

WHAT MAKES COPE SPECIAL

COPE offers a broad range of programs and services, in addition to our bereavement support groups, to help families move through the pain associated with their loss. With our focus on personal support, spirituality, self-nurturing and integrative healing therapies, we provide our families with the tools to live as well as the tools to grieve. All of our groups are intimate in size and facilitated by licensed social workers and professional therapists. COPE collaborates with other grief organizations, locally and nationally, and has a comprehensive list of resources available to help bereaved families.



"COPE has given me the tools to live my life the best way I can. Spending time with others who understand the pain has allowed me to share feelings without being judged. COPE has been a life raft for me." - P.W.

"After losing my son tragically in a motorcycle accident I reached out to every opportunity available to me to promote healing. Now 2 ½ years later I continue to participate in COPE. The meetings are full of support from other grieving parents and led by a very compassionate and insightful counselor. COPE also offers a variety of Healing Workshops which were very helpful to my healing. It feels like a family reunion every time I attend a meeting or workshop. Familiar faces of those sharing the pain of my loss. No judgments or criticisms. Just simple love, caring and understanding." - L.M.



Dedicated to the spirits of our children who have passed, **COPE** helps us to **Connect Our Paths Eternally**, sustaining and building upon the bonds of love and energy that connect us with our children.

COPE FOUNDERS

Lilly Julien, President and Founder
Richard & Judy Berg, Co-Founders
Patti Greenberg, Co-Founder

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COPE FOUNDATION

P.O. Box 1251
Melville, NY 11747
(516) 832-COPE (2673)
COPEline: (516) 364-COPE (2673)
www.copefoundation.org

Visit our COPE House at Eisenhower Park (Field 6A)
East Meadow, NY

For additional information, please contact:
Karen Flyer, Executive Director
Tel: (516) 484-4993
karen@copefoundation.org

COPE is a 501(c)(3) charitable organization, EIN #46-5391861.
Tax-deductible donations can be made payable to COPE.
Donations can also be made online at www.copefoundation.org.



A grief and healing organization dedicated to helping parents and families living with the loss of a child

www.copefoundation.org

HISTORY OF COPE

COPE began with a dream...

In 1992, Lilly and Robert Julien received the phone call that every parent dreads—their 20-year-old daughter Michelle had been killed in a car accident. In the aftermath of Michelle's sudden and tragic passing, Lilly had a dream in which her daughter came to her and said: "I'm OK, Mommy. You're the ones who aren't OK. You need to reach out and help each other." Michelle's message became Lilly Julien's mission.

In 1996, inspired by her dream, Lilly Julien gathered a group of parents living with the loss of a child together for solace and support. They began meeting informally in the safety of each other's homes, finding comfort and support by being together and freely expressing their grief with people who could understand. Through this sense of community, they were able to heal and impact each other's lives while remaining eternally connected to their children. They began reaching out to other parents living with the loss of their children, and their group grew into a larger network.



Their experiences together generated love and hope, resulting in the creation of COPE (Connecting Our Paths Eternally), a foundation dedicated to helping parents and families living with the loss of a child. **Visit www.copefoundation.org.**

Lilly Julien,
President and Founder
Judy and Richard Berg,
Patti Greenberg,
Co-Founders



COPE memorial labyrinth
To purchase a brick, please contact
Karen Flyer at karen@copefoundation.org

COPE'S HEALING PROGRAMS

Healing from the Inside Out

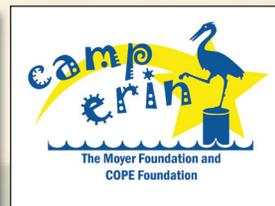
- ❖ **Small group support** is offered by COPE for parents and siblings (young children, teens and adults) led by licensed social workers and professional therapists
- ❖ **Specialized group support** or workshops for loss of an only child, loss to suicide, grandparents' group, writing workshop, men's group and others
- ❖ **Peer support** for parents and siblings (buddy system)
- ❖ **Integrative healing workshops** led by professional healers and therapists:
 - Art, music and movement therapy
 - Reiki and meditation
 - Spirituality groups
 - Yoga and breath work
- ❖ **Professionally led lectures and workshops** for:
 - Clergy
 - Funeral homes
 - Mental health professionals
 - School personnel
- ❖ **A directory** of grief counselors, social workers and psychologists who have personally assisted COPE members or our extended network of family and friends
- ❖ **A library of books**, tapes, CDs and DVDs compiled by COPE members, as well as a listing of resources
- ❖ **Monthly newsletters** and other personal communication with COPE members



*All of COPE's programs are free to our families
(with the exception of fundraising events).*

Camp Erin® NYC

A free, weekend bereavement camp for children ages 6-17 who are grieving the death of someone close to them. Includes concurrent retreat for parents and caregivers.



HOW CAN COPE HELP YOU?

Those of us living with the loss of a child are often left to deal with our pain alone. Having experienced profound loss ourselves, COPE members understand the pain, frustration and isolation those in mourning often experience.

COPE connects individuals who have experienced similar losses by offering ongoing emotional support, spiritual and therapeutic programs, as well as appropriate resources and referrals. By providing help and support, we enable grieving individuals to find strength from within to face the difficult journey that lies ahead.

"When my son passed away I was devastated. I was having a hard time coping with normal activity. It was very helpful to find support from COPE. The social workers running the groups are caring and wonderful. The families that attend the meetings are going through a similar trauma and you don't feel so alone. They can relate to your pain and suffering." - E.Y.

COPE HOTLINE

The **COPE Hotline (COPEline)** is a resource for grieving individuals with an immediate need for support. Each caller reaches a COPEline volunteer who has been trained by a COPE social worker. Volunteers respond to the caller in a personalized way – providing resources, referrals and information, or simply offering emotional support. Additional information about COPE support groups and programs is available through the COPEline.



COPEline

516.364.COPE (2673)
Monday - Friday, 9am - 10pm
Saturday - Sunday, 10am - 3pm

"After the death of my brother, I felt that no one understood my abject loneliness and all-consuming grief. Everyone seems to focus on the emotional needs of parents, spouses, and children; siblings are the forgotten mourners. The COPE sibling group has been incredibly helpful; speaking with and listening to people who understand how I feel provides a sense of comfort I haven't found anywhere else." - L.G.