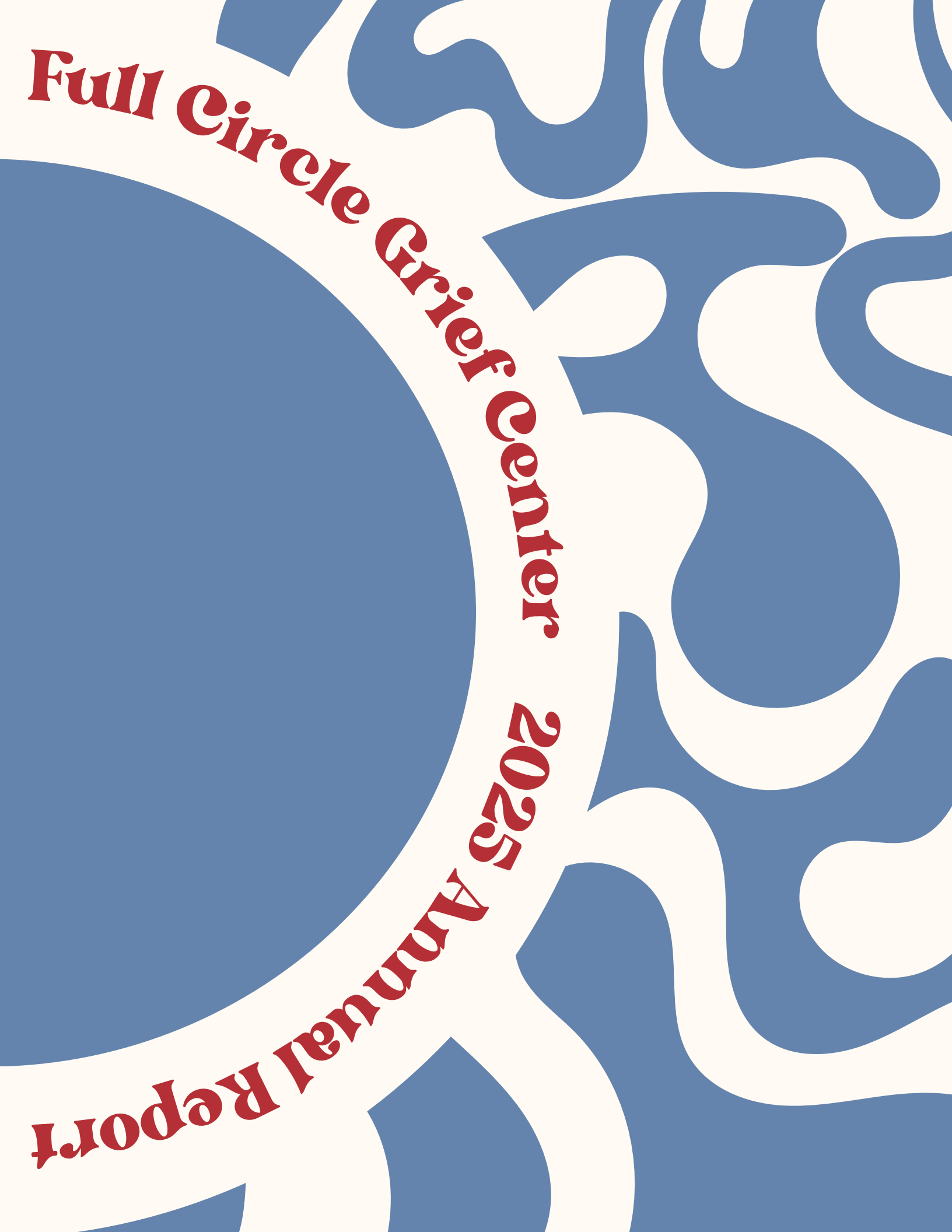




Full Circle Grief Center 2025 Annual Report

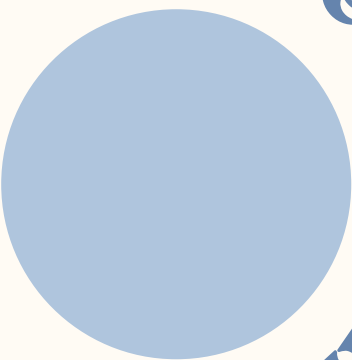
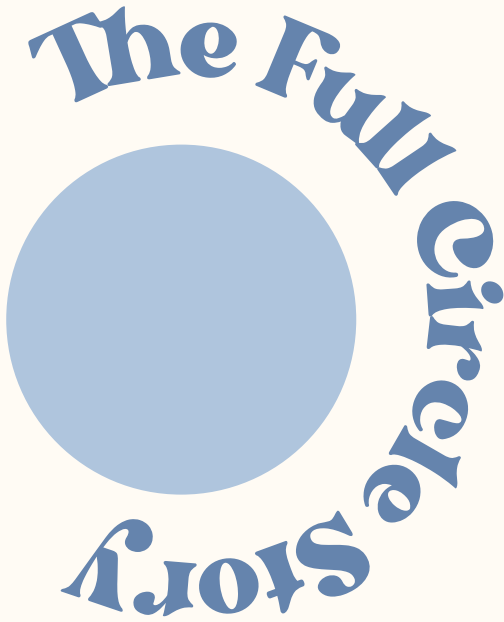


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Mission:

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.

Services:

As a respected grief resource center, Full Circle provides support for grieving children, adults, families, and communities in Virginia. We offer professionally-led groups, individual counseling, remembrance programs, consultative services, and educational training.





Allyson England Drake,
M.Ed., CT, FT

Dear Friends of Full Circle,

As we close another year, I find myself reflecting with deep gratitude on the ways our community has continued to grow and support one another in the face of profound loss. This year, we continued our Perinatal Loss, Suicide Loss, and Overdose and Substance Use-Related Loss groups. For the majority of the year, each of these groups operated with a waitlist, a reminder of just how needed these supportive spaces are.

We expanded our Widow, Widower, and Partner Loss groups, creating a strong circle of connection for those navigating life after the loss of a partner or spouse. We also faced some challenges, including the difficult decision to pause our Hands on Healing family program this summer due to uncertainty surrounding federal funding. To support these families, we launched our monthly Creative Connections program where families come together to create meaningful remembrance pieces in honor of their loved ones.

Our Young Adult Loss group also flourished, meeting monthly to support those grieving any type of death. For both groups, many members continued to connect outside of group, sustaining each other through the ebb and flow of their grief.

One of the questions our staff hears most often is, “How do you keep doing this work when there is so much sadness?” And the truth is, if you ask any member of our team, they will tell you that this work often is full of hope. Every day, we have the privilege of helping people understand their grief, make space for it, and begin to find light in their new normal. We are blessed to witness remarkable growth in our clients and group participants... small, powerful moments of courage, connection, and healing. We are entrusted with stories about loved ones who are deeply cherished, stories filled with warmth and love.

Yes, grief is hard. It’s very overwhelming at times. It also sneaks up on us when we least expect it. The death of a loved one can hurt in ways that feel unbearable, and many fear they will never feel joy again. It takes work that continues over a lifetime. But we also see that with support, perseverance, and patience, joy does return. Grief and joy can coexist; not competing but living side by side as people rebuild their lives in ways they never thought possible.

Thank you for being part of our community, for believing in this mission, for standing with us, and for helping us ensure that no one must navigate grief alone. We look forward to continuing this work with you in the year ahead.

