Summer Support for Young Adults

We hold a group for this summer for young adults. This is often an age group that falls between the cracks when it comes to receiving grief support. Several of those young adults were home from college and others were already working in the “real” world. Even though their losses were different, they all shared the common bond of grief.

Enriching Those Who Enrich Our Volunteers

We ended our summer kicking off the new 2015-2016 group year by hosting an enrichment for our volunteers.

The theme of the evening was learning how to make the most of our expressive art activities and discussion topics they use to help our families work through their grief.

Listen, Learn, Live on Leap Day!

When the calendar gives you an extra day in the year, do something good with it! Join us from 6:00-7:30pm on February 29th — Leap Day — for Fernside’s All-Grown-Up & Talking About Grief.

Often parents raising grieving children worry if their children will be okay and who better to offer that reassurance but teens and young adults who have been through it! Join us from 6:00-7:30pm on February 29th — Leap Day — for Fernside’s All-Grown-Up & Talking About Grief.

Fernside Fun at Summer Camp

Fifty-eight children attended Fernside’s Camp Fernside in July. Summer camp allows time for campers to address their grief but it also allows them to take a break from their grief by enjoying traditional summer camp activities like canoeing, archery and eating s’mores! Best of all, they make new friends throughout the weekend!

Fernside Young Adult Group

Volunteer Opportunities at Fernside

Volunteer Enrichment

To Contact Us

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MaryKate Fogarty, Brad Cutter & Amanda Lucas

Mary Kate Fogarty, Brad Cutter & Amanda Lucas

Fernside Young Adult Group

Testing capes through the tunnel

Fernside is a nonprofit organization. A publication for grieving children and their families.
15% interacting more positively with peers
19% less anger
20% less acting out/fighting
21% less worrying

Change since being in a support group. The most common positive changes were:

Last year 77% of the parents who brought their children to Fernside reported at least one positive behavior out their emotions and when we leave, they feel tons better.” – Youth participant

The best part of camp for my child was

“The best part of camp for my child was that I helped him learn to okay and to okay his different kinds of emotions. Listing go of some of those emotions is okay and a part of the grieving process.” – Parent of summer camp participant

I liked that I could let my thoughts out because usually I don’t talk people what I feel because I don’t want them to worry about me.” – Youth participant

“Then the last thing I have been able to talk about now is my dad died.” – Young adult program participant

Our emotions are starting to get our school districts, then you won’t have counselors, social workers or any mental health people to deal with emotional issues, so having Fernside to help our students implement ways to truly cope. “The kids enjoyed the group and added me to that and they were able to express their feelings in a safe environment. They could groove with others, and their return to the classroom is healthy for us all.” – Youth participant

“We believe that providing support for the entire family yields positive results for the children. And our evaluation results validate this. In one adult participant shared, “Fernside is the only place where my kids sort out their emotions and when we leave, they feel tons better.”

Last year 77% of the parents who brought their children to Fernside reported at least one positive behavior change since being in a support group. The most common positive changes were:

> 21% less worrying
> 20% less acting out/fighting
> 19% less anger
> 19% interacting more positively with peers
> 12% better able to focus

Helping Fernside Stay Fit By Raising Funds!

We love third-party fundraisers and lately we’ve had some really great spontaneous events that have not only been fun but have raised a lot of money and awareness for Fernside! Check them out:

Sweeping Up Funds Thanks to the Cincinnati Roomcheck Association

On March 1st, the Fred Rauch Memorial “Save a Spot” Tournament was held in memory of Fred Rauch, who was active in the CRRA before his death last November. Fred’s wife Nicole and children, Jakob and Emma, participated at Fernside following his death. Thanks to the efforts of many, $2,700 was donated to Fernside!

Fernside CrossFit Does Some Heavy Lifting for Fernside

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Sweeter Kate Gene and Stephanie Stark from Ft. Wright CrossFit chose Fernside as the beneficiary of their August Mustache Barbell Bash! The competition was fierce but Fernside was the big winner with $1,200 being donated to support our free services!

Fernside Facilitator Gets Couch Potatoes in on the Action

Fernside volunteer, Chris Pankau, has organized a fun, low-stimulus fundraiser. His friends and family (and some of us on staff) are participating in the annual Superbowl Box Game. It’s a game of luck but we’ve the lucky ones because part of the proceeds will be donated back to Fernside!

Ft. Wright CrossFit Mustache Barbell Bash, August 2015

Ft. Wright CrossFit

Fernside Volunteer

St. James White Oak Students Show Their School Spirit

During Spirit Week last May, the students and families at St. James White Oak showed their school spirit by donating over $5,000 in non-perishable goods and a check for $1,112.15 to support our camp program! The student-led collection took place during their annual Spirit Week which included Neon Day, Hawaiian Day and Crazy Rocker Day. Thank you so much to everyone at St. James White Oak!

Reading High School Students Magnify Their Giving

At the Magnified Giving awards ceremony in May, students from Reading High School presented Fernside with a check for $1,690. The students researched and chose Fernside as the recipient of their grant award. The students at Reading have also been giving their time & talents by coming into the office to volunteer!

Little Miami Intermediate Staff Blue Out for Fernside

Teachers and Staff from Little Miami Intermediate School participated in last year’s Children’s Grief Awareness Day by “wearing blue” – paying to wear jeans and donating the proceeds to Fernside! Thanks for finding a creative way to give support to our mission!

Alexandra Jester Shares her Story at Summeretime Classic

The highlight of our 2015 Summeretime Classic was hearing from Fernside teen, Alexandra Jester, a senior at Ross High School. She spoke about the death of her brother, Matthew, in 2011 and of her father, Keith, in 2014. After Matthew’s death, the family started coming to Fernside and continued after Keith’s death. Alexandra shared her father’s firm belief that Fernside would be helpful for their family and how she, her mother Krista and brothers, Nathan and Ryan, are now a “Fernside family.”

