

“I am so appreciative of what Dougy Center has done for our family. It’s changed our lives for the better.”

- Dougy Center Parent



2024

IMPACT REPORT



**D
C
WE**

When I'm grieving, **hope** looks like...



Age 7

When I'm grieving, **hope** looks like...



Age 8

When I'm grieving, **hope** looks like... Friends...



Age 11, Alimud 13

When I'm grieving, **hope** looks like...



Age 7

When I'm grieving, **hope** looks like...



a hug

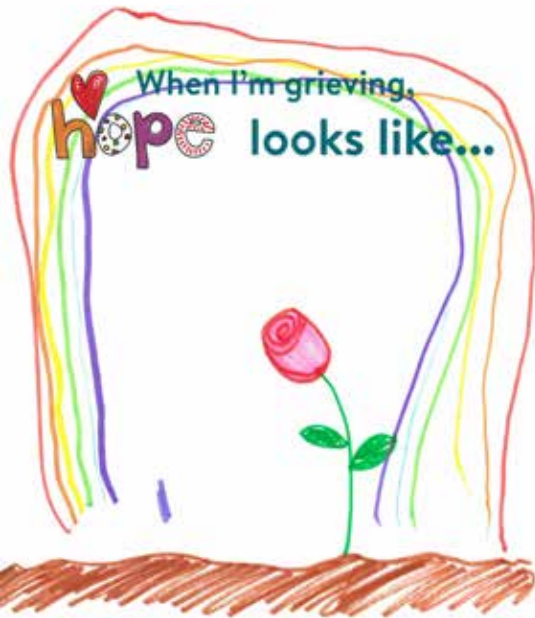
Age 11

When I'm grieving, **hope** looks like...



Age 12

When I'm grieving, **hope** looks like...



Age 7

When I'm grieving, **hope** looks like...



Age 5

When I'm grieving, **hope** looks like...



Age 12

Dougy Center provides support in a safe place for children, teens, young adults, and their families who are grieving before and after a death.

In 2024, 1 in 12 children in the U.S. experienced the death of a parent or sibling before they turned 18. In our community, that number continues to rise, and so does the need for our services. In the past year, we served 2,733 children, teens, young adults, and family members through 1,873 peer grief support groups — the most groups ever in Dougy Center’s 42-year history.

The right place when nothing feels right

Our grief support groups were made possible in large part by Dougy Center’s dedicated volunteer facilitators, who gave an incredible 27,954 hours of service.

2024 marked 10 years of Pathways, Dougy Center’s unique program providing support for children, teens, and adults when a family member is living with an advanced serious illness.

And Dougy Center’s work continues to reach beyond our Portland community in other ways as well. In 2024, 183,881 people downloaded our acclaimed Grief Out Loud podcast, with more than one million total downloads; 324,245 people from 194 countries found free

resources through our website; and Dougy Center program staff answered 25,056 information, crisis, referral, and intake requests.

Also in 2024, Dougy Center’s training, outreach, and education efforts reached 6,537 helping professionals on what it means to be grief-informed and how to support children, teens, and families who are grieving. In September, we launched two new grief education courses through our online training site, classes.dougy.org.

In addition, Dougy Center continued its #UnderstandGrief campaign, which challenges the mainstream belief that grief is an individual emotional experience that has predictable stages and a defined timeline. Through partnerships, outreach, and training, Dougy Center is working to spread the word that grief is a natural, normal, and healthy response to loss.

Once again we were humbled to be ranked as one of *Oregon Business* magazine’s 100 Best Nonprofits to work for in Oregon, and named one of *Portland Business Journal*’s Most Admired Non-Profits in 2024.

As we look forward to 2025, we are reminded of how your generous and ongoing support truly makes Dougy Center’s work possible. Thank you for the impact you are making on the lives of children, teens, young adults, and their families who are grieving.

A light for families who are grieving

Leslie Harter-Berg brought her two boys, Wit (now 9) and Rory (now 7), to Dougy Center's Littles group after their husband and father, Ryan, died suddenly in 2019 of an aneurysm and stroke.

"Ryan was hilarious and oh so very kind," shared Leslie. "He laughed LOUDLY and was obsessed with Legos, movies, and storytelling."

At Dougy Center, Wit felt less alone and found support with other kids who shared a similar experience.

"With friends and at school, it was difficult for Wit being the only one without a dad," said Leslie. "It was so nice to have Dougy Center to remind him he wasn't alone."

