

The background of the entire page is a dense pattern of hearts of various colors and sizes, drawn with what appears to be crayons or markers. The colors include red, blue, green, purple, yellow, and orange. The hearts are scattered across a solid black background. Two large, white, semi-transparent triangular shapes are overlaid on the page: one in the top-left corner and another in the bottom-right corner.

full circle
remember. create. heal.

2022
Program
Report

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The Full Circle Story

Our Mission

Our mission is to provide comprehensive, professional grief support to children, adults, families, and communities. Our services focus on grief as a result of a death-related loss, traumatic death, or anticipatory loss.

As a respected grief resource center, Full Circle offers:

- Grief Support Groups
- Individual Grief Counseling
- Remembrance Programs
- Educational Workshops
- Consultative Services for Individuals and Professionals



Our History

2008

Full Circle begins as a comprehensive grief resource center in the Richmond area to help meet the needs of grieving children (ages 3–18) and their families. Our first programs are Hands on Healing and a monthly Creative Connections remembrance program.

2009

Our group leaders begin facilitating groups in schools, through partnerships with Communities in Schools.

2013

Between 2013 and 2018, we add a Perinatal Loss Group, Suicide Loss Group, and Overdose Loss Group due to high need in our community.

2018

We expand our services to include individual counseling services for children, adults, and families.

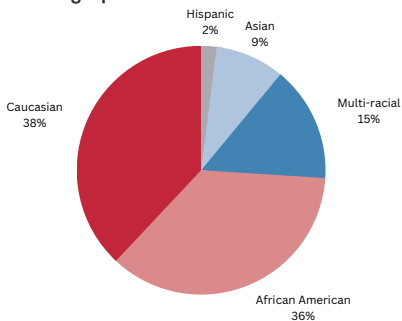
2020

Through providing virtual services, we expand our reach to all of Virginia, and add our Journeying Through Grief series, providing monthly grief support for any type of loss.

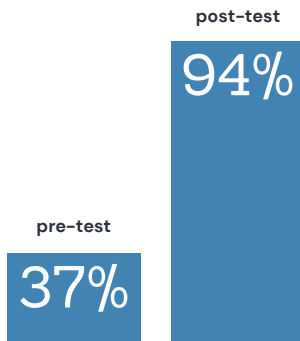
Hands on Healing

For 2022, our Hands on Healing (HOH) group served 105 total members, including 43 adults and 62 children. Hands on Healing continues to reach an increasingly diverse audience in terms of racial background, socio-economic status, geography, and cause of death.

Hands on Healing Families: Demographics

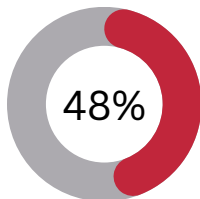


73% of Hands on Healing youth have experienced the loss of a parent (mother/father).



Percent increase in parents who reported feeling able to handle their children's grief at the close of HOH.

"The family games we played helped me to better see things from my kids' perspective and also helped them put into words some of their feelings." -- HOH parent participant

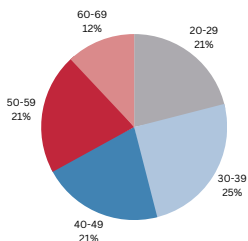


48% of all Hands on Healing families reported income at or below the poverty line.

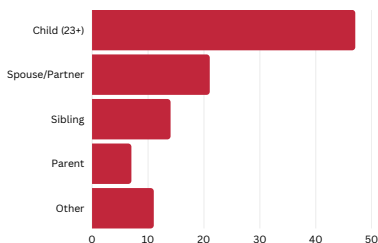
Overdose and Substance-Related Loss Group

Our 2022 Overdose and Substance-Related Loss Groups (OLG) served 31 adults, from primarily Richmond City, Henrico County, and Chesterfield County, with 10% attending from outside the region (i.e. Tri-Cities).

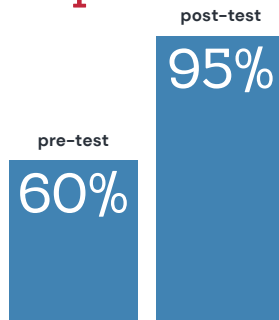
OLG Members: Age



OLG Members: Relationship to the Deceased



68% of OLG losses experienced were attributed to the use of fentanyl.



Percent increase in members who reported knowing ways to stay connected to their loved ones after the close of OLG.



Nearly 4 out of 5 group members reported no longer feeling alone in their grief after the close of OLG.

"This group helped me envision a road map for myself and my journey with grief... I feel that it's now possible to co-exist with my grief, when previously I often felt like it was consuming me."

-- 2022 OLG Participant

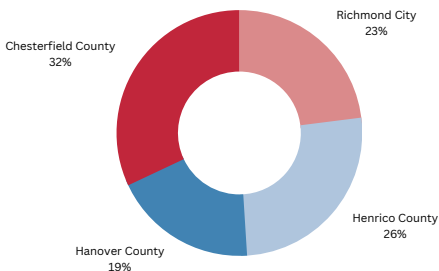


Perinatal Loss Group

Our Perinatal Loss Group (PLG) served 34 adults in 2022, with 58% of group participants identifying as female and 42% male. Most group members fell between 30–39 years old and reported residing in Henrico, Chesterfield, or Hanover Counties.

