



NOVEMBER—DECEMBER 2011

THE COMPASSIONATE FRIENDS

PORTLAND, OREGON

"A Nonprofit Self-Help Organization for Families Who Have Experienced the Death of a Child"



P.O. Box 3065
Portland, OR
97208-3065
Ph. 503-248-0102

Chapter Leader/Newsletter

Mailing: Carolyn
linerharrington@yahoo.com
Ph. 503-307-8450

Secretary: Beverly
beezee53@aol.com
Ph. 503-665-9576

Member Database: Kim
kim5pdx@yahoo.com
Ph. 503-200-8168

Newsletter Editor: Deb
debsmoon@gmail.com
Ph. 503-490-0766

Telephone Outreach:
Melody
503-248-0102
svonruden@aol.com

Treasurer: Terri
Ph. 360-921-2911

Librarian: Delilah
delilahb2000@yahoo.com

Website: Diane
dbar1207@comcast.net

Meeting Schedule

WE LOOK FORWARD TO MEETING YOU!

November 15, 2011

SUNDAY, December 11, 2011

Meetings are held on the third Tuesday of each month from 7-9 p.m.

Sunnyside Seventh Day Adventist Church
10501 SE Market St.
Portland, OR 97216
(near Mall 205)

SATURDAY MORNING GROUP

November 5, 2011
December 3, 2011

These meetings are held on the first Saturday at 10:30 a.m.

First United Methodist Church
1838 SW Jefferson, Rm. 134
Portland, OR 97205
(Corner of SW 18th / Jefferson)

Worldwide Candle Lighting



SUNDAY, DECEMBER 11, 2011

6:30 P.M.

Sunnyside Seventh Day Adventist Church
10501 SE Market St., Portland, OR 97216 (near Mall 205)



Please join us for the 15th Worldwide Candle Lighting as family and friends unite around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. In the soft glow of candlelight will be inspirational readings and musical selections performed by the Centennial High School Choir, C Notes.

You are invited to submit a photo of your child for the slideshow by email or snail-mail to Diane at dbar1207@comcast.net or Diane Barta, 1754 SW Clara St., Troutdale, OR 97060. Please be sure to include your child's name and dates and your name/contact information on back of photo. Photos must be received no later than December 4th.

Personalized origami butterfly ornaments will be available for small donation. Pre-order form can be found on page 11.

Arrive by 6:30 p.m. to get your candles and be seated so we are sure to begin at 7:00 SHARP!

After the ceremony there will be a social time to visit with others and share your stories. You are invited to bring your child's favorite snack to share! Beverages will be provided. We look forward to sharing this special evening with you!

VOLUNTEERS ARE NEEDED FOR THIS EVENT— PLEASE CONSIDER GIVING OF YOUR TIME AND TALENT!



Tuesday, November 15th Meeting

Coping with the Holidays

SUNDAY, DECEMBER 11, 2011

Worldwide Candle Lighting

www.tcfportland.org

Check out the TCF Portland website... lots of good Info to share!



The Portland Chapter of The Compassionate Friends operates solely with voluntary donations. Monetary gifts in any amount are appreciated.

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.

The Compassionate Friends is a non-profit, self-help organization composed of bereaved parents/siblings. We offer friendship and understanding. Anyone who has experienced the death of a child of any age, from any cause, is welcome. Our meetings give parents an opportunity to talk about their child/sibling and about the feelings they experience through the grieving process.

There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child/sibling, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.



A Warm Welcome to New Members.... We're

To our newest members—we offer our warmest welcome! If you have walked through the door to a TCF meeting, we understand how traumatic and difficult that is to do...we have all taken that step and reach out to you in friendship and support.

As our TCF Credo says, “*We come from different walks of life...*”, but the common bond we now share is the death of a beloved child or sibling. Others cannot understand the terrifying and debilitating emotional issues that occur in our daily lives once this event happens; a TCF member can and does!

We hope you will find our meetings and newsletters to be a comfort, a place where tears are allowed, no judgments are made and the hope that through this trauma, we can once again find hope and meaning in our lives.

Greetings to everyone! I hope you have had the chance to get outdoors and take in the crisp, cool air this fall. I just can't believe the holiday season is nearing and yet it seems summer just ended. While everyone else cheerfully embarks on their holiday traditions, some of us retreat and try to limit our exposure to all the hoopla. However you feel—it's okay.