With gratitude,

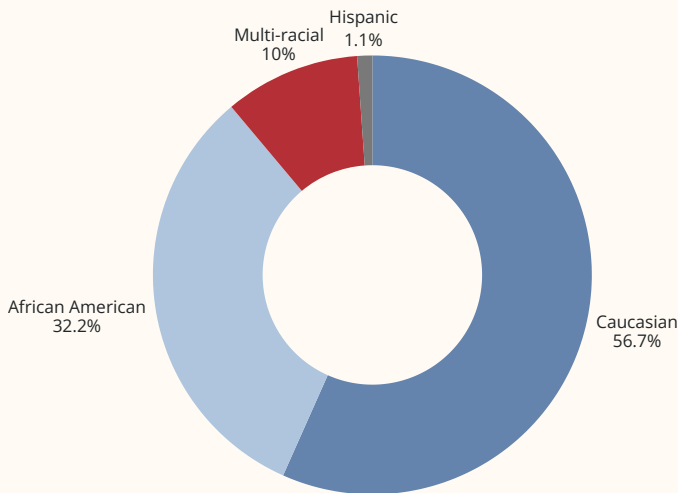
Allyson

Hands on Healing Group

While our Hands on Healing (HOH) group was temporarily paused in 2025, we were still able to serve 50 total members, including **21 adults** and **29 children**, in the first half of the year. Hands on Healing continues to reach an increasingly diverse audience in terms of racial background, socio-economic status, geography, and cause of death.

Interested participants were also offered a Creative Connections series in lieu of full HOH groups for the later half of 2025. This program enabled families to come together to create artwork to honor and remember their loved ones. We served **19 people** in **6 families** through this temporary program.

Hands on Healing 2025 Participant Demographics



37%

of participating families live at or below the poverty line

47%

of youth participants reported the loss of a parent (mother or father)

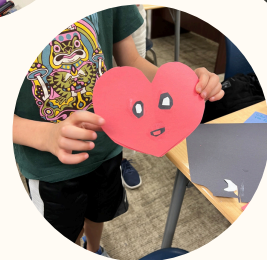
100%

Of teens ages 12-17 reported no longer feeling alone in their grief by the conclusion of group

“

The most helpful part of this group was having a space each week to grieve and process, to make the everyday stop for 1 ½ hours to miss, love, and remember.

-- HOH Parent Participant



Overdose and Substance Use-Related Loss Group

Our 2025 Overdose and Substance Use-Related Loss Group (OLG) served **29 adults**, from primarily Richmond City, Henrico County, and Chesterfield County, with multiple participants traveling from the Tri-Cities area, Hanover County, and Prince George County.

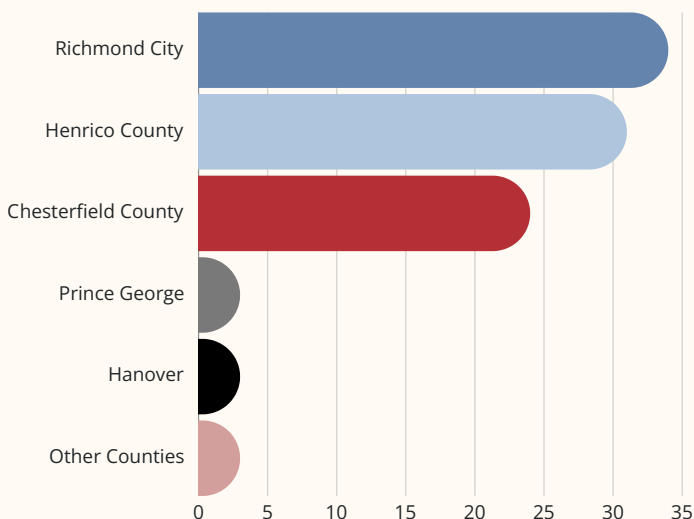
There was also a wide spread in age demographic data showing the ubiquitous need for overdose and substance related grief services, regardless of age.

31% of deaths reported occurred due to the use of alcohol

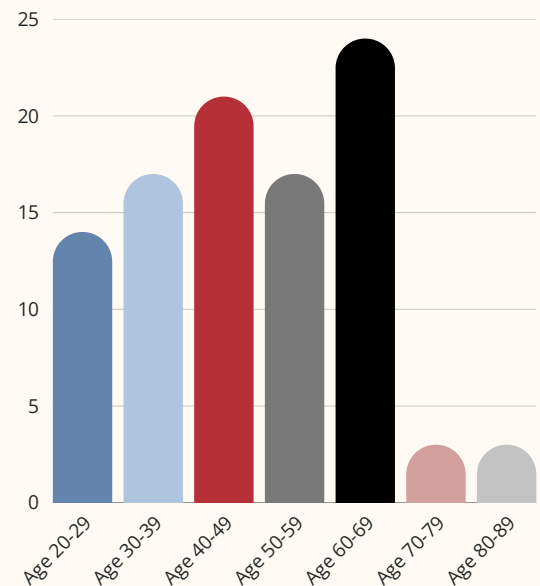
41% of group participants experienced the loss of an adult child to overdose

