

Parmenter Monthly

Inspiring Hope & Healing in MetroWest

In this month's newsletter:

- Grant applications due April 1st
- Double your donation
- Comfort in Commerce
- Shareworthy

Grant Applications Due April 1st!

We are now accepting applications for another round of grants that will be approved and announced this spring. If you are part of a 501(c)(3) organization or know of one seeking funding in our mission areas of bereavement and compassionate end-of-life care, please [click here to find our grant application and instructions](#), for submission by April 1, 2022.

We are always thrilled to award grants to dynamic nonprofits in our community that help build resilience for those who are grieving or facing end-of-life challenges. Our most recent round of grants provided at total of \$236,000 of funding to new and existing grantee organizations: [Behavioral Health Partners of MetroWest](#), [Care Dimensions](#), [Courageous Parents Network](#), [HEARTplaySM](#), [Jeff's Place](#), [Runway for Recovery](#), [The Children's Room](#), and [Wildflower](#). We are so proud to support these innovative and inspirational organizations and look forward to expanding our impact!



What is a Company Match Gift?

A matching gift is when the company you work for financially matches your personal donation to a non-profit organization. When you as an employee makes a donation, you can then request the matching gift from your employer. Donate and contact your HR today!



parmenterfoundation.org

A COMPANY MATCH CAN DOUBLE YOUR SUPPORT
IT'S AS EASY AS:



DONATE



COMPANY MATCHES



IMPACT IS DOUBLED

DOUBLE
your support!



Building community while inspiring hope and healing
for our neighbors who are grieving.

Each month, we partner with a local business to share a special offer with our Parmenter friends. **You must "Follow" or "Like" The Parmenter Foundation, on [Facebook](#) or [Instagram](#), to take advantage of these deals and make sure not to miss them as they come up.**

This month's local business partner is [Stretch Zone Wayland](#). Stretch Zone provides a service called practitioner-assisted stretching, using patented equipment to position and stabilize muscles. This helps keep muscles strong, flexible, and healthy, while preventing injuries, reducing soreness, and improving posture. This is a great gift to help ease tension and provide a relaxing experience for friends and loved ones who are grieving or facing other challenges.

Also, don't miss last month's offer from Laurel Grove home decor shop -- Still valid until the end of March.

Follow us on social media to take advantage of Comfort in Commerce offers from Stretch Zone and Laurel Grove.



- Dougy Center: [Understanding grief](#), 10 core principles to help describe grief and best practices for supporting people who are grieving.

- The Children's Room: [Grief support resources now in Spanish.](#)
 - [The Five Invitations: Discovering What Death Can Teach Us About Living Fully.](#) Book by Frank Ostaseski, a leader in the field of end-of-life care and founding director of the Zen Hospice Project. Includes best practices for those coping with loss, transition or crisis.
 - National Alliance for Children's Grief: [Activity cards](#) for young children, to help them better express, understand, and cope with grief.
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Contact Us



Donate Now!

www.parmenterfoundation.org