As I have in the past 3 years, I struggle with my grief during the holidays and yet want to be able to once again enjoy some of what makes the holidays so special to me. A part of me feels guilty to allow myself enjoyment.

It is mid-October as I write this column so autumn is ever-so-present. Walking the paths at Blue Lake Park the other day I was surprised to notice that most of the trees were still green with very little color-changing going on. However, in my backyard, nearly all of the vibrant yellow leaves have already fallen. I began to think of how different the two micro-climates are and how they are so much the same as our grief.

I have this 'micro-climate' going on in my life because I am grieving and not able to fully embrace the world just yet—sort of like living in a bubble. I can participate in the world but feel a sort of distance from everyone else's reality. My perspective is different; I have new hobbies and lost others—things that were once important are no longer, a 'new normal' that I resentfully am getting accustomed to living with. And yet I will survive and perhaps even stretch my boundaries and look for what can make me smile and for the moment, forget my sadness.

Last year I did not put up my Christmas tree with no regret but this year I would like to. If I can accomplish this, I feel like I am moving in a forward motion in my journey of grief. I've been thinking of a new look to my tree ...



As always, wishing you the very best!!
~Deb, Forever Jorey's Grandma



The Compassionate Friends
Portland Chapter
P.O. Box 3065
Portland, OR 97208-3065
Ph. 503-248-0102
Meets: 10501 SE Market St., Portland
3rd Tuesday @ 7 pm
Email: linerharrington@yahoo.com

TCF Portland Satellite Chapter
Ph. 503-524-0957
Meets: First United Methodist Church
Rm 210
SW 18th & Jefferson, Portland
1st Saturday @ 10:30 am

TCF of Battle Ground, WA—*NEW*
Ph. 360-910-9669 (Deborah)
Meets: Battle Ground Community Center,
912 E. Main St., Battle Ground, WA
Last Wednesday @ 7:00 pm

TCF McMinnville Chapter
Ph. 503-434-5917
Meets: Lafayette Community Church
365 3rd St.
Lafayette, OR
1st Thursday @ 7:30 pm

TCF Washington County Chapter
Ph. 503-324-2504
Meets: Elsie J. Stuhr Adult Leisure Center
5550 SW Hall Blvd. (Oak Room)
Beaverton, OR
2nd Tuesday @ 6:30 pm

TCF Salem Chapter
Ph. 503-743-3930
Meets: First Congregational Church
700 Marion St.
Salem, OR
1st Monday

Thank You!

Ocean of Grief

An unexpected turn of events began almost four years ago; a journey called grief. I was unprepared.

The beginning was more like a storm at sea: ravenous, tumultuous, gut wrenching; despair at a depth I could not have imagined and in fact, did not know existed. Drowning in the constant barrage of overpowering waves—would I survive? I didn't care.

Time continued with unimaginable loneliness and sorrow, always longing to return to a life with steady ground beneath my feet, a life that was perfect. All the while I knew it would never be. There was no going back.

The journey continues, I move along gaining ground a little day by day. Occasionally a rogue wave hits and I find myself back in the stormy waters fighting to find my footing. I will myself to keep going and move forward as I become more accustomed and familiar with the changing tides and currents.

And I have come to understand the forces of nature—there will always be waves. But as the tides change, so do my old fears that I would not survive. I know I will. It's been four years, although it feels an eternity, and I face each day, each week, each year with a growing strength.

This journey will continue the rest of my life, but I am also able to see the calm horizon now. As I accept the things that can't be changed, there is a peaceful knowing that there will be sunrises and sunsets in my life. The darkness no longer hangs over me like a threatening storm.

You see, my child is gone but he is not dead. He lives inside me, the center of my soul. When my journey is over, I'll see my child again. My spirit will be at peace together with him.

*Bev Waterworth
In Loving Memory of Brett*



Portland Adventist Medical Center
Debbie Esmond, Graphics Department
& staff for printing our newsletter!

♥ Carolyn (in memory of Kelsey)

For folding, labeling, and mailing the
September/October newsletter!
Your time & commitment is appreciated by all!

Thank
You!

CONFIDENTIAL
Not Available Online

CONFIDENTIAL
Not Available Online



A **Love Gift** is a special note to your child that is printed in the newsletter—it is a wonderful way to remember and honor their memory! Families often submit these either on the birthday or anniversary date of their child, but it can be done at any time!

