



“Dougy Center is a **caring community** where you are **supported**. It’s such an amazing experience to be with **people who understand.**”



The National Grief Center
for Children & Families

2025
IMPACT
REPORT



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A few highlights from 2025...

- 1 Dougy Center served more children and families than ever in our 43-year history.
- 2 Our generous community supported Dougy Center through the 2025 Reflection Benefit & Auction.
- 3 Dougy Center's Executive Director, Brennan Wood, presented "Grief is to Feel Not Fix," at TEDx Portland.
- 4 Held in memory of Samatha Foutch, children and teens joined Dougy Center's Camp Samantha for opportunities to express themselves through art.
- 5 Writer Cheryl Strayed joined Dougy Center participants for Focus on Hope.
- 6 Extra support for families facing food insecurity.
- 7 The winner of the 28th Annual Porsche Boxster Raffle.
- 8 Donovan Clingan and the Portland Trail Blazers hosted Dougy Center families for a special game experience.
- 9 Honoring loved ones for Día de los Muertos.



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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 2025, 1 in 11 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 3,348 children, teens, young adults, and family members through 2,052 peer grief support groups — the most groups ever in Dougy Center’s 43-year history, and an increase of nearly 23% over 2024.

Our grief support groups were made possible in large part by Dougy Center’s dedicated volunteer facilitators, who gave an incredible 25,264 hours of service.

And Dougy Center’s work continues to reach beyond our Portland community. In 2025, 162,532 people downloaded our acclaimed Grief Out Loud podcast, with more than one million total downloads; 346,230 people from 190 countries found free resources through our website; and Dougy Center program staff answered 23,095 information, crisis, referral, and intake requests.

Also in 2025, Dougy Center’s training, outreach, and education efforts reached 4,771 helping professionals on what it means to be grief-informed and how to support children, teens, and families who are grieving. Through the International Summer Institute, we provided in-depth training on how to implement The Dougy Center Model™ and in September, we launched a new grief education course in Spanish through our online training site, classes.dougy.org.

In addition, Dougy Center continued the #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 2025.

As we move to 2026, we are focused on expanding Dougy Center’s life-changing programs to meet the growing need. L.Y.G.H.T. , which provides peer grief support to youth in foster care, is starting groups through two Portland-area community sites. And Dougy Center is working to create a new home for expanded grief support programs on Portland’s Westside.

Your generous and ongoing support truly makes Dougy Center’s work possible.

Thank you for the impact you are making for children, teens, young adults, and their families who are grieving.



Where families **feel understood**

Derek remembers his wife, Tamara, as a woman whose brilliance was matched only by her devotion to her daughter. “Taylor was the center of her universe,” he shares. “Tamara was intellectually fearless... tackling the most complex problems she could find,” including groundbreaking work at OHSU on technologies that help older adults live independently. She was a cherished partner, a mentor, and the person who shaped the thoughtful, curious daughter they raised together.

“She left her mark on this planet in many ways,” Derek said, through her work, her students, and most of all, through Taylor.

Taylor was just 14 when Tamara died. Derek and Taylor suddenly found themselves navigating grief without anyone who truly understood the magnitude of what they were experiencing. “We each felt so alone through the illness, struggling to cope, and without any peer group of families going through the same thing,” Derek recalled.

A social worker at Providence St. Vincent ICU suggested Dougy Center. “After we got to Dougy Center, we were not alone in navigating our grief,” Derek said. “We had somewhere to share our deepest thoughts with people who ‘got it.’”

For Taylor, the impact was immediate. “Going to Dougy Center normalized her tragic experience,” Derek shared. “She was not alone in what she had



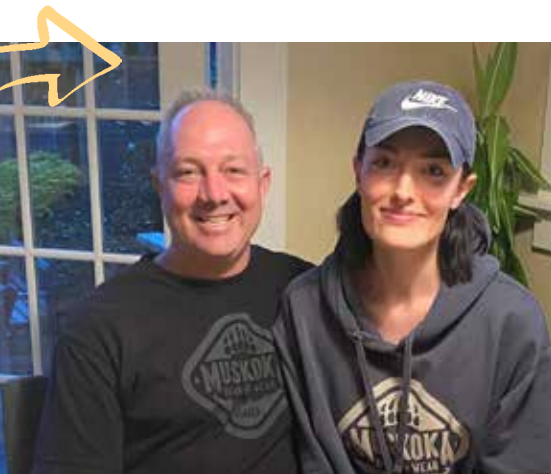
Tamara, pictured here with husband Derek and daughter Taylor, died from cancer when Taylor was 14.

experienced, was feeling, and how she was trying to cope.” Her favorite part was the conversations — “talking, comparing notes with other teens, feeling heard and not quite so alone.”

For Derek, the gift was the program itself. “The completely welcoming environment, the depth of care from every single staff member and volunteer,” he said. “People showing up for each other, in the hardest of times.” As a grieving spouse navigating life as a single dad, he found a space where compassion felt constant and genuine.

