



# *The Compassionate Friends*

## *Fredericksburg Area Chapter*

### **Supporting Family After a Child Dies**

**APRIL  
2023**

The Mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

#### *Chapter Leader's Corner*

April showers bring May flowers, or so they say. When I think of showers I think of my son, Kevin, being with my family. Many of you may have heard "Holes in the floor of Heaven" sung by Steve Wariner and the song talks about the rain pouring down and how this little boy's grandmother and this daughter's mother is watching and wishing they could be with them. When it rains, I think of that all the time. It seems to rain during special times, and I feel that Kevin is watching and wishing he were with us. This is my way of keeping my son with me and makes me feel good, just like when we have those April showers, we know that the May flowers are not too far away.

Our meeting will be April 18, 2023, meeting will start at 7:00 PM at new Redeemer Lutheran Church, 5120 Harrison Road, Fredericksburg, VA in the Fellowship Hall.

The topic of our meeting will be Ten Tips for Mother's Day and Father's Day.

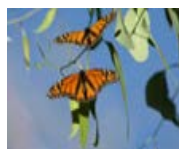
**TCF Fredericksburg Chapter Diner for Extra Support & Encouragement** the 1<sup>st</sup> Thursday of each month. The next dinner is April 6, 2023. Invites have been sent out.

Hope to see you there.

Healing Hugs,

Kathie Kelly  
Kevin's Momma/Thomas' Sister  
Chapter Leader

Jill Medina  
Tristan's Mom  
Co-Leader



#### **CHAPTER MEETINGS**

Fredericksburg Chapter meetings are every 3<sup>rd</sup> Tuesday of each month 7:00 PM.

Redeemer Lutheran Church  
5120 Harrison Road  
Fredericksburg, VA 22408  
(Fellowship Hall)

**Next Meeting April 18, 2023, at 7:00 PM**

#### **MAILING ADDRESS**

Compassionate Friends c/o Kathie Kelly  
6001 Potomac Drive  
King George, VA 22485

**EMAIL** – [tcffred@gmail.com](mailto:tcffred@gmail.com)

**CHAPTER LEADER - Kathie Kelly**  
**(540) 220-4325**

Chapter Leader Email – [kellykathie@hotmail.com](mailto:kellykathie@hotmail.com)

**CO-LEADER – Jill Medina**  
**540-538-0112**

Co-Leader Email: [jillmedina8@gmail.com](mailto:jillmedina8@gmail.com)

**CHAPTER WEB PAGE-**  
<https://tcffred.wixsite.com/tcffericksburg>

**CHAPTER E-MAIL** – [tcffred@gmail.com](mailto:tcffred@gmail.com)

#### **Compassionate Friends National Office**

48660 Pontiac Trail  
#930808

Wixom, MI 48393

**Toll Free:** 1-877-969-0010

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

**E-MAIL:** [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

## UPCOMING EVENTS



### Dinner for Extra Support & Encouragement

We will be having a **Dinner for Extra Support & Encouragement** on **Thursday, April 6th**. Below is the information:

**Place:** Dickey's Barbecue Pit

**Located in:** Southpoint Shoppes

**Address:** 10008 Southpoint Pkwy Ste 100,  
Fredericksburg, VA 22407

**Date:** April 6, 2023

**Time:** 6:15 PM

We will send out a sign up later in March. We hope to see you.

### CHAPTER COOKBOOK FUNDRAISER

Hi everyone. We would like to ask that you send us your children, grandchildren and sibling's favorite recipes or their favorite meals. We would like to create a Chapter Cookbook to sell for a fundraiser for the chapter.

Please email them to  
[tcffred@gmail.com](mailto:tcffred@gmail.com).

Thank you.

## ASK IT BASKET

Is there something you want to discuss? A theme you want to discuss?

There is an Ask It Basket set at the table where you can write what you want to discuss at the meeting or future meeting(s).

## APRIL CHAPTER MEETING

**Place:** Redeemer Lutheran Church, Fredericksburg, VA 22407 (Fellowship Hall)

**Date:** April 18, 2023

**Time:** 7:00 PM

The topic of our meeting will be Ten Tips for Mother's Day and Father's Day.

Sign up <https://www.signupgenius.com/go/10C094DA8AC2BA1FEC34-tcffredricksburg7> so we know how many are coming for refreshments. Please **note** you do not need to sign up to come to the meeting. All are welcome.

We hope to see you.

