

**GRIEF CENTER FOR CONNECTICUT'S  
CHILDREN**

# **ANNUAL REPORT 2018**

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**NAVIGATING LOSS TO HELP A  
CHILD'S HEART HEAL**





# OVERVIEW

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# Our Mission

At Adam's House we believe every child should never grieve in isolation. Each child deserves a supportive and understanding community to learn and explore their feelings of loss. All grief journeys are unique. Grief is a natural reaction to a loss of a loved one. We strive for children to understand their complex grief feelings, increase resiliency and boost their self-esteem while they create their new normal.





## GIVING A CHILD'S GRIEF A VOICE.

Allison Wysota

**Grief is hard work!** Ask anyone who lost someone they have loved. Grief mutes colors, dampens the sound of joy, scars happy occasions and leaves you fearful of the future.

I personally found out this out on the morning of May 6th 2012. The day began like a typical Sunday before in Wysota house- packed with activities. First up, tennis. My husband, Adam and I were avid tennis players. Adam would suffer a major heart attack and die shortly after that game. My education as a teacher and years of motherhood did not prepare me for what I would say was the most difficult task a parent can be given. The task of learning to navigate my own crippling grief while tending to my children's, after this tragic loss of a beloved husband, father, brother, coach and friend.

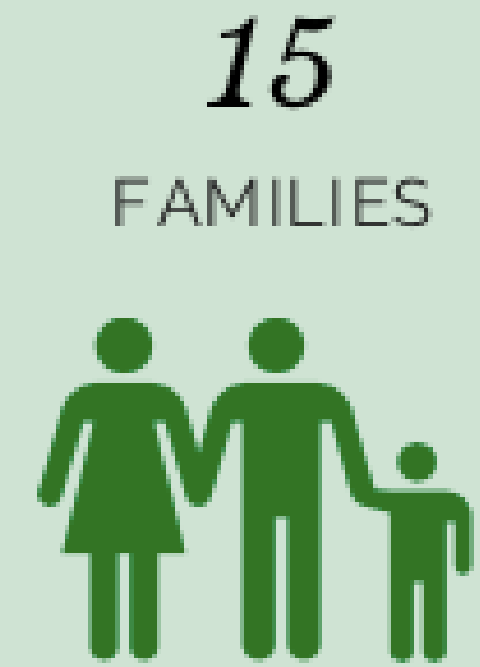
I've been trained to champion for children, to help them express their thoughts, experiences and emotions. Yet all my skills and knowledge just weren't enough to know how to deal with the great pain my boys were in as they tried to cope with the loss of their beloved father. Eventually, each of us found outlets for our grief through art, music and exercise. But I wasn't certain it was enough for my children to heal.

Who would help them be "OK" after this devastating loss? Where could they go to feel safe enough to explore their pain and tap difficult emotions. Where could they talk to other kids and learn coping skills to help them figure out how to actively engage in life again. My search for such a place was not what I had hoped for. That's when the vision, the hope and dream of "Adam's House," was born.

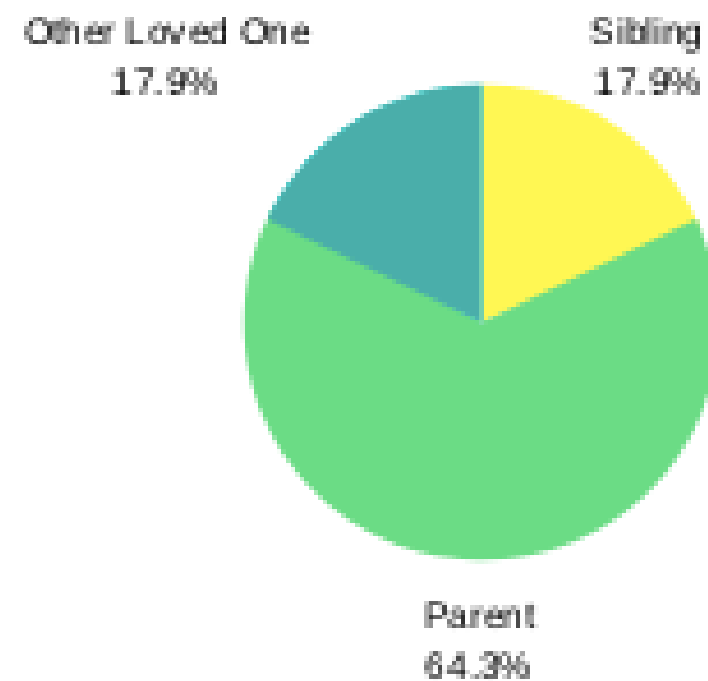
Our dream is now a reality and we have begun to serve bereaved families. It has been an honor to walk beside them and support their journey. It is my hope that Adam's House will be a comforting place of solace, where they will find the support they need, and most of all, where they can heal.



