



FORGET-ME-NOT GRIEF CENTER *of* ALASKA

Join the network of trained volunteers positively impacting our local community by dedicating your time and resources to walk alongside those grieving. The Forget-Me-Not Grief Center of Alaska is a non-profit organization in Anchorage offering free community-based grief support, with a focus on children and teens.

---- **Opening January 2022** ----

Our Mission is to help grieving children, teens, and families build a foundation of hope and seek healing through community-driven support.

Our History

In 2018, the closure of the Forget-Me-Not children's grief support program, run by Hospice of Anchorage, left an undeniable hole in the Anchorage community. During its 10+ years of service to the community, the program thrived and served many families experiencing loss and grief. The program was distinctly unique, which added to the loss.

With Alaska's high rates of depression, suicide, addiction, and domestic abuse, Anchorage communities have an enormous need for accessible grief support for our young people. Yet, there were no services.

The Forget-Me-Not Grief Center of Alaska was built as a direct response to this enormous need. In April of 2019, a group of professionals came together to found the Forget-Me-Not Grief Center of Alaska.

With great energy and excitement, plans were made to train volunteers and open mid-2020. These plans were quickly halted due to the COVID-19 pandemic. The resistance they met, however, did not stop the vision.

Board members continued to move forward to obtain federal non-profit status and a recognized 501(c)3. And in January of 2022, FMNGCA plans to open its doors to provide grief support services to children, teens, and those who need it most.

Our Services

"We heal together."

Program Meeting Dates:

- 2x monthly on Thursdays, 6:30PM – 8PM
- We follow the ASD calendar, meaning we break for summer & holidays

Grief, by nature, is partly a communal process and experience. That is why the core of FMNGCA is peer-driven grief support groups for children and teens.

These group meetings happen twice a month on, what we refer to as, "program nights". Participants are put into groups based on age and developmental stage. Trained volunteers facilitate the groups to support healthy grief and coping.

When faced with grief, we do not want financial constraints to be a reason you do not seek out support. That is why our support services are offered free of charge.

We want to be clear - our programs are not therapy. FMNGCA services are for the purposes of supporting participants through normal grief. Our services are not therapeutic interventions, which is sometimes needed by grieving individuals to cope with the effects of grief after loss.





FORGET-ME-NOT GRIEF CENTER *of* ALASKA

Interested in our services?

If you are interested in learning more about our services, please contact FMNGCA for an initial conversation. These conversations will be scheduled to help assess your family's needs and provide an orientation to the program. After confirmation to the program, families can begin attending program nights, joining the community of others in similar situations.

To schedule an initial conversation, please email forgetmenot.griefcenter@gmail.com or call 907-317-0727. We look forward to inviting you into this space.

Get involved!

Join the network of trained volunteers positively impacting our local community by dedicating your time and resources to walk alongside those grieving. Email forgetmenot.griefcenter@gmail.com or call 907-317-0727 to sign up.

Our Board

Rena Queja | *President*

Rena is a licensed master level social worker and supervisor at the Providence Cancer Center. To further meet the needs of her community, she has received training from the Dougy Center, the nation's leader in children's grief.

Jane Barber | *Board Member*

Jane is currently a school counselor with Anchorage School District and has direct experience running a children's grief support program. Formerly, she was the director of Hospice of Anchorage.

Nathan Rogers | *Secretary/Treasurer*

Nathan comes to FMNGCA with over 10 years of experience working in professions associated with grief & loss. Most recently, he ran an adult grief support program for Providence Hospice until he took a new position within Providence in 2021.