Healing Hugs Kathie and Jill

# CHAPTER INFORMATION PAGE

## TELEPHONE FRIENDS

Having a tough day (or night)? Need someone who understands and is willing to listen or talk, whatever your pleasure? Please call a telephone friend or write to an e-mail friend for a conversational “hug.” It helps. We are only a phone call or quick e-mail message away.

Kathie & Keith Kelly (toddler) – 540-220-4325 – [tcffred@gmail.com](mailto:tcffred@gmail.com)

Kristi Pruitt (young adult overdose/multiple children) – 540-498-7518 - [Kristisperry@outlook.com](mailto:Kristisperry@outlook.com)

Jill Medina (sudden young adult) - 540-538-0112 - [JMedina@kdrrealestate.com](mailto:JMedina@kdrrealestate.com)

Joan Brand-King (suicide)- (540) 288-3289 - [joanbrand54@gmail.com](mailto:joanbrand54@gmail.com)

If you would like to be on this list to listen to someone who needs an ear, please email me and let me know.

## Fredericksburg, VA TCF Chapter - Steering Committee

**Chapter Leader:** Kathie Kelly

**Co-Leader:** Jill Medina

**Sibling Coordinator:** Vickie Headley

**Treasurer:** Jill Medina

**Remembrance Cards:** Kathie Kelly

**Greeters:** Seasoned Members

**Candlelight Coordinator:** Vickie Headley

**Facilitator:** Kathie Kelly/Jill Medina

**Hospitality:** **OPEN**

**Newsletter Editor:** Kathie Kelly

**OK...WE NEED HELP!!!** We will be needing people willing to let the world know what we are up to with Publicity, people to reach out to Funeral Homes and present information to newly bereaved parents, a person to tend to our Chapter Library and a person interested in being our Newsletter Editor. Are you ready to help? We could really use the help. Our chapter is only as good as the volunteers who work to make it a safe and supportive place for our bereaved families. Please contact Kathie Kelly about anything you might be able to do at 540-220-4325 or [tcffred@gmail.com](mailto:tcffred@gmail.com).

## Our Children Remembered

*This month we remember the children on this page who are deeply and sadly missed on these special days in their lives. Please take a few moments, place them in your thoughts, and remember them on their day along with their parents. A phone call or note would be so special and kind. None of us ever forget our special days and the messages that say "I care" help us get through them. Our children's lives will go on as long as we remember them, as long as we celebrate their lives.*

### BIRTHDAYS

04/06 Alicia Feliciano, daughter of Myriam Arocho  
04/09 Jackson Staley, son of Florence & Tony Staley  
04/12 William Vernon Anderson, son of Sue & Mark Anderson  
04/13 Matthew Ryan Ewing, son of Sally & Rich Ewing  
04/24 Patrick Perkins, son of Marcia Flannagan  
04/25 Abigail Jane Buckley, granddaughter of Mary Jane & Chris Wetmore  
04/28 Ellen Urbanski, daughter of Nancy Urbanski

### DEATH DATES

04/04 Tyler Sebastian Graham, son of Tamzie Sturk  
04/11 Alicia Feliciano, daughter of Myriam Arocho  
04/13 Melissa "Missi" Deavers, daughter of Gail Tate  
04/25 Charles Wolff, son of Jeffrey & Erika Wolff

### BIRTHDAY TABLE

We have a ***Birthday Table*** at our local TCF meetings. This table is for you to share your child/children's birthday. If you would like to share, please feel free to display picture(s) of your child and/or bring your child's favorite cake, candy, or anything that you want to help share their birthday with others who are open to "celebrating" with you. You bring decorations that meant something to your child, or helps you remember that special day.



# TCF 46TH NATIONAL CONFERENCE DENVER, CO ~ JULY 7-9, 2023



## REGISTRATION & HOTEL RESERVATIONS ARE NOW OPEN!!!

We are very pleased to announce The Compassionate Friends (TCF) 46th Annual National Conference in Denver! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

MORE INFORMATION: <https://tinyurl.com/4796hwnd>

### Adult Registration:

Early Bird Registration \$280  
(Begins April 1, ends May 31 at midnight, MST)  
Conference Registration \$310  
(Begins June 1, ends July 5 at midnight, MST)  
Onsite Registration \$325  
(Begins July 6)

REGISTER NOW <https://tinyurl.com/2up9wpj6>

### HOTEL RESERVATIONS

This year's conference will be held at the Sheraton Denver Downtown. Reservations can now be made online at TCF's dedicated reservation link. Our discounted room rate with the Sheraton is \$159 per night plus tax. Please note that each attendee can reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in Denver!

