Our History
The CBCST first opened its doors to 19 families with one paid staff member and 15 trained volunteers on November 4, 1997. As the demand for our services has grown over the past decade, we have responded by adding, adapting and enhancing our programs to meet the changing needs of our community. We have supplemented our in-house programs by offering outreach programs and services in the community. We now have a Counseling Center for families in need of individualized grief support. And we have started an anticipatory grief program for families that are experiencing the terminal illness and impending death of a loved one.

Today, the CBCST employs five full-time professional staff and utilizes nearly 300 trained volunteers, who contribute more than 10,000 volunteer service hours each year to support the Center’s mission. Each year, the CBCST serves between 600 and 800 youth and caregivers in peer support programs, over 200 clients in individual and family counseling, and approximately 2,000 community members through training, education and outreach programs. We have supported thousands of grieving youth and we remain the only provider of free, ongoing, community-based peer support programs targeting the unique grief support needs of children, teens and young adults in the rapidly growing community of San Antonio and South Texas.

Support Our Mission
Your support makes it possible for us to provide peer support group programs at no cost to hundreds of children and families annually.

The Center is a 501 (c)(3) nonprofit agency. We are completely privately supported by donations from individuals, foundations and corporations. We receive no support from federal, state, or local governments, no insurance reimbursements or third party payments.

Donate today by calling 736-4847, ext. 223 or at www.cbcst.org.
Our Story
The Children’s Bereavement Center of South Texas is committed to fostering healing for grieving youth, their families and the community. As the sole provider in South Texas of grief support programs for children through young adulthood, we wholeheartedly devote ourselves to addressing the grief and loss needs of children from every culture and social circumstance to help them heal and move forward.

Our Mission
To foster healing for grieving youth, their families and the community through peer support programs, counseling, training, education and outreach.

Our Services and Programs
• Therapeutic Peer Grief Support Programs for ages 3-24 and their caregivers
• Bereavement and anticipatory grief counseling for individuals and families
• Community Training and Psychoeducational Outreach Programs
• Crisis Intervention Services

Services available in Spanish.

CBCST Philosophy
Our philosophy for providing grief support services stems from our belief that each person’s journey through grief is unique and therefore deserving of a distinctive approach. Our goal is to help the individual and family define, express and process grief. We help each client understand the depth of their grief and develop ways to memorialize and process grief. We help each client understand the depth of their grief and develop ways to memorialize and process grief. This psychotherapeutic approach expands and deepens the narrative therapy, art, poetry, journaling, music, meditation, play, and therapeutic activities that will aid in family communication surrounding matters of grief.

Children and Grief
Grief is a term often used to describe the wide range of emotional and physical reactions that arise when someone has experienced the death of a loved one or is living in anticipation of a death. Grief feelings may include shock, sadness, anger, denial, and loss of control. An array of physical reactions might also be present such as loss of appetite, sleeplessness, lack of concentration and memory.

For children, living with the impending or actual death of a loved one, grief alters their understanding of family structure and blurs their sense of security and their ability to hope and plan for the future. Depending on their age and understanding of death and dying, children experiencing grief may begin to question their own mortality and the mortality of their surviving relatives and friends. They may vacillate between periods of acceptance and denial.

Talking about and exploring feelings of grief is challenging for many reasons. Children often cling to the misconception that talking about death will make it happen. Likewise, they may feel that talking about their feelings of anticipatory grief is a betrayal of hope. Our staff can help families develop therapeutic activities that will aid in family communication surrounding matters of grief.

Grief Support Programs
We offer a selection of peer support programs with a therapeutic focus, each dedicated to the type of death loss experienced, such as a chronic illness or sudden death of a parent, death of a sibling, death of a grandparent or extended family member, homicide or suicide. Each program group meets twice per month in our beautiful homelike setting, which provides a safe, nurturing environment conducive to healing. These programs are supervised by a Program Director (Licensed Professional Counselor), administered by Program Coordinators and staffed by trained volunteers.

Grief Counseling Services/
Psychotherapy
The CBCST licensed professional mental health staff provides psychotherapy to individuals (3 years of age and older) and families who have experienced a death loss or are presently anticipating the death of a loved one.

Fee Structure
There is a one time charge of $25 per family for intake services. This intake fee may be waived based on financial circumstance. Counseling fees are determined by a sliding scale which is based on family income and number of household members. Subsidized family support services are available for those families who meet the criteria. Peer support groups are offered free of charge.

Initiating Services/Scheduling
Before peer support groups or counseling services begin, our counseling staff personally meets with the family to assess their needs and review all available services. These appointments happen on-site and generally last 45 minutes to 1 hour. To schedule an appointment, contact the CBCST Programming and Counseling Department at 736-4847, extension 229.

Consultation for Families
Consultation is available to families in need of grief support. Families may receive consultation over the phone or in person with a licensed mental health professional staff member. Additionally, in-home or off-site consultations may be available for families who have difficulty leaving their home or hospital. Call 736-4847, extension 227, for more information.

Supervision
Children and teens under the age of 16 must be with an adult at all times. Before and after groups and/or counseling sessions, the parent/guardian should supervise their own child/teen.

Clinical Training for Graduate Students
The CBCST provides a unique clinical setting for students seeking practicum and internship placement. Students accepted into the graduate training program will have an opportunity to extend their clinical knowledge and communication skills under the supervision of a professional, multidisciplinary staff.

Community Education and Training
The CBCST is committed to educating the community at large on matters related to children and grief. We offer an array of professional trainings that have been given at the regional, state, national and international levels, and we have the ability to provide continuing education credits to social workers and licensed professional counselors. The fee schedule for professional training varies; contact the Outreach Department for detailed information at 736-4847, extension 227.

Let us be the place for your beginning.

Molly Fumia
Best Selling Author and Bereaved Parent

“Let us be the place for your beginning.”

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