87% of group members reported being able to talk about their feelings better by the close of group

OLG 2025 Participant Demographics by Location



OLG 2025 Participant Demographics by Age



“

I loved meeting other people with similar losses and feelings. I could talk about my son out loud with people who really get it.

-- OLG Group Participant

Perinatal Loss

In 2025, our Perinatal Loss Group (PLG) served **32 adults** over three group sessions, with 56% of participants identifying as female and 44% as male. Over three-fourths (81.5%) of group members were aged between 30-39 years old, with an increasing diversity in geographic location, including members from Henrico County, Hanover County, Chesterfield County, Richmond City, Goochland County, King William County, and Powhatan County.

Our third annual candlelight memorial service for Pregnancy and Infant Loss Awareness Day on October 15th was a continued success, with over 100 community members attending.

66%

of group participants reported stillbirth as infant's cause of death

82%

of participants reported knowing ways to stay connected to their baby by the end of group

100%

of group members reported being treated fairly regardless of race, gender, age, ethnicity, sexual orientation, or any other differences

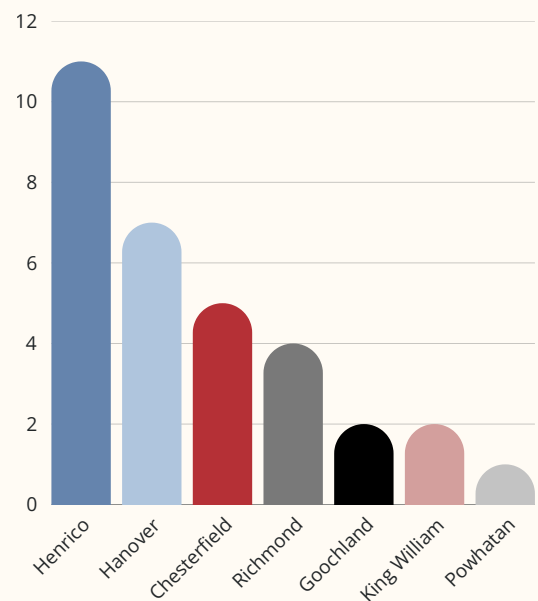
“

Having a space where we feel understood and supported has made an incredible difference.

-- PLG Group Participant



PLG 2025 Participant Demographics by Geography



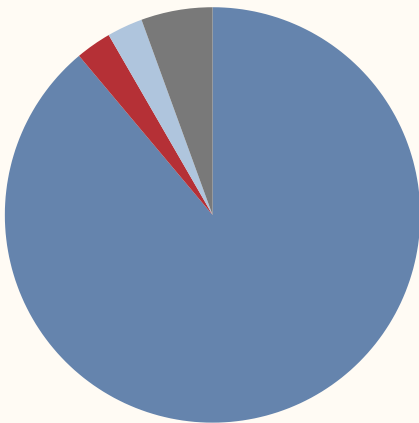


In 2025, we served **44 adults** through our Spouse and Partner Loss Group (SPLG) with many group sessions operating off a waitlist. This group in particular has demonstrated a continuous need within our community, maintaining steady enrollment numbers throughout the year.

At the conclusion of 2025, we recognized an increased community need for our Spouse and Partner Loss Groups, and began including it as a central core offering, including the hiring of a Senior Adults Bereavement Services Manager to oversee the development of this much-needed program.

