ANNUAL REPORT 2019
NAVIGATING LOSS TO HELP A CHILD'S HEART HEAL
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

People often share with me that they could never do what I do, because "its so sad." While what brings these children and their families to our program is very sad. I am honored and inspired everyday by the power of love in the face of trauma related to death and loss.

Adam’s House is a place of hope, a place for rebuilding, A place where children and their families come in as victims but they leave as victors with the knowledge, confidence and assurance that they will be ok. Where children can freely express their frustrations, challenges, confusion and regret without judgement and with engaged, empathetic listeners.

Our program is child centric- it’s activities specifically planned with their grief style and group dynamic in mind. Grief is unique- we need to create strategies/activities that will resonate with them- no two groups at Adam’s House alike.

The goal is to put our families on the path of recovery. To normalize the grief process when nothing feels normal. To empower them when they are in a constant state of doubt. To turn their sadness to strength. To turn loss into legacy.

We are so proud of our program families. Grief is hard work. We continue to work our hardest to insure that Adam's House remains a resource for all of Connecticut's bereaved children!
ADAM'S HOUSE
Helping Hearts Heal for Connecticut’s Children and Families

ABOUT ADAM'S HOUSE
Adam’s House is a no-cost grief education center serving children up to age 18, and their families, who have experienced the loss of a parent, grandparent, sibling, friend, or other significant loved one. Through our eight-week “Helping Hearts Heal” program, participants receive peer support, expression and positive-play, educational programming, and coping skills to overcome the loss of their loved one in a warm, caring atmosphere.

WHO ADAM'S HOUSE HAS HELPED

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
<th>Families</th>
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<td>72</td>
<td>50</td>
<td>42</td>
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PROGRAM FAMILIES DEMOGRAPHICS

Percentage of Children Experiencing Family Member Loss:
- Parent: 80%
- Other: 7%
- Sibling: 10%

Number of Children Experiencing Type of Loss:

Percentage of Family's Residential Status:
- Hartford County: 18%
- New Haven County: 12%
- Fairfield County: 45%
- Other: 5%
The Children We Proudly Serve
Community Support for Adam's House

SECTRA awarded Adam's House a generous grant that will help support our "Helping Hearts Heal" program.

Happy Day Preschool! As an activity for "Kindness Week", these students and their families baked delicious treats to sell at the Shelton Community Center to raise funds for our program children!

Sperry Rail, who as part of their team building exercise at their company conference, provided bikes to the children in our summer program.
OUR EVENTS

Meet and Greet at Caloroso's

Dancing with the Stars
To Benefit Adam's House

Friend In Grief (FIG) Trainings Graduates

Mistletoe and Margaritas
Giving Tuesday
Shopping Event
OUR FUNDS
Adam's House 2019

- **FUNDRAISERS**
  - Board Support, Corporate/Individual, The Great Give
- **GRANTS**
  - One Time
- **EVENT FUNDRAISERS**
  - Dancing with the Stars, Mistletoe and Margaritas, Spirits
- **INDIRECT FUNDRAISERS**
  - Amazon, FIG Training
- **RELEASED FUNDS**

- Released Funds: 21.7%
- Fundraising: 35.1%
- Event Fundraising: 31%
- Grants: 10.7%
- Indirect Fundraising: 1.5%
Meet Our Team

Sara Alyward
Director of Development

Allison Wysota
Executive Director/Founder

Sarah Domena
Director of Community Outreach
CONTACT DETAILS

Mailing address
241 Coram Ave.
Shelton, CT 06484

Website
www.adamshousect.org

Email address
adamshousect@gmail.com

Phone number
(203) 513-2808