



Each year 650 children and adults receive grief, loss and trauma support through individual, group and school outreach programs. The support provided reduces the incidence of depression, anxiety and substance abuse in participants.

Now more than ever the services that The Alcove provides is needed to deal with the collective grief, loss and trauma that our community is facing due to COVID-19.

- \$1 per pay period (x26 paychecks=\$26) provides arts and crafts materials for one grief and/or trauma group.
- \$5 per pay period (x26 paychecks =\$130) provides pizza dinner for one family bereavement group night.
- \$10 per pay period (x26 paychecks = \$260) Mileage to get to school outreach groups.