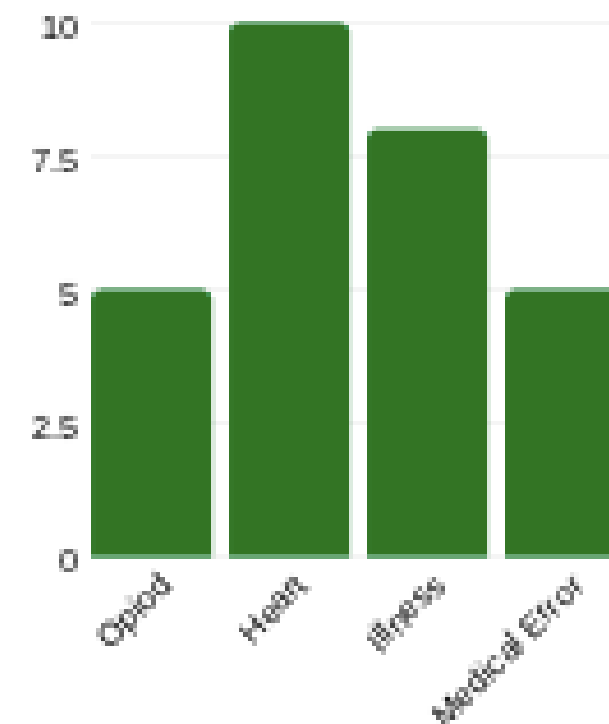
WHO  
ADAM'S  
HOUSE  
HAS  
HELPED



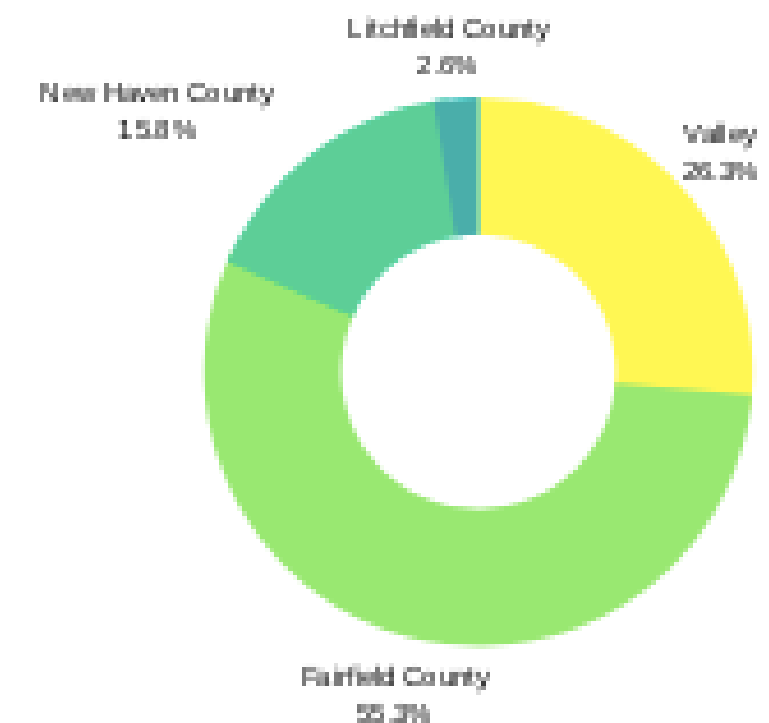
## PROGRAM FAMILIES DEMOGRAPHICS



Percentage of Children Experiencing  
Family Member Loss



Number of Children Experiencing  
Type of Loss



Percentage of Children's  
Residential Status





## The Children We Proudly Serve





# Community Support for Adam's House



**The Valley Community Foundation awarded Adam's House grant to provide funds for our garden that encompasses our memorial walkway.**



**Celebrate Shelton asked Adam's House to be a their charity partner for a community event called "Food Trucks in the Valley."**



**Involvement from Nasdaq and the Eagle Scouts from Troop #28 have helped beautify and create a warm welcome to the bereaved when visiting Adam's House.**



# OUR EVENTS

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**"Helping Hearts Heal" Ladies'  
Paddle Tournament**