St. James White Oak Spirit Week

Reading High School students

Little Miami Intermediate Staff

Alexandra Jester

Fernside Volunteer

Left to right: Krista, Alexandra, Nathan & Ryan Jester

Superbowl Box Game. It’s a game of luck but we’re the lucky ones because part of the proceeds will be donated back to Fernside!

Students (and Teachers) Make the Grade For Fernside!

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We believe that providing support for the entire family yields positive results for the children. And our evaluation results validate this. As one adult participant shared, “Fernside is the only place where my kids sort out their emotions and when we leave, they feel tons better.”

“Letting go of some of those emotions is okay and a part of the grieving process.” – Parent of summer camp participant

The best part of camp for my child was that it helped him learn to call out his grief and to okay him at an appropriate level of awareness. Letting go of some of those emotions is okay and part of the grieving process.” – Parent of summer camp participant

The most common positive changes were:

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Since being in a support group. Last year 77% of the parents who brought their children to Fernside reported at least one positive behavior change since being in Fernside. The best part of camp for my child was that it helped him learn to call out his grief and to okay him at an appropriate level of awareness. Letting go of some of those emotions is okay and part of the grieving process.” – Parent of summer camp participant

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Sweeping Up Funds Thanks to the Cincinnati RedHaul Association

On March 13th, the Fred Rauch Memorial “Save a Spot” Tournament was held in memory of Fred Rauch, who was active in the CRC before his death last November. Fred’s wife Terrie and children, Jakob and Emma, participated at Fernside following his death. Thanks to the efforts of many, $2,700 was donated to Fernside!

Fred Rauch Memorial “Save a Spot” Tournament, March 2015

Pt. Wright CrossFit Does Some Heavy Lifting for Fernside

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Pt. Wright CrossFit Mustache Barbell Bash, August 2015

Fernside Facilitator Gets Couch Potatoes in on the Action

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Chris Pankau, Fernside Volunteer

Fernside Students (and Teachers) Make the Grade For Fernside!

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Reading High School students

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More from our 2014-2015 Record Year…

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We believe that providing support for the entire family yields positive results for the children. And our evaluation results validate this. In one adult participant shared, “Fernside is the only place where my kids sort out their emotions and when we leave, they feel better.”

Last year 77% of the parents who brought their children to Fernside reported at least one positive behavior change since being in a support group. The most common positive changes were:

- 12% better able to focus
- 19% less anger
- 20% less acting out/fighting

Since participating in a Fernside support group, the adults have noticed:

- They could grieve with others, and then return to express their feelings in a safe environment.
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Summer Support for Young Adults

We held a group this summer for young adults. This is often an age group that falls between the cracks of grief support. Several of these young adults were home from college and others were already working in the “real” world. Even though their losses were different, they all shared the common bond of grief.

Enriching Those Who Enrich Our Programs

We ended our summer kicking off the new 2015-2016 group year by hosting an enrichment for our volunteer facilitators.

When the calendar gives you an extra day in the year, do something good... Give back to Fernside when you were younger. We’ll be hosting a presentation and panel discussion for those who care for grieving children. This presentation, held at the GoldenHed Family Hospices of Cincinnati and Fernside Grief Center, is free and open to the community.

Listen, Learn, Live on Leap Day!

Often parents raising grieving children worry if their children will be okay and who better to offer that reassurance but teens and young adults who came to Fernside when they were younger. We’re scheduling a presentation and panel discussion for those who care for grieving children. This presentation, held at the GoldenHed Family Hospices of Cincinnati and Fernside Grief Center, is free and open to the community.

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Christine Kettman
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Mary Kate Fogarty, Brad Cutter & Amanda Lucas
Former Fernside Kids & Now Fernside Volunteers, (L-R)

Fernside's 2nd annual Blue Out on Fountain Square again this year in celebration of Children’s Grief Awareness Day. Join us for a huge balloon release! We Are Too! We're bluing out Fountain Square again this year in celebration of Children’s Grief Awareness Day. Join us for a huge balloon release! We Are Too!

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Fernside Fun at Summer Camp

Fifty-eight children attended Fernside’s Camp Erin-Cincinnati in July. Summer camp allows time for campers to address their grief but it also allows them to take a break from their grief by enjoying traditional summer camp activities like canoeing, archery and eating s’mores! Best of all, they make new friends throughout the weekend!

Summer Support for Young Adults

We hold a group this summer for young adults. This is often an age group that falls between the cracks when it comes to receiving grief support. Several of these young adults were home from college and others were already working in the “real” world. Even though their losses were different, they all shared the common bond of grief.

Enriching Those Who Enrich Our Programs

We ended our summer kicking off the new 2015-2016 group year by hosting an enrichment for our volunteer facilitators. The theme of the evening was learning how to make the most out of expressive art activities and discussion topics they use to help our families work through their grief.

Listen, Learn, Live on Leap Day!

When the calendar goes you an extra day in the year, do something good with it! Join us from 4:00-7:30pm on February 29th — Leap Day — for Fernside’s All-Grown-Up & Talking About Grief.

Often parents raising grieving children worry if their children will be okay and who better to offer that reassurance but teens and young adults who came to Fernside when they were younger. We’ll be hosting a presentation and panel discussion for those who care for grieving children. This presentation, held at the Goldendom Family Hospices of Cincinnati and Fernside’s Grief Center, is free and open to the community.

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Program News
What We Did On Our Summer Vacation!

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