There is no charge for printing a **Love Gift**, but many families choose to donate a tax deductible contribution to help with the expenses of our chapter that include:

- ♥ Church meeting place
- ♥ Newsletter mailing
- ♥ Information & brochures sent to new families
- ♥ Telephone message line
- ♥ Stocking our Lending Library

In Loving Memory of
RYAN ANDREW
12/28/07

*If love could have saved you,
You would have lived forever.
Forever in my heart ...*

Love, Mom

Karen



In Loving Memory of
SABRINA
8/16/79

*If only I could touch you my dear,
If only your voice I could hear,
If only we could roll back the years,
If only I could hold back my tears,
If only ...*

Love, Mom, Dad & Family

Sandra

REMINDER:
Love Gifts for Jan.—Feb. must
be received by Dec. 10, 2011

**BIRTHDAYS
REMEMBERED**

If it is your child's birthday month, we invite you to come to our monthly meeting and share their story! (Even if you don't come to meetings regularly, we would love to meet you and honor your child.)

Birthdays hold treasured memories and are especially difficult for surviving parents and siblings; TCF offers a wonderful venue to honor and celebrate the precious life-story of your loved one. Taking a few minutes to share a picture, memento, award or even their favorite toy is a gentle reminder to all that *love continues and grows* with each passing year.

A special Birthday Table is available to display your pictures and special keepsakes. If you wish, you may also bring in your child's favorite snack to share...or even a birthday cake!



Thank you to all the families that send in Love Gifts to honor their child! Your tender thoughts and expressions of love are testimony to the fact that 'Love Never Dies'! Your generous donations are also greatly appreciated—thank you!

If you wish to make a tax-deductible LOVE GIFT donation, fill in the information below, send with a check for any amount to:
Portland TCF , PO Box 3065 Portland, OR 97208-0102.

Month you would like it printed in newsletter: _____ Donation Amount: _____

Child's Name: _____

Date of Birth: ____/____/____ Date of Death: ____/____/____

Your name: _____ Telephone or email: _____

Address: _____ City: _____ State: _____

Email: _____ Zip: _____

Special Message (*please include how you would like your message to be signed*): _____

Love Notes



In Loving Memory of
DAWN
12/28/07

*If only I could touch you my dear,
If only your voice I could hear,
If only we could roll back the years,
If only I could hold back my tears,
If only . . .*

Love, Mom, Dad & Family
Sandra



In Loving Memory of
BRETT IAN
12/23/07

*Forever loved, forever missed,
Forever my precious son.*

Love, Mom

Bev

In Loving Memory of
MITCHELL M.
6/24/83

*You will always be the anchor that links
us all together! Miss you then,
miss you now, miss you forever.*

*Love, Di
Diane*



In Loving Memory of
CARLOS M.
6/5/05

I miss you Carlos!

Love, Mom

Debra

In Loving Memory of
ADAM SCOTT
4/5/93

*Happy 36th Birthday,
dear sweet son.
We miss you so much!*

Much Love, Mom, Dad,

Carl & Carol

In Loving Memory of
JEFF
7/21/71 ~ 5/5/96

*Remembering you during the
holidays and always.*

*Love, Mom, Dad,
Julie*

Norm & Bonnie

Our children
lovingly
remembered
They were, still are,
and ALWAYS will be
a part of
who we are,
what we are and
what we do.

TODAY—



We can accept photos of your child to include with your love notes. Please email your special photo to the newsletter editor, Deb Moon at debsmoon@gmail.com or you can mail it to TCF, P.O. Box 3065, Portland, OR 97208. Photos will be returned to you.



THANKSGIVING

I remember...

- ◆ The inability to chew or swallow that first Thanksgiving after Linda died;
- ◆ The choked-back tears, the sick heart, the hollowness, the painful memories of Thanksgivings past, and the blessed relief of sleep brought to my pain.

I remember...

- ◆ The busyness of working as a volunteer that second & third Thanksgiving after Linda died;
- ◆ And the good feeling it gave me of 'running away' from it all, and the blessed relief sleep brought to my pain.

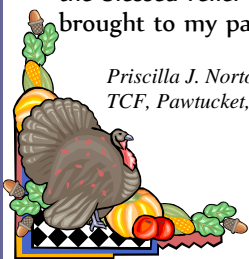
I remember...

