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## **Avow receives a \$20,000 grant from The League Club**

*The grant will help fund bereavement programs for all ages*

NAPLES, Fla. (May 16, 2023) – The League Club awarded Avow a \$20,000 grant to fund free grief and loss programs for people of all ages. Avow was one of 33 nonprofits in the area to receive aid from The League Club to address the crucial needs of communities within Collier and Lee counties. With this funding, Avow can touch the lives of individuals and families who may not otherwise have access to bereavement services.

Avow addresses the mental health and wellness needs of adults and children in Collier County and beyond by providing free grief and bereavement services to those who have experienced loss. Each person's journey with grief is unique, and Avow aids each individual in accepting and adapting to the unwelcome change that comes with loss by meeting them where they are in their grief journey.

Adult bereavement services are designed to assist participants through the stages of grief, providing care and support. Programs are offered for people at any stage of grief, in both group sessions and one-on-one private sessions either in person or via Zoom. Avow also has an extensive library where participants in bereavement services are welcome to read and learn about their grief process at their own pace. Through gentle guidance from Avow's professional bereavement staff, participants can begin to better understand their grief and look forward to rediscovering life after loss.

Support and companionship are also available for children ages 5-17 through the Avow Kids program, which assists children in learning and implementing effective coping skills while encouraging them to express their emotions through art, music, movement and group discussion. Avow Kids provides grief and loss support for the death of a family member, divorce, military deployment, the loss of a friend, instability in the foster care system and more. In-person sessions, workshops and camps are offered to children and teens in Southwest Florida, and online groups are open to children and teens worldwide.

**About Avow:**

Avow was founded in 1983 as Collier County's original, nonprofit hospice. Today, Avow's nonprofit companies provide palliative care consultations for adults facing chronic or serious illness, hospice care and bereavement support services for children and adults. To learn more about the scope of services provided by Avow, call (239) 261-4404 or visit [www.avowcares.org](http://www.avowcares.org).

**About The League Club:**

The League Club, Inc. is a 501(c) (3) organization of 600 motivated, educated, influential women who have been or still are members of a Junior League that is a member of The Association of Junior Leagues International. Their mission is to strengthen communities through fellowship, education, volunteerism and philanthropy. Over the past 36 years, The League Club has provided more than \$6.5 million in grants to nonprofit organizations in Collier and Lee counties supporting the environment, education, children and families. For more information, call (239) 353-3100 or visit [www.leagueclub.org](http://www.leagueclub.org).

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