RESERVE A ROOM <https://tinyurl.com/2rjsn7hk>

## WRITINGS AND POEMS PAGE

### Chasing Butterflies

So many times, I wonder now  
How will I make it through?  
As years go flitting by me  
Taking memories of you.

Elusive, fragile, here and there  
I chase and cast my net  
Tiny pieces of our long ago  
I fear I might forget.

Like a thousand butterflies  
So many, yet too few  
Each one a treasured moment  
Each one a part of you.

Time may bring me closer  
To the day I see your smile  
But time can be my enemy  
Stealing from me all the while.

So I will chase each memory  
Seen through this mother's eyes  
Until I'm with you once again I'll be  
chasing butterflies.

Donna Gerrior TCF Pasco County, FL  
in Memory of Rob



### What Grieving People Want You to Know

- I am not strong. I'm just numb. When you tell me I am strong, I feel that you don't see me.
- I will not recover. This is not a cold or the flu. I'm not sick. I'm grieving and that's different. I will not always be grieving as intensely, but I will never forget my loved one and rather than recover, I want to incorporate his life and love into the rest of my life. That person is part of me and always will be, and sometimes I will remember him with joy and other times with a tear. Both are okay.
- I don't have to accept the death. Yes, I have to understand that it has happened and it is real, but there are just some things in life that are not acceptable.
- Please don't avoid me. You can't catch my grief. My world is painful, and when you are too afraid to call me or visit or say anything, you isolate me at a time when I most need to be cared about. If you don't know what to say, just come over, give me a hug or touch my arm, and gently say, "I'm sorry." You can even say, "I just don't know what to say, but I care, and want you to know that."
- Please don't say, "Call me if you need anything." I'll never call you because I have no idea what I need. Trying to figure out what you could do for me takes more energy than I have.

So, in advance, let me give you some ideas: \*Bring food. \*Offer to take my children to a movie or game so that I have some moments to myself. \*Send me a card on special holidays, birthdays (mine, his or hers), or the anniversary of the death, and be sure to mention her name. You can't make me cry. The tears are here and I will love you for giving me the opportunity to shed them because someone cared enough about me to reach out on this difficult day. \*Ask me more than once to join you at a movie or lunch or dinner. I may say no at first or even for a while, but please don't give up on me because somewhere down the line, I may be ready, and if you've given up, then I really will be alone.

Virginia A. Simpson [news@beyondindigo.com](mailto:news@beyondindigo.com)

TCF, Tuscaloosa, AL



# WRITINGS AND POEMS PAGE

## FINDING SPRING AGAIN

It is the end of February, which means we are nearing the end of what has often been a brutal winter. While gazing at the mountains of snow piled high in my front yard and the foot-long icicles hanging from my roof, it is hard to imagine that spring will ever come. We have endured bitter cold winds that have chilled us to the bone and treacherous roads that we have cautiously traveled. The days have been long and dark and often free of sunlight. No matter how long you have been a native of the Upper Midwest, I know we all will be glad when it comes to an end.

However, as I described these thoughts about winter, I felt as if I was describing the days of my early grief. At that point, I did not believe that a day would ever come when I would thaw from the chill that had overtaken my body and mind. The bleakness of my existence during those early months after Nina died is almost frightening to remember; it is so difficult to even conceive of that much pain. I was anesthetized from some of its cruelty by the protective blanket of numbness that blessedly shielded me from the gale force of such overpowering sorrow. How could I ever feel spring in my heart again?

Spring had always been my favorite season. The air had a certain freshness to it that I would drink in. Simply put, it always made me feel happy and light of heart. Spring was our reward for surviving the freezing winter months that preceded it. It brought a smile to my face and a bounce to my step.

However, it was the spring of the year where my heart was irretrievably broken. It was during this exquisite season of warm, lilac-scented breezes and sun-kissed mornings where my sweet daughter Nina's life would end. I wondered if my thoughts about spring would never be the same. Rather than anticipate with gladness the coming of spring, I dreaded it with the knowledge that it contained the anniversary of her death. The smell of the air and the look to the sky that I once found exhilarating now brought me back to my darkest day. I know that anyone, who has lost a loved one to death, no matter the season, understands.