SPLG 2025 Participant's Loved One's Cause of Death

● Natural Illness ● Accidental
● Suicide ● Not Reported



66%

of participants reported no longer hiding feelings of anger at the conclusion of the group

87%

of group members reported knowing ways to stay connected to their loved one at the conclusion of group

100%

of group participants reported being treated fairly regardless of race, gender, age, ethnicity, sexual orientation or any other difference in the group

“ —

The group leader was really good at drawing out sensitive feelings and facilitating connection around an uncomfortable, intimate subject.

-- SPLG Group Participant

I will tell everyone I know who is in this very unfortunate club about my experience at Full Circle.

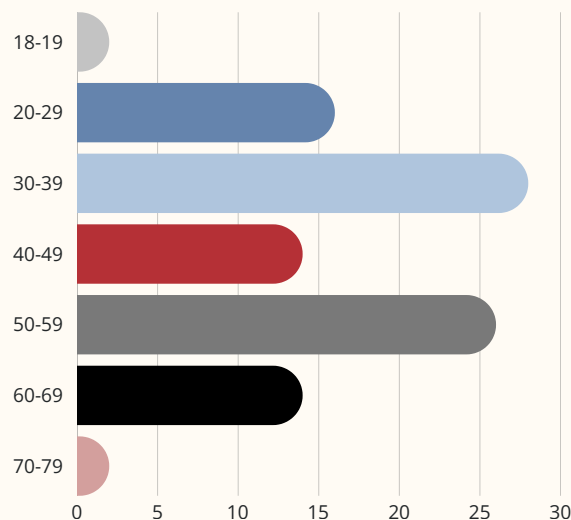
-- SPLG Group Participant



Our Suicide Loss Group (SLG) served **58 adults** from across Virginia in 2025, a 26% increase from 2024. Nearly 20% of participants resided outside the Richmond metropolitan area, attending from as far away as Fairfax, Appomattox, and Nottoway Counties.

The ages of group members also varied widely, showing how indiscriminate suicide loss can be to age. This year also saw Full Circle offer a variety of modalities, as we provided four in-person groups and one virtual/online support group specifically for suicide loss.

SLG 2025 Participant Demographics by Age



18%

of group participants traveled from outside the Metro Richmond area to attend meetings

59%

of participants attended group within 6 months of their loved ones death

84%

of group members reported knowing ways to stay connected to their loved one at the conclusion of group

“

I can't tell you how much this group has helped me. I don't know where I would be without it.

-- SLG Group Participant

As hard as it was to come to this group, it was one of the best decisions I have made since my loss.

-- SLG Group Participant

Young Adult Loss Group

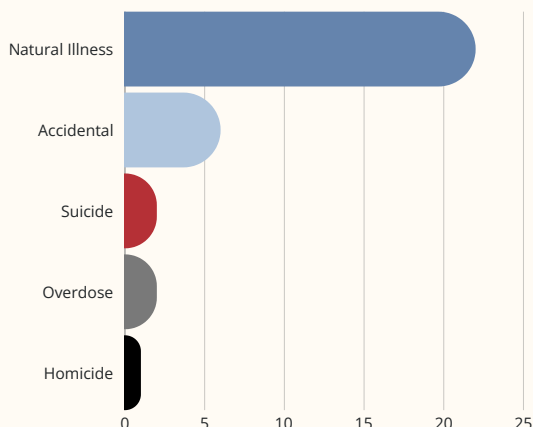
One of our newest group offerings, our Young Adult Loss Group, served **28 adults** in 2025 who were between ages 20-30 years old who have experienced the death of a loved one. Taking place over a unique hybrid format, this monthly group allows for both in-person meetings and virtual options for additional flexibility and reach of service area. In-person meetings are held quarterly, with virtual sessions taking place every month. The year-round, open registration model also allows young adults to join and attend the group as needed.