Years later, Derek reflects on what a Dougy Center closer to home would have meant. Living in Beaverton, he remembers the challenge of traveling across the city every two weeks. “Having a permanent site on the Westside would open the opportunity to serve so many families who just can’t make the logistics work today. I really hope this long-held dream can become a reality for other families very soon,” he said.

To learn more about the Dougy Center West expansion project and making these services accessible to even more families, please contact Lani Faith, Chief Advancement Officer, lanif@dougy.org, 971-429-4357.



Now age 25, Taylor and her dad Derek appreciate the connection and support they received at Dougy Center.



SUPPORT FOR PEOPLE WHO ARE GRIEVING

DOUGY CENTER'S IMPACT

People served through
peer grief support groups

2025: 3,348

2015: 1,270

2005: 1,013



162,532

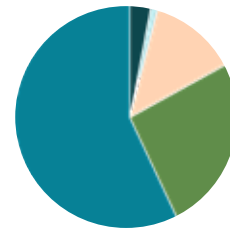
Grief Out Loud

podcast episodes were
downloaded in 2025,
with more than 1.3 million
total downloads.

Listen at dougyc.org/podcast

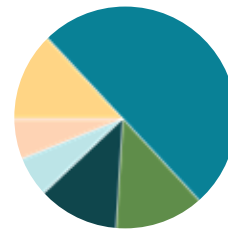
Grief Support Groups

Person Who Died:



- Father: 62%
- Mother: 21%
- Sibling: 12%
- Grandparent: 2%
- Other: 3%

Cause of Death:



- Illness/Medical: 50%
- Suicide: 13%
- Accident: 13%
- Substance Use: 12%
- Homicide: 6%
- Unknown: 6%

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

2025: 23,095

2015: 7,148

2005: 1,510



346,230

people from **190 countries**
found support and free resources on
dougyc.org in 2025

**Volunteer
Support**

25,264 = **\$878,935**

**volunteer hours
contributed in 2025**

donation value

source: Independent Sector

The Need for Dougy Center in the Portland Metro Area

An average of



213 people

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 11

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

source: Childhood Bereavement
Estimation Model (CBEM)

Opportunities for helping professionals

Grief education is an important component of Dougy Center's mission. In 2025, thousands of people across the U.S. and around the world received training from Dougy Center.

Dougy Center continues to provide training in-person and online through several education opportunities in 2026.

Webinars

Dougy Center offers several grief education webinars throughout the year on a variety of topics related to supporting children, teens, and families who are grieving. All webinars are presented live and registration is required at least 24 hours in advance. Find complete descriptions and registration information for upcoming webinars at dougycenter.org/webinars.

International Summer Institute

Dougy Center's International Summer Institute is an in-depth training on The Dougy Center

Model™ and the fundamentals of developing and operating peer grief support groups for children, teens, and families. The 2026 Summer Institute is July 20-24 in Portland, Oregon.

In partnership with the New York Life Foundation, Dougy Center awards four scholarships for full tuition to International Summer Institute each year. Applications for 2026 must be received by March 31, 2026.

For more information, registration, and the scholarship application, visit dougycenter.org/summerinstitute.

Online Learning

Dougy Center's training platform allows users to access Dougy Center's quality courses any time (24 hours a day, 7 days a week) and complete courses at the user's own pace. Courses include *Supporting Children, Teens, and Young Adults*; *Supporting Students Who are Grieving*; and *Becoming Grief-Informed: Foundations in Grief Education*. In 2025, Dougy



2025 Dougy Center International Summer Institute participants

Center expanded its online offerings to include a course in Spanish. Find out more and register at classes.dougycenter.org.

Customized Trainings

Dougy Center staff can provide training, coaching, and instruction to organizations on a variety of topics including *Becoming Grief-Informed* and more. Visit dougycenter.org/training or email us at training@dougycenter.org to find out more.



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

Find hundreds of free resources, including activities, tip sheets, videos, articles, and more at dougycenter.org/resources



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 503-775-5683.
or development@dougy.org.
Tax ID: 93-0833241

2025 Financial Report*

Support & Revenue Sources:

Contributions	\$1,990,260
Special Events (Net)	797,947
Training & Bookstore (Net)	165,402
Other Income	35,356
Investment Return	393,466

Total Operational Support & Revenue	\$3,382,431
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Expenses:

Program Services	\$2,615,124
Management & General	273,931
Fundraising	743,174

Total Expenses	\$3,632,229
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Net Assets Released from Restrictions:

Releases from Multi-Year Grants	\$365,533
Release from Endowments	172,402

Total Releases	\$537,935
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*For the Fiscal Year ending June 30, 2025. Independent audit by Hoffman, Stewart & Schmidt, P.C.



“At Dougy Center,
I can talk about my
brother who died
and it doesn’t
get awkward.”





P.O. Box 86852
Portland, OR 97286



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



“Grief is really hard.
Dougy Center helps.”



The National Grief Center
for Children & Families

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