- ◆ The inability to prepare any of her favorite foods that fourth Thanksgiving after Linda died;
- ◆ The tears that fell at the smell of turkey cooking, the parade, football game, the emptiness, the incomplete family, the blessed relief sleep brought to my pain.

I remember...

- ◆ Awakening with a lightness and joy in my heart that fifth Thanksgiving after Linda died;
- ◆ The thankfulness for having my remaining family together, the beautiful memories of past Thanksgivings, the 'wholeness' of me, and the blessed relief peace brought to my pain.

Priscilla J. Norton
TCF, Pawtucket, RI



A Dozen Roses

By Alan Pedersen (Angels across the USA)

*If I had a dozen roses, I know just what I'd do
I'd give each one a name that reminded me of you
The first rose I'd call sunshine, because you brighten every day
The second would be beauty, the kind that never goes away*


*The third rose would be priceless, like those hugs you gave to me
I'd name the fourth rose silly, oh how funny you could be
Rose five of course is patience, something you have helped me find
The sixth rose would be memories, the gift you left behind*

*The seventh and the eighth rose would for sure be faith and grace
Nine would be unique because no one can take your place
The tenth rose well that's easy, I'd simply name it love
Eleven would be angel, I know you're watching from above*

*I'd think about that twelfth rose, and I'd really take my time
After all these roses are for you my Valentine
I'm sending them to heaven in every color that I know
So twelve I'll name forever, that's how long I'll love you so*

A New Year

By Snohomish County TCF



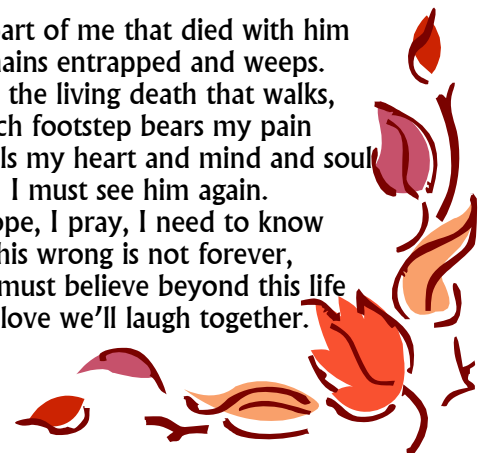
Another holiday season and another new year, an old thought with a twist to a grieving parent. Almost all grieving parents and siblings feel somehow different and removed from *normal* holiday celebrations, whatever that might have been for your family. TCF is in existence to let you know that these feelings and changes in tradition are a normal part of our lives after we lose a very special part of our lives. Please know we care!

Silent Tears

By Chuck Guice

Inwardly my eyes have cried
a sea of silent tears
And only see the misery
of unshared waning years.
Each unpaired heartbeat echoes
an empty dark despair
Reflections of a lifetime passed
whose future ended there.
The Springtime sweetness that was life
now bleak and barren sleeps.

The part of me that died with him
remains entrapped and weeps.
I am the living death that walks,
each footstep bears my pain
And tells my heart and mind and soul
I must see him again.
I hope, I pray, I need to know
this wrong is not forever,
And must believe beyond this life
in love we'll laugh together.



HINTS FOR HANDLING THE HOLIDAYS

Many bereaved families dread this season of holidays—Thanksgiving, Hanukkah, Christmas and New Years. These are happy times and other hearts are filled with thanksgiving and joy in an atmosphere of celebration.

Often the time of preparation and anticipation brings as much joy as the actual celebration. The anticipation of the holidays, especially in the first year after the death of your loved one, will probably present you with many questions and concerns.

It is normal to have anxiety and fears about this “time of joy”. Planning ahead can lessen some of the stress and pain of the holiday season. I offer a number of suggestions for your consideration.

Remember:

- There is no right or wrong way to respond.
- Others may not understand your decisions, but that doesn't make them right or wrong.
- Your emotions will be more volatile during the holidays and you are not able to turn them on and off. You need to release those tears. Cry.
- Communication with others is helpful, even when the other person does not seem to understand.
- Some holiday activities are essential to the celebration, while others could be eliminated.
- Be gentle with your self and give yourself permission to not live up to everyone's expectations.
- You can't turn away from reality, but you can soften the pain by considering each decision and respecting your own needs.

