



Calm Waters Founding: Calm Waters Center for Children and Families was founded as a nonprofit grief center in 1992 at INTEGRIS Baptist Medical Center. Calm Waters was established under the leadership of Charlotte Lankard, LMFT, Jason Woodruff and Sondra Woodruff.

Calm Waters Mission: Calm Waters' mission is to provide life-changing mental health services to children and families experiencing grief caused by death, divorce or other significant losses.

Calm Waters Vision: Calm Waters' vision is to be the leading provider of grief support services throughout Central Oklahoma, serving as a healing home and inspiring hope for the future.

Calm Waters Services: Over the years, Calm Waters has expanded services to provide life-changing mental health care to Central Oklahoma. Calm Waters provides free in-person and virtual support groups for children, adults and parents. Calm Waters also offers free, 6-week student support group and grief training for schools. Fee-based services such as individual and family counseling and consultations, co-parenting seminars, monthly webinar series and community crisis services are offered.

Calm Waters Facts:

- Calm Waters operates under the leadership of a core staff and board of directors.
- As a nonprofit organization, volunteers and donors allow Calm Waters to offer free support services.
- Calm Waters has served 50,000 children and families since 1992
- Calm Waters serviced a total of 5,948 between July 1, 2019 to June 31, 2020.
- Calm Waters moved to a new location in downtown Oklahoma City in response to a growing demand for grief related support services in the community. Calm Waters is located at 501 N. Walker, Suite 140 Oklahoma City, OK 73102.
- Calm Waters' new location features 12 individual counseling and group therapy rooms.

For more information:

Media Contact: Claudia Benge

Phone: 682-226-1172

Email: claudiabenge24@gmail.com