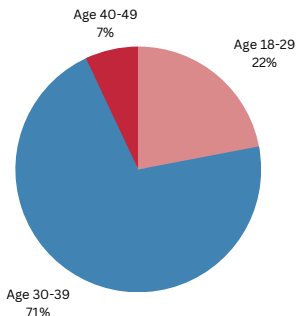
100% of participants reported at the close of PLG

PLG Group Participants: Geographical Location



- being able to talk about their feelings
- managing feelings of anger or stress with healthy coping strategies
- understanding what their partner may be feeling
- being able to talk with their partner about their grief

PLG Group Participants: Age



 **42%**

42% of all PLG group members identified as male.

"[This group helped] just by having others around to talk with who share the experience and understand what I am going through."

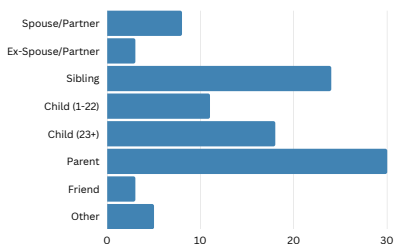
-- 2022 PLG Participant



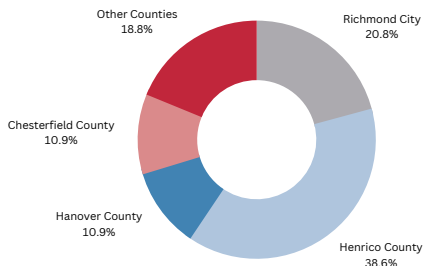
Suicide Loss Group

Our 2022 Suicide Loss Groups (SLG) served 42 adults, reporting from 9 distinct geographical locations (i.e. Richmond City, Henrico County). Participants from locations outside of the Richmond area included Prince Edward County, Shenandoah County, the City of Charlottesville, and more.

SLG Members: Relationship to the Deceased



SLG Members: Geographical Location

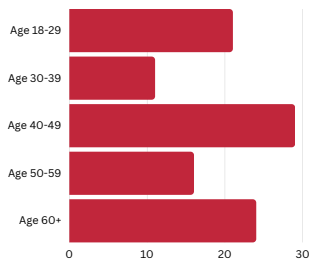


Group Member Testimonials

"You are a wonderful group of people changing lives. I constantly think back on the priceless help you gave me in my time of crisis."

"I am so thankful I was a part of this group. It made me stronger."

SLG Members: Age



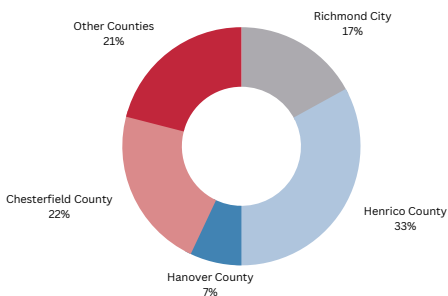
82% of group members report no longer feeling alone in their grief at the close of SLG.



Individual Counseling

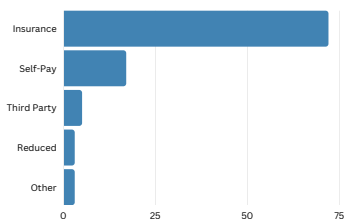
Full Circle therapists served 329 clients, with wide-ranging relationships to the deceased reported, including: mother, father, spouse/partner, child (perinatal), child (infant), child (age 1-22), child (adult), sibling, friend, cousin, aunt/uncle, niece/nephew, grandparent, among others.

Individual Counseling Clients: Geographical Location



One in five of Full Circle's individual counseling clients identify as male.

Individual Counseling Clients: Coverage Method



"My therapist was wonderful. She truly helped me understand my grief without judgement. I will never forget my experience in counseling. It has made me a better person."

-- Individual Counseling client



44% of all individual counseling appointments were held in person.

83% of Individual Counseling clients are adults (aged 18+).



Outreach & Consulting

Full Circle provided thirteen workshops and support sessions in the community on a variety of topics, including:

- traumatic grief
- preschoolers and grief
- remembrance activities for families
- grief support
- coping with the death of a colleague
- effects of trauma on clinicians

During these workshops and support sessions, 801 adults were served.

For 2022, Full Circle provided both individual and professional bereavement consultations to clients and community partners.

Individual Bereavement Consultations

697

Professional Bereavement Consultations

153

13
workshops

801
served



We thank you for
your ongoing
support of our
programs!

Contact Us

Executive Director

Allyson England Drake, M.Ed., C.T.

Grief Services Director

Britt Cowart, L.C.S.W.

Practice and Operations Director

Allison Schooley

For a full staff listing, please visit our
website at www.fullcirclegc.org.

Full Circle Grief Center

10611 Patterson Ave. Building 201

Richmond, VA 23238

(804) 912-2947

info@fullcirclegc.org

www.fullcirclegc.org