When Rory was old enough, he joined in on virtual groups offered during the COVID-19 pandemic.

Talking about a death with young children who are grieving can be difficult. Leslie values the practical things she and the boys learned at Dougy Center, and they continue to bring Ryan up in conversation.

"Wit and Rory were both so young, so their few memories of their dad were slipping away," said Leslie. "Dougy Center helped us keep Ryan's memory alive by facilitating the conversation about who he was and what we missed about him. We continue to use a lot of the tips and practices we learned to this day."



Ryan with Rory (middle) and Wit (right) before Ryan's death in 2019.

"Dougy Center is such a beautiful safe place to walk through dark things."

~ Leslie Harter-Berg

An invaluable source of support was having a safe space to talk and express their grief – even virtually.

"I listened in as Wit and Rory talked about their dad's favorite ice cream," said Leslie. "It was such a small thing, but had such a big impact."

At Dougy Center, both boys especially loved the theater room and doing crafts. Leslie is grateful for the community and connection she found with the other parents and caregivers.

"Going upstairs and chatting with other widows who also were navigating the single parenting of kids the same age as mine was the single most valuable experience in my early days of grief," she shared.

"Dougy Center is such a beautiful safe place to walk through dark things."

The collective understanding of her grief and newfound struggles of single parenthood inspired Leslie to start her own non-profit, Vids For Wids, to help others in the same situation feel less alone in their grief. Find more at vidsforwids.com.

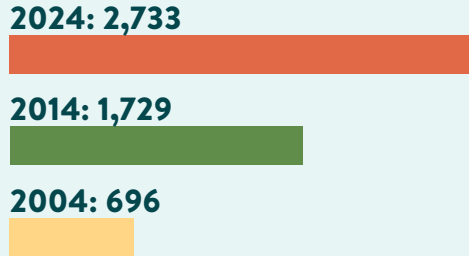


Rory (bottom left) and Wit (bottom right) in 2024 with Leslie, Solomon (husband to Leslie and stepfather to Wit and Rory), and baby Rhys.



Support for people who are grieving DOUGY CENTER'S IMPACT

People served through **peer grief support groups**



183,881

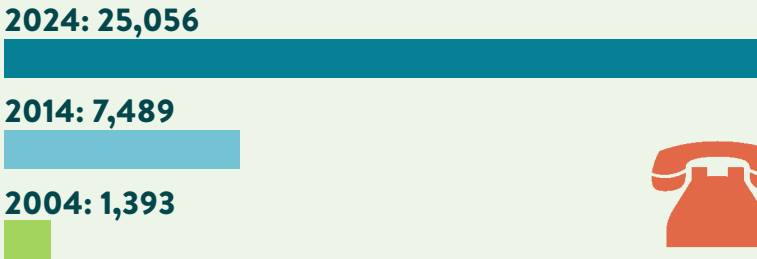
Grief Out Loud
podcast episodes
downloaded in 2024.
Visit dougycenter.org/podcast
to listen

324,245

people from
194 countries
found support and
free resources on
dougycenter.org in 2024



Information, crisis, referral, and intake requests
answered by Dougy Center Program staff



Volunteer Support

27,954 = \$936,145

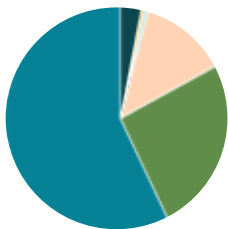
volunteer hours
contributed
in 2024

donation
value

source: Independent Sector

Grief Support Groups

Person Who Died:



- Father: 62%
- Mother: 21%
- Sibling: 14%
- Grandparent: 2%
- Close Friend/ Partner: >1%
- Other >1%

Cause of Death:



- Illness/Medical (non COVID): 49%
- Suicide: 14%
- Accident: 14%
- Substance Use: 9%
- Homicide: 8%
- Unknown: 5%
- COVID-19: >1%



In 2024, the **LYGHT**
program was accessed

239 times

by youth in foster care;

100% of youth would
recommend L.Y.G.H.T. to their peers

The Need for Dougy Center in the Portland Metro Area



An average of
118 kids
and **91 adults**

were on the waiting list to get into a
Dougy Center grief support group

31% of Dougy Center
families report they live
below the poverty level

Cost to families for
groups, resources,
and support = **\$0**



1 in 12

youth in the United States
will experience the death of a
parent or sibling by age 18

source: Childhood Bereavement
Estimation Model (CBEM)

Education and training opportunities for helping professionals

Grief education is an important component of Dougy Center's mission. In 2024, thousands of helping professionals across the U.S. and around the world attended a Dougy Center training to learn what it means to be grief-informed and how to better support people who are grieving. Here are a few highlights:

Dougy Center launched two new online grief education courses.