Specific areas of concern and decision:

- Plan ahead. Listen to your heart and only do those things that feel right to you. Communicate your needs to your family and friends.
- Changing routines that are part of your tradition can soften the pain; the time of gift exchange and opening of gifts; the special meal together and/or when you attend services.
- Include a stocking for the person who has died and invite other family members to participate in filling the stocking. Light a candle at the dinner table, place an ornament on the tree, and/or a grave blanket on the grave.
- Make choices about decorating for the season and shopping for gifts (order through the mail, online, limit gifts, or have someone else do that for you). Having a shopping list can lessen the pain.
- Delegate or accept the offer of others to help wrap gifts, address cards, shop, clean—it could be a meaningful gift that is mutually beneficial.
- Consider and decide which party invitations you wish to accept and attend. If the person inviting you understands why you may not feel like attending this year they will usually accept your response.
- The need to talk about your feelings and needs is greater at this time. Find a listening partner to help you through this time. Do not isolate yourself, you need others to help you through this difficult time.
- Realize that you can change your mind—if earlier decisions don't feel right as the time approaches, then don't follow through. Listen to your heart.
- Sign your greeting cards in the way that feels right to you. You may wish to include a poem or writing done “in memory of” your loved one or include an “in memory of” message as part of your signature.

By Sister Jane Marie Lamb
In Thanatos



*Are You
Moving?
Have you
moved?*

Please let us know your new address so you can continue to receive this newsletter. It costs the Chapter about 65 cents every time a newsletter is returned by the Post Office with an outdated address. We appreciate your cooperation as this will save the Chapter money which can be better spent. Please send your address change to me, **Deb Moon** at debsmoon@gmail.com.

May you have the spirit
of Christmas
which is
PEACE

The gladness of
Christmas
which is
HOPE

And the heart of
Christmas
which is
LOVE



*Anticipation of any
holiday or special event
is so much worse than
the actual date itself.*

TCF Lending Library

Please take the time to browse through the selection of books that are available to borrow from our Lending Library. Books may be checked out for up to three months—or are available for purchase if you would like to keep it.



Just be sure to fill out the form in the Lending Library Folder (this is usually on the same table as the books).

We also appreciate books you would like to donate to our library! A special sticker with your child's name is placed in all donated books to honor their memory.

If you have questions or have books that are overdue, you may contact our Librarian, Delilah Brazil (Jason's mom) at:
delilah2000@yahoo.com

OTHER SUPPORT GROUPS:

SUICIDE BEREAVEMENT SUPPORT (SBS)

Ph. 503-236-7524

NE Portland 3rd Mon @ 7pm
SW Portland 1st & 3rd Thu @ 7pm
(5100 SW Macadam, Portland)
Gresham 1st Thu @ 7pm

St. Helens 2nd & 4th Wed—503-397-7841

The Dalles call 541-296-8850 for information
Hood River call 541-386-4997 for information

PARENTS OF MURDERED CHILDREN

Ph. 503-761-1304 or 503-656-8039

2116 NE 18th Portland, OR
1st Mon @ 7 pm

BRIEF ENCOUNTERS

Ph. 503-699-8006

2116 NE 18th St. Portland, OR

Support groups for parents who have experienced infant or pregnancy loss or who are considering or experiencing a subsequent pregnancy/adoption.

BRIEF MOMENTS

Ph. 360-969-5100

SW Washington Medical Center
Vancouver, WA

Support group for parents who have experienced infant or pregnancy loss.

SIDS Resources of Oregon

Ph. 503-287-8265

Last Tuesday, call for location & time

CHILDREN'S GRIEF SUPPORT

(Family intake is required for these groups)

Me, Too & Company

Ages 5 - 18 & their parents
Ph. 503-499-5307

The Dougy Center

Ages 3—19 & their parents
Young adults 18—29
Ph. 503-775-5683
Website: www.dougy.org

Stepping Stones

Ph. 360-696-5120
SW Washington Medical Center
Vancouver, WA

Support groups for children, adolescents, and their parents who have experienced the death of a loved one.

Keep a balance in your life
and remember that you are loved.

Dr. Lee Drake, Ph.D.

Lost Potential

Last year I attended a workshop presented by a specialist in grief named Dr. Cable. Dr. Cable said many important things about the grief process, but as a bereaved parent one thing stuck in my mind. He said that if you ask a bereaved person to describe his deceased mother, he will say, "Oh, she was so sweet. She always wore flowered dresses and loved to bake cookies." But, if you ask a bereaved parent to describe her deceased child, she will say, "Oh, he would be five this year and just starting kindergarten," or, "She would be twenty-two this year and graduating from college." You see, we bereaved parents grieve the lost potential of our children. Our children don't stop growing in our minds. We grieve again and anew each year as our child would have been a different age.

