

FEBRUARY 2026  
NEWSLETTER

[www.PohlChildrensFoundation.org](http://www.PohlChildrensFoundation.org)  
[pohlchildrensfoundation@gmail.com](mailto:pohlchildrensfoundation@gmail.com)



## Thoughts, Opinions and Decisions

The Board of Directors of the Pohl Children's Foundation needs your thoughts and opinions, before we can make a vital decision for one of our favorite events in 2026!

Registration for our 2025 North Pohl Christmas at the Castle event was extremely low. Due to the amount of food, ornaments, games and other items we had already purchased for this annual event, I reached out to every Social Worker friend I have, asking them to invite any families who would be blessed by the event to attend. Thankfully, they were able to help us fill the Castle with children and families that day, even though they were not all families who had previously received services from the Foundation, as in our prior year's events.

As we make plans for events and fundraisers in 2026, we are in need of your thoughts and opinion on whether we should schedule the North Pohl Christmas at the Castle event in December. This is a huge decision and we sincerely appreciate your input.

Please email me at [pohlchildrensfoundation@gmail.com](mailto:pohlchildrensfoundation@gmail.com) and let me know what you think.

Thank you all for your continued support for the Pohl Children's Foundation!!

Suz Pohl  
Founder & Executive Director



# POHL CHILDREN'S FOUNDATION

**Date:** Saturday, April 11, 2026

**Time:** 9:00 AM – 4:00 PM

**Location:** American Legion  
708 Front Street, Brainerd

## Forever Healing Grief Conference

The Pohl Children's Foundation is hosting Forever Healing Grief Conference, an all-day training event designed to help individuals working with children understand grief and how it affects children in their daily lives.

Professional Speakers will identify the stages of grief, the impact of grief, how grief comes in many forms such as natural death, suicide, divorce, abandonment, understanding grief and how to assist children through it, and so much more.

### CONTRIBUTORS and SPEAKERS:

- \*Suz Pohl – Executive Director of Pohl Children's Foundation
- \*Jode Freyholtz-London – Executive Director of Wellness in the Woods
- \*Karla Christensen - LADC at Sagent Behavioral Health
- \*Arlene Selander - Executive Director of Petals of Peace and BSW
- \*Kymm Svir – LGSW at reDefine
- \*Tiffany Connor – LMFT at Faith Counseling & Wellness
- \*Magdalena Unger – LICSW and CPAI at AllinaHealth

**8 Hours of  
Continuing  
Education  
Credits will be  
provided**

**COST=\$10  
(refundable  
upon  
registration)**

Lunch Provided includes:  
Chicken Oscar, cheesy  
potatoes, asparagus, bread  
salad and cheesecake

**Grant for  
Conference  
provided by  
Sourcewell**

**For Tickets: <https://www.eventbrite.com/e/forever-healing-grief-conference-tickets-1982128485658?aff=oddtcreator>**

[www.PohlChildrensFoundation.org](http://www.PohlChildrensFoundation.org) 218-820-1176 [PohlChildrensFoundation@gmail.com](mailto:PohlChildrensFoundation@gmail.com)

### WHO SHOULD ATTEND:

Social Workers, Teachers, Paraprofessionals, Day Care Providers, Nurses and CNAs, Peer Workers, Crisis Line/ Urgent Mental Health Staff, Spiritual Leaders, Law Enforcement, First Responders/ Paramedics, Firefighters, Military – anyone who works with children

## 2026 Events & Fundraisers

Forever Horses – throughout the year  
Grief Conference – April 11th  
Nisswa Chocolate Walk – May 16th  
Golf Tournament – September ?  
Purse Bingo – October ?  
Camp Forever – November 13-15th  
North Pohl Christmas at the Castle - December

### HELP WANTED!!!

We are always looking for **VOLUNTEERS!**

If you are interested in helping out or being on the Board of Directors please contact us at [pohlchildrensfoundation@gmail.com](mailto:pohlchildrensfoundation@gmail.com) or go to our website and fill out our volunteer application at <https://www.pohlchildrensfoundation.org/volunteer>

### DONATIONS APPRECIATED!!!

The Pohl Children's Foundation is a 501(c)(3) nonprofit organization.  
All donations are tax deductible.



<https://www.pohlchildrensfoundation.org/make-a-donation>