dependency on one person
- Frequent illness

POSSIBLE LONG TERM EFFECTS

Without help, the effects of unresolved grief may continue for generations.

- Substance abuse
- Suicide
- Eating disorders
- Chronic depression
- Difficulty with vocational success
- Inability to find joy in life
- Violence
- Difficulty maintaining relationships

Source: *Never the Same: Coming to Terms with the Death of a Parent*, By Donna Schuurman

"If I didn't have these groups to come to, I would either be in jail or dead. Losing my best friend, my brother, crushed me and having a place to talk about it and say hard stuff let me know I am not alone."

- High School Teen

GETTING STARTED

Parents and caregivers can contact us directly to talk about joining a support group. If appropriate, we will schedule a family intake appointment, during which we will talk about relevant family history, current family needs, and reactions to the death.

WHEN SHOULD I CALL?

Some families contact us immediately after a death, while others come to us months or even years later. We welcome families to contact us at any time they feel ready.

Cork's Place is a safe and caring environment staffed by professionals and trained volunteers.

"Cork's Place is comfort. I love creating art, making friends with other kids like me and talking about my dad gives me hope. Me and my mom can actually talk about the good and bad memories we have about dad. That wouldn't have happened without this kind of support."

- Cork's Place Child

"Cork's Place provided the support we didn't even know we needed after losing my mother 5 years ago. Losing my husband this year was unexpected and without the support and guidance my children and myself receive from this special place, we would not have known how to cope or grieve properly with this incredible loss. You all have been a gift to me and my children."

- Cork's Place Mother



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