*Chris Anderson
TCF, Walla Walla, WA*

The Griever's Holiday Bill of Rights

(Condensed)

YOU HAVE THE RIGHT TO SAY 'TIME OUT' * YOU HAVE THE RIGHT TO TELL IT LIKE IT IS * YOU HAVE THE RIGHT TO SOME 'BAH HUMBUG' DAYS * YOU HAVE THE RIGHT TO DO THINGS DIFFERENTLY * YOU HAVE THE RIGHT TO BE WHERE YOU WANT TO BE * YOU HAVE THE RIGHT TO SOME FUN * YOU HAVE THE RIGHT TO CHANGE DIRECTIONS IN MID-STREAM * YOU HAVE THE RIGHT TO DO THINGS AT DIFFERENT TIMES * YOU HAVE THE RIGHT TO REST, PEASE AND SOLITUDE * YOU HAVE THE RIGHT TO DO IT ALL DIFFERENT AGAIN NEXT YEAR.

By Bruce H. Conley



TCF on Facebook...

Please visit The Compassionate Friends National Organization's Facebook page by becoming a fan. You can click on the link from TCF's national website at www.compassionatefriends.org or you can log onto Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often.

ORIGAMI BUTTERFLY ORNAMENTS

DEADLINE: Sunday
December 4, 2011

Fluttering origami butterflies decorate the evergreen tree at our ceremony each year; Our Children Lovingly Remembered with their names and special dates on each one. Many families have made it a new tradition to collect and save them each year. What a wonderful way to remember your child and your enduring love for them! After the ceremony—don't forget to find your butterfly and take it home with you! If you aren't able to make it to the event, they will be mailed to you.



**Butterfly orders must be received by
December 4, 2011**

Please place a butterfly on the
"Our Children Lovingly Remembered Tree"
to honor the life of:

Child's Name (please print) _____
 Child's Birth date: ____/____/____
 Child's Anniversary Date: ____/____/____
 Your Name _____
 Address _____
 City _____ State _____
 Zip _____
 Phone or Email _____

Enclosed is my tax-deductible donation of \$ _____
 (\$5—\$10 is the suggested contribution for each butterfly.)

Mail to: **The Compassionate Friends, P.O. Box 3065,
Portland, OR 97208-3065**

If you would like to order additional butterflies, please list children's names and dates on a separate piece of paper and include with this form. **THANK YOU!**



Let this Christmas be gentle for you.
 Give yourself the "gift of peace".
 Let the magic spin your private cocoon
 With a hope that will never cease.
 Remember your children tenderly;
 Let the light of their love shine through,
 For in the wonder and magic
 Of Christmas time
 They are sending their love to you.

Sweet Peace—Sweet Hope—Sweet Love

Dana Gensler, TCF, South Central KY



The Compassionate Friends
 Portland Chapter
 P.O. Box 3065
 Portland, OR 97208-3065

NONPROFIT
 ORGANIZATION
 US POSTAGE
 PAID
 PERMIT 1234
 PORTLAND OR

RETURN SERVICE REQUESTED

NOVEMBER—DECEMBER
 2011



A child, the most precious gift of heaven to earth.



**I
 Will
 Light
 Candles
 This
 Christmas**



By
 Howard
 Thurman

*Candles of joy, despite
 All sadness
 Candles of hope where
 Despair keeps watch,
 Candles of courage for
 Fears ever present,
 Candles of peace for
 Tempest-tossed days,
 Candles of grace to ease
 Heavy burdens,
 Candles of love to inspire
 All my living.*

TCF NATIONAL HEADQUARTERS


PO Box 3696
 Oak Brook, IL 60522-3696
 1-877-969-0010 (Toll free)
 Email:
 nationaloffice@compassionatefriends.org



Online Support Community
 (Topics Available)

- ♥ Parents/Grandparents Share
- ♥ Pregnancy/Infant Loss
- ♥ Bereaved 2 years & less
- ♥ Bereaved 2 years & more
- ♥ Men Only Sharing Session
- ♥ No Surviving Children
- ♥ Siblings Share
- ♥ Survivors of Suicide

For more information or to participate, visit the website:

 www.compassionatefriends.org
RESOURCES—ONLINE SUPPORT