



[www.soul57.org](http://www.soul57.org)

# Soul 57's Story:

- Soul 57's founder, Jenny Maattala:
  - Her mother and sister, Casey, died from cancer
    - Jenny helped Casey's children deal with grief
  - Found a need for grief support □ Soul 57
    - Casey's lucky number was 57
    - All services 100% free of charge





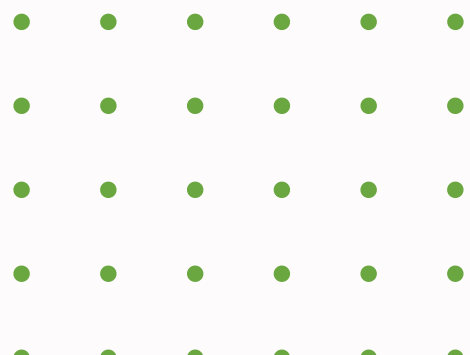
# Soul 57's Mission:

- Provide community of peers for youth who have:
  - Lost a parent, sibling, or primary caregiver
- Offer setting where youth can:
  - Connect
  - Communicate
  - Navigate grief



# Soul 57's Vision:

- Provide the tools needed for youth to process and navigate grief through:
  - Arts
  - Recreation
  - Community
- Help youth become more resilient and successful in every facet of life





# SOUL 57'S TEAM



Jenny  
Maattala

Founder/  
Executive Director



Allison  
Hilleren

Chair



Jess  
Wurtz

Vice Chair



David  
Lindell

Secretary

# SOUL 57'S TEAM



Linda  
Svihovec  
Treasurer



Amy  
Hollar  
Communication  
Chair



Kristina  
Dirk  
Program  
Director



# Need for Grief Support

Unprocessed Grief = Depression

- Anxiety
- Fatigue
- PTSD
- Suicidal ideation
- Lack of concentration
- Loss of interest in activities





# ND Statistics

1 in 13 children experience  
the death of a parent or  
sibling before age 18

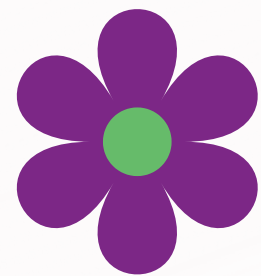
Approximately  
14,000 children

More than doubles  
(35,000 children) by  
age 25

1.3% lose a sibling =  
Approximately 2,000  
children

6.7% lose a parent =  
Approximately 13,500  
children

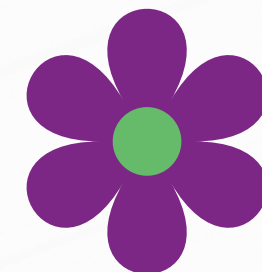
# WHAT SOUL 57 OFFERS



**Group  
Therapy**



**Caregiver  
Support**



**Group  
Workshops**





# Group Therapy

- Facilitated by licensed mental health professional
- Every other Tuesday from 6 pm - 8 pm
- Groups offered:
  - Kindergarten - 5th Grade
  - 6th Grade - 12th Grade
- Dinner is provided
- Registration not required





# Caregiver Support

- Meets at same time as dependents
- Facilitated by experienced peer
- Provides caregivers with tools needed to:
  - Help with their grief process
  - Manage and support dependents at home





# Group Workshops

- Offered first Saturday of every month
- Led by professional in respective field
- Writing, art, music, and recreation
  - Relieve grief, anxiety, anger, fear, sadness
- Registration IS required



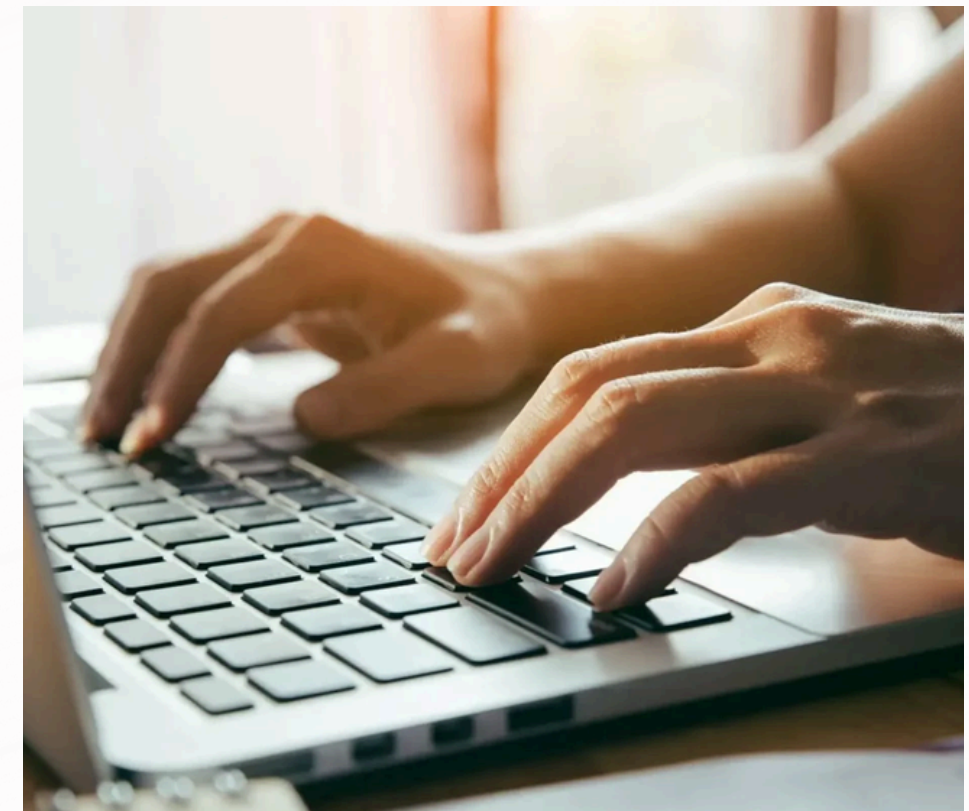
# WAYS TO HELP



Donate



Volunteer







Spread the News





# THANK YOU!

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