

THE RIGHT PLACE,  
WHEN NOTHING IS RIGHT.



visit our website at [dougy.org](http://dougy.org)

## HELP CHILDREN IN GRIEF FIND HOPE.

The Dougy Center gratefully accepts gifts of time and money to continue our programs for grieving families.

Volunteers who complete our facilitator training assist the Center's small staff in leading support groups. Other volunteers help with office support, fundraising, special events, and leadership through our Advisory Board or Board of Directors.

To learn more about the Dougy Center, or to contribute, please call [503.775.5683](tel:503.775.5683) or visit us at [www.dougy.org](http://www.dougy.org).



The National Center For Grieving Children & Families

### The Dougy Center

Locations in Portland, Canby and Hillsboro

[www.dougy.org](http://www.dougy.org)

503.775.5683

503.777.3097 (fax)

### Mailing Address:

P.O. Box 86852

Portland, Oregon 97286

SOMEONE HAS DIED.

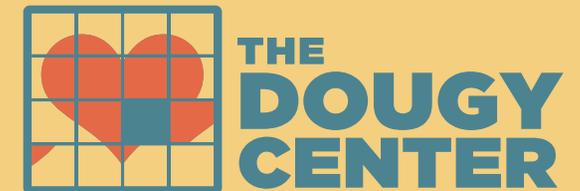
EVERYTHING HAS CHANGED.

BUT THERE ARE PEOPLE WHO  
CARE AND WANT TO SUPPORT YOU.

THERE'S A PLACE FOR YOU

TO GRIEVE IN YOUR OWN TIME

AND IN YOUR OWN WAY.



*Helping Families find Life, after Death.*

## WHO IS DOUGY AND HOW CAN HE HELP?

Some people are just extraordinary. Dougy Turno was one of those people. In 1982, as he faced his own death from cancer at age 13, Dougy was frustrated that no one wanted to talk about death. He reached out to other children in his hospital ward and helped them open up about their fears, inspiring many with his courage.

One of those inspired by Dougy was Beverly Chappell, a former nurse and wife of a pediatrician. She started holding support groups for grieving children, which became the seeds of The Dougy Center. Today, we are a place for children and families who are grieving a death to share their experiences. Whoever has died, whatever the cause of death, we understand that your life is upside down and will never be the same again. This is a safe, caring setting for you to express your emotions—all of them—and allow you to find your own path back to your life. We are a place for families to know they're not alone.



## A SAFE PLACE TO TALK. A SAFE PLACE TO LISTEN.

It's easy to feel like no one understands what you're going through. And truthfully, no one's grief is exactly like yours. But people tell us the help they appreciate most comes from sharing with others who are also grieving a death.

Our children's support groups are designed around age, type of death, and the connection to the person who died. Parent/adult caregiver groups run at the same time as the children's support groups. Around 400 children and 250 adult family members come to our groups each month. Each person decides how long he or she wants to be at The Dougy Center.

In the groups, there is no right or wrong way to be. Nobody will tell you it's time to move on. Or that an emotion you have is wrong or inappropriate. Here, through talking and listening, you're free to find hope and comfort in your own personal way. Children can express themselves through play, music, art, games, and sharing.

## THERE IS NO ONE LIKE YOU. AND NO PLACE LIKE THIS.

Our unique approach, using peer group support to help people discover their own way through grief, has made us a worldwide leader in the field. More than 500 programs based on our model now thrive in the U.S., Canada, Africa, Australia, Europe and Japan. Our guidebooks assist parents, schools and others who deal with children affected by death, and our children's activity books provide them an outlet for expression.

Trainings and books provide a small financial stream for our work, but the vast majority of our funding comes from private donations. No fees are ever charged to families at The Dougy Center.

If you or someone you know is grieving the death of a loved one, our doors and our hearts are open to you. Here, you are welcome. You are understood. And you are not alone.

