

Parmenter Monthly

Inspiring Hope & Healing in MetroWest

February 2023

In this month's newsletter:

- More than \$400K Awarded in 2023 Grants
- Rebecca Soffer Videos
- Comfort in Commerce
- Shareworthy

Parmenter Awards More Than \$400K in 2023 Grants, Funding 15 Impactful Organizations to help MetroWest Families

We were so thrilled with the response to our new single-cycle grant application process, which kicked off this past September. The submissions we received far exceeded our expectations, and unfortunately our funding capabilities. However, we are proud to report that we were able to fund outstanding programs at 15 amazing organizations, for a total of \$408,829 in grant awards. These programs will provide end-of-life care and grief support for MetroWest families in need.

In this cycle, we funded three new grantees:

- **Center for Healing and Justice Through Sport:** A national nonprofit organization working to ensure that more young people have access to sport experiences that are youth-centered, healing-centered, inclusive, and address issues of systemic injustice.
- **Compassionate Care ALS:** Support for people diagnosed with ALS, their families, healthcare providers, and communities as they navigate the complexities, both physical and emotional, associated with the disease.
- **Rett's Roost:** A beacon of healing for families impacted by childhood cancer, offering holistic retreats that create connection, nurture hope, and honor the power of grief and love.

Awards also went to 12 other wonderful grantee organizations with whom we have long-standing partnerships:

- Advocates/Behavioral Health Partners MetroWest
- Care Dimensions
- Charlies Guys
- The Children's Room
- Courageous Parents Network
- Good Shepherd Community Care
- HEARTplay
- Jeff's Place
- Lucy's Love Bus
- Mass General for Children
- Runway for Recovery
- Samaritans
- Wildflower

To learn more about our grantees and the important work they do to strengthen our community, visit: [The Parmenter Foundation Current Grantees](#)

THREE MINUTE VIDEOS: HOW TO SUPPORT SOMEONE WHO IS GRIEVING



We are excited to announce our new six-part video series featuring author [Rebecca Soffer](#) of [Modern Loss](#). In these short clips, Rebecca candidly explains what to say and what NOT to say to someone who is grieving and provides other practical advice for supporting friends and loved ones who are struggling with loss. You can find the full series [here!](#)



BUILDING COMMUNITY WHILE INSPIRING HOPE AND
HEALING FOR OUR NEIGHBORS WHO ARE GRIEVING.



Each month, we partner with a 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.**

Continuing this month our Comfort in Commerce business partner is Bonnie's Bootcamp, a longstanding fitness program offered throughout MetroWest. Owner Bonnie Morrissey is a loyal and motivating certified personal trainer, nutrition expert and life coach. She empowers clients of all ages to find balance in their lives, to be their personal bests, both mentally and physically, and to commit to reaching goals they never thought attainable. With a master's degree in physical therapy, Bonnie was an amateur body building competitor, a judge for the World National Bodybuilding Federation, and represented Vermont in the Miss USA Pageant.

Bonnie offers 1-on-1 personal training in clients' homes or her personal training studio, as well as nutrition coaching programs to teach clients a flexible eating plan for permanent weight loss, using a cognitive mindset approach. These programs are terrific gifts to yourself for the new year or for your friends who have been navigating challenges in their lives.

Follow us on social media to take advantage of a special Comfort in Commerce offer from Bonnie's Bootcamp.



Shareworthy 

"How to Grieve a Very Good Dog:" [Outside Magazine Article](#)

"Why planning for your death is a lifetime gift to loved ones:" [NPR Article](#)

"Summer camp as a respite for children, teens and widowed parents:" ["Grief in Brief" Podcast](#)

Virtual workshops for parents and caregivers of children who are grieving: [Webinars hosted by Care Dimensions](#)



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