38% of group participants self-identified as a person of color

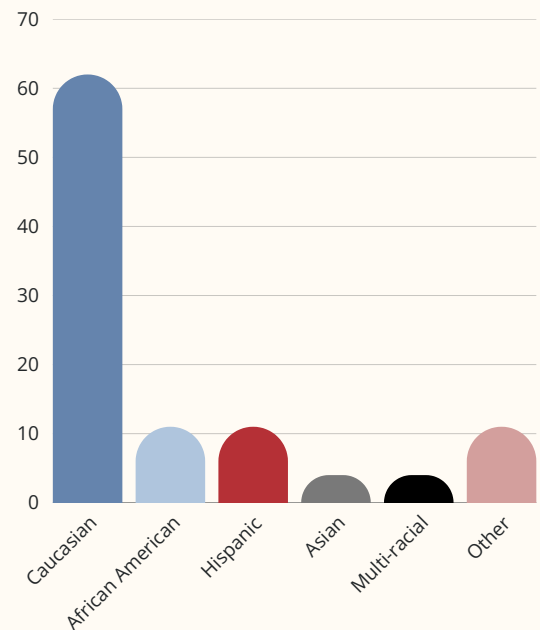
69% of group participants currently resided in the City of Richmond

72% of group participants experienced the death of a parent

YALG 2025 Participant's Loved One Cause of Death



YALG 2025 Participant Demographics



“

Many group members have reported staying in contact with each other throughout and after the group sessions.

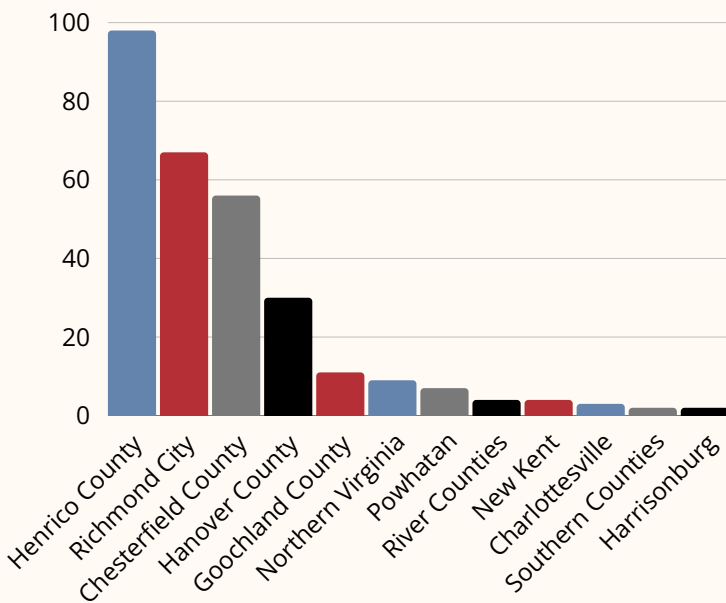
-- YALG Group Facilitator

Individual Counseling

In 2025, our therapists and clinicians provided individual counseling to **347 clients**, with 79% of appointments held in-person at our center and 21% of appointments via telehealth. The number of individual counseling appointments increased over 23% from individuals served 2024.

The diversity of our clients in regard to age, geographic location, socioeconomic status, and loved one's cause of death continues to demonstrate our commitment to mental health accessibility. Our reach continues to spread across Virginia, bringing grief services to areas far beyond the immediate Richmond area.

2025 Individual Counseling Services by Location



7%

of individual counseling clients received financial support

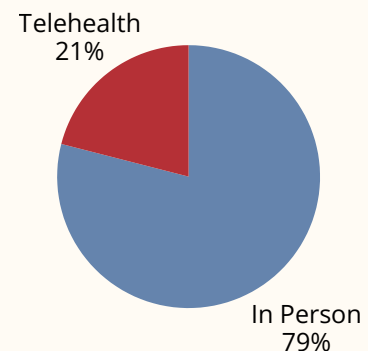
20%

of individual counseling clients currently reside outside the metropolitan Richmond area