Becoming Grief-Informed:

Foundations of Grief Education

provides learners with the essential knowledge and skills to understand the core principles of grief-informed best practices. Through engaging modules and real-world examples, learners gain clear action steps to apply these principles to their personal and professional lives.



Learn more about Dougy Center's grief education and training opportunities and register for upcoming events at dougycenter.org/training

Supporting Students Who Are

Grieving equips education professionals with practical strategies to effectively support students who are grieving the death of someone in their life. This course provides actionable tools for educators and school staff to help children and families who are grieving in kindergarten through high school environments.

Nearly 300 people attended Dougy Center's special webinar on Children's Grief Awareness Day.

Dougy Center had an international audience for our Children's Grief Awareness Day webinar, *Too Young to Grieve?* Attendees representing eight countries joined us to learn more about supporting young children who are grieving. Watch for details on our upcoming Children's Grief Awareness Day webinar in November.

Through the International Summer Institute, more organizations will implement The Dougy Center Model for grief support.

Dougy Center hosted 19 people representing organizations around the U.S. working to implement peer grief support programs based on The Dougy Center Model.



Through the International Summer Institute, attendees received in-depth hands-on training during their week in Portland. Registration and scholarship information for the 2025 International Summer Institute is available at dougycenter.org/summerinstitute.

Dougy Center now offers continuing education units for several trainings

In 2024, Dougy Center began offering CEUs for several of its trainings, including the Virtual Professional Seminar and grief education webinars through the Oregon Chapter of the National Association of Social Workers. More information is coming soon as Dougy Center expands its CEU offerings in the future.

Did you know?

You can make a lasting impact in the lives of children and families who are grieving through your donation of stock, from donor advised funds, or through individual retirement accounts. You can also make Dougy Center a beneficiary of your retirement fund, life insurance policy, or through your will or trust. Contact us at development@dougycenter.org or 503-828-0403. Tax ID: 93-0833241



Pathways program marks 10 years of support

Ten years ago, Dougy Center launched the Pathways program for children, teens, and adults when a family member is living with an advanced serious illness. Since 2014, Dougy Center has served thousands of families with resources and support during this difficult time.

When someone is diagnosed with an advanced serious illness, it can affect everyone in the family. Pathways in-person program consists of a group for children, a group for teens, a group for adult caregivers, and a group for adults with an advanced serious illness. All participants are also invited to share dinner together. Groups are ongoing and families can join any time.

“I like to play with other kids who have the same thing happening at home.”

~ Pathways Participant

Like all of Dougy Center’s grief support programs, Pathways is provided at no cost to families.

Through Pathways, Dougy Center has also developed several resources for children, teens, young adults, and parents and adult caregivers. Find more about Pathways resources and support at dougy.org/pathways.

Thank you to **Cambia Health Foundation** for their generous support of Pathways!

dougy.org

2024 Financial Report*

Support & Revenue Sources:

Contributions	\$1,599,078
Special Events (Net)	693,326
Training & Bookstore (Net)	203,657
Other Income	270,706
Investment Return	528,495

Total Operational Support & Revenue **\$3,295,262**

Expenses:

Program Services	\$2,428,428
Management & General	269,238
Fundraising	513,692

Total Expenses **\$3,211,358**

Net Assets Released from Restrictions:

Releases from Multi-Year Grants	\$435,795
Release from Endowments	168,078

Total Releases **\$603,873**

*For the Fiscal Year ending June 30, 2024. Independent audit by Hoffman, Stewart & Schmidt, P.C.

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YOU'RE INVITED
FRIDAY, MAY 9, 2025

Reflection
DOUGY CENTER
BENEFIT & AUCTION

presented by

dougy.org/Benefit2025
Online Auction opens May 5

28th Annual Porsche Boxster Raffle

dougy.org/boxster



P.O. Box 86852
Portland, OR 97286



Make an impact with your
donation to Dougy Center.
dougyc.org/donate



“My favorite thing
about Dougy Center
is **sharing about
my mom.**”

~ Dougy Center Participant



The National Grief Center
for Children & Families

dougyc.org • help@dougyc.org • 503-775-5683