**Friend In Grief (FIG) Trainings**



**Mistletoe and Margaritas  
Giving Tuesday  
Shopping Event**



# Our Financials

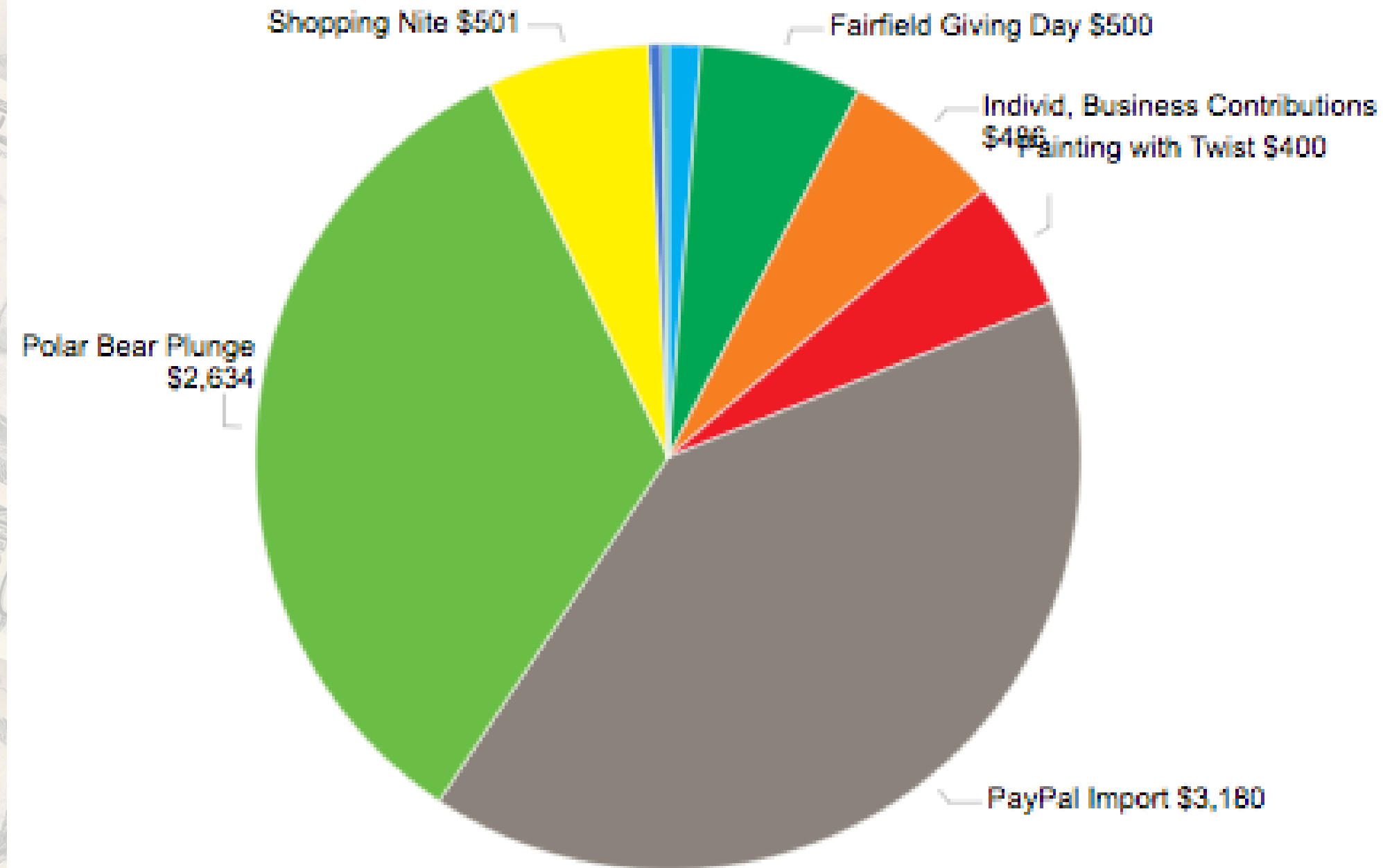
Our total income for the fiscal year 2018 was \$47,084. 29. as compared to our total expenditures of \$140,000. This activity left us with deficit we are working hard to negate.

Our Board of Directors were deliberate in strategizing the expenses knowing it would negatively impact our hearty reserve of funds. The decision was made to spend the monies to help increase the awareness of Adam's House and increase the number of families receiving our services. That in turn, would allow for the opportunity to apply for more grants and begin our quest for corporate sponsors and donors. The decision to spend the monies to widen our audience has begun to pay off in early 2019.

The board has the most fiscally responsible plan to develop strategies for increasing our donor base. Many conversations and ideas were presented on what would be the best investment of our funds.

We have been blessed by a philanthropic community that has generously provided funds and partnered with our mission to make healing possible for children and their families

## REVENUE CONTRIBUTORS - Last Year





# Meet Our Team



**Sara Alyward**

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Director of Development



**Allison Wysota**

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Executive Director/  
Founder



**Sarah Domena**

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Director of Community  
Outreach



# CONTACT DETAILS

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