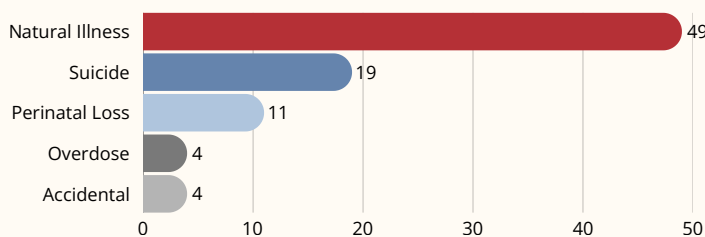
81%

of individual counseling clients are over the age of 18 years old

2025 Individual Counseling Services by Modality



2025 Loved One's Most Common Cause of Death (%)



VDH Partnerships



Beginning in 2025, Full Circle partnered with the Virginia Department of Health (VDH) on several new initiatives surrounding suicide education, perinatal loss and maternal health. Working together with VDH, Full Circle created our **Suicide Postvention, Education, Advocacy, and Care (SPEAC)** initiative. In 2025, our projects included:

- Creation of the Suicide Intervention and Postvention Resource Hub, which is a valuable resource on our website for individuals and professionals seeking information about intervention and postvention after a suicide.
- Publication of our **Suicide Intervention Manual, Supporting Someone Experiencing Thoughts of Suicide: A Practical Manual**, a resource for families and friends supporting someone who is experiencing thoughts of suicide.
- Six members of Full Circle's clinical team were trained as facilitators in the CONNECT postvention training, which is a curriculum created by National Alliance of Mental Illness in New Hampshire. In 2025, we trained **190 professionals** throughout Virginia.
- Addition of Suicide Bereavement Series, a group meeting led by our Suicide Bereavement Services Manager, which combined educational information and group support for those waiting for or have completed our Suicide Loss Group. In 2025, we served **18 adults** through this program.
- Growth of our suicide bereavement groups to three more groups, six in total, offered in Virginia.

Additionally, in partnership with VDH, Full Circle developed a training curriculum for healthcare professionals. The **Strategies for Providing Trauma-Informed Support During and After Perinatal Loss** is a virtual training offered throughout Virginia, offered to various professions, including nurses, therapists, ob-gyns, child life specialists, health educators, family support specialists, midwives, doulas, and community health workers. Through this program, we served **220 professionals** this year.

“

This is an excellent, heart-centered presentation. It was so much more than a refresher of what I already knew about perinatal loss. I feel more attuned now to what parents are likely to benefit from me as a community health nurse.

– Perinatal Loss Support training participant

community Outreach

Full Circle's outreach efforts for 2025 included individual and group debriefings after a sudden death, educational workshops on grief and loss, school groups in Chesterfield County, and individual and professional consultations.

Individual and Group Debriefings: In 2025, **299 children and adults** were supported by an experienced mental health professional directly after the death of a family member, friend, colleague, classmate, or community member.

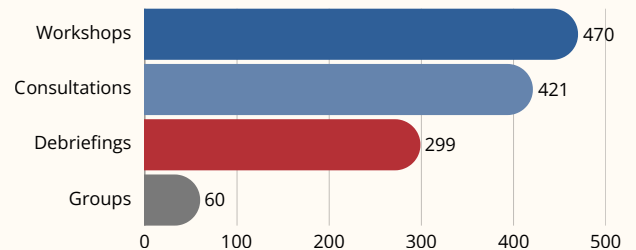
Educational Trainings and Workshops: Full Circle's clinical team provided ten educational sessions in our community, with **470 adults participating** in professional trainings or grief workshops.

Individual and Professional Bereavement Consultations: This year, **421 consultations** were conducted by Full Circle's clinical team, which includes **347 individuals** and **74 professionals**. These consultations enable our team to discuss various aspects of grief and loss, share resources, and offer support in a variety of ways. These sessions were held in a variety of modalities: in person, via e-mail, or via phone.

School Groups: As a result of a grant from Midlothian Rotary, Full Circle was able to serve **60 children and teens** in Chesterfield County Schools who were grieving the death of a loved one or friend.