Will spring come again to your life? In the almost six years since Nina died, has it come to mine? Looking back at my description of the winter of "my early grief", I know that I have come a long way from that time of desolation. I have found, especially after the first two years, that with each subsequent spring, I have rediscovered some of the pleasure I used to feel. I have learned that just because I have found things to feel joyful about again; it doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart. I try to retrieve memories of the dandelion bouquets she so carefully gathered and presented to me, the rides to the park in the Radio Flyer, our talks while sunning on the deck, and, of course, shopping for spring clothes! Her favorite pastime! I will always feel tenseness, apprehension and sadness as May 11th draws near, but I no longer hold it against spring.

It is a slow, difficult journey, this grief pathway we travel. It is as treacherous as the roads we maneuvered following the winter storms, never knowing when we will hit an icy patch on the road and be thrown into a tailspin. Yet, we must travel it if we are to find any measure of peace and healing.

Please be patient with yourself as you are working hard to survive this winter in your heart. Trust that spring, though a much different one than the one we knew before our beloved child died, will come again.

With gentle thoughts,  
Cathy L. Seehuetter  
TCF St. Paul, MN  
In Memory of my daughter, Nina



## To Our First-Time Readers and New Members And To Our Long-time Members

### To Our New Members

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful or you asked us to send it to you. We cordially invite you to attend any of our meetings which are held on the third Tuesday of each month at Redeemer Lutheran Church, in the Basement, 5120 Harrison Road, Fredericksburg from 7:30 to 9:00 PM. Nothing is required of you. There are no fees or dues. You need not speak a word. Coming to your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. If you have never come to a meeting, you are probably wondering what this group of people that you don't even know can do for you. It is here that comfort and support can be given by those that "have been there". We've all had chunks of our hearts torn out. Yet those holes get smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not judge your first meeting as to whether or not TCF will work for you. At your first meeting you were hoping that TCF could get you over your terrible pain and depression and loneliness and guilt and anger and all of the other faces of grief. You came expecting to go home, feeling "better, if not cured." Instead, you met other parents who are still coping with forms of grief after months or even years. Perhaps you didn't notice there were some parents who were doing "OK." But the bottom line is you may go home from the first meeting feeling worse than when you came. Give it another try you will probably find, that each meeting uncovers a piece of the puzzle of life after the death of a child. It may take several meetings, but, hopefully, you will find the road to recovery like we did.

### To Our Long-time Members

"TCF gives me a sense of purpose. A good enough reason for you to consider sticking around a while after you feel you have reached an acceptance or at least worked through your grief. Others need you. Pass the love on—adopt a bereaved parent!"

*Fay Harden, TCF - Tuscaloosa, AL*

**CAN YOU HELP?** Do you remember your first meeting of The Compassionate Friends, those first months of your grief journey? You desperately needed someone to talk to, someone who knew the pain of losing a child, someone to hug you, cry with you, listen to you. And there are newly bereaved parents who now need your help. Are you willing to be there for them? If two years or more have passed since the death of your child, and you feel that you are ready to give back some of the support that was shown to you, please consider a place of service in our chapter. There is a job for everyone. Don't wait call me at 540-220-4325. If you can't serve, please, at least, come to meetings to lend your support and understanding to our newly bereaved families. We have had so many new members join us the past few months. We need all the help we can get to help them. Thank you from all of our children.







## *Find the Support you Need Online.*

Being a member of Sibling loss can be challenging at any phase of life. Our world has physically pulled us apart from getting the connection we need the most. Join our online community of Siblings that understand what you are going through. Regular meetings, art, writing, yoga and book clubs help you to feel connected and realize that you are not alone.

Please click on this link [TCF SIBS \(mailchi.mp\)](https://mailchi.mp/tcf-sibs)



**Your Siblings**

## **River Reflections**

I just got back from a river rafting trip, where I found myself thinking about my brother a lot. He died 16 months ago of an overdose of morphine. I don't know why it happened; it happened. I didn't see the beginning of his life—he was three years older, but I saw the end. I can look at it now and see it in its entirety—his 33 years of living that I so much counted on and expected to last another 70 or 80 years. I thought I would always have him to talk to—about life, about family, and about ourselves.

The river was a meditative place for me. The rhythm of the oars, the gentle motion of the raft, the shore gliding by, the gurgle of the water as it seeped into and back out of our raft—all of this provided just enough stimulation and was hypnotic enough that I didn't want to do anything but sit and think. For a few days on the river, I floated without any of my day-to-day concerns, without the usual level of tension standing behind me.

What rose to the surface, visible in the clear water of my mind after the silt of all my worries sank to the bottom, were thoughts of my brother