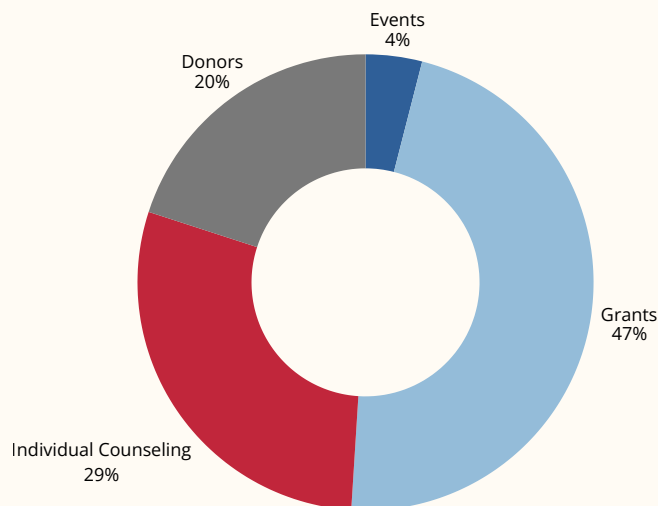
**Number of
Individuals Served
by Community
Outreach in 2025**



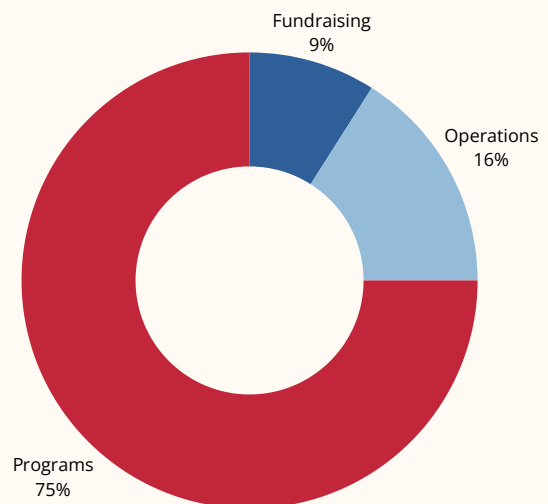


Our financial year for 2025 finished with a total income of **\$1,090,530** and total expenses of **\$941,651**, pushing us over the \$1 million dollar mark for the first time. This also means that our income increased by over \$230,000 or 27% in a single year. Programs continue to be our biggest expense at 75% of our finances, with operations at 16% and fundraising at 9%, respectively. Grants, individual counseling, individual philanthropy, events, and our annual and online mailing campaigns provide diversified income streams that continually meet or exceed goals.

2025 Income



2025 Expenses



Our 2025 Top Donors

Virginia Department of Health ✦ Joseph M. Ruffin Foundation ✦ Chesterfield County ✦ Bon Secours Richmond Health System Foundation ✦ Robert M. Attack Charitable Lead Annuity ✦ Henrico County ✦ Jenkins Foundation ✦ Mr. and Mrs. Wallace Stettinius ✦ Mr. and Mrs. Claiborne Robins Jr. ✦ Jeff and Nicole Ukrop ✦ The Widgeon Foundation ✦ Dominion Energy Charitable Foundation ✦ Melanie Frank and Charlie Comiso ✦ The Tentor Family ✦ Freeman Family Foundation ✦ The Hamilton Family ✦ Peachtree House Foundation ✦ Emily S. and Coleman A. Hunter Charitable Trust ✦ Preston and Catherine White Foundation ✦ George and Emily Smith ✦ Jason and Joy Owen ✦ Christopher and Melanie Berney ✦ Rachel Snead ✦ Bliley Funeral Homes and Cremation Center ✦ The Combs-Keith Family ✦ Chad and Tammy Eisele ✦ Allison Woodruff ✦ Kirk and Kelly Tattersall ✦ Carey and Jenny Bliley ✦ Kory and Mary Hummer ✦ Nikhil and Beena Parekh ✦ Short Pump Dental ✦ Cindy Schmitz ✦ Lagos Family Foundation ✦ James Strum

**Thank you for your
ongoing support of our
programs.**



Full Circle Leadership Team

Executive Director and Founder

Allyson England Drake, M.Ed., CT, FT

Grief Services Director

Carrie Schaeffer, LCSW

Operations and Development Director

Allison Schooley

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





We are a place where healing begins.

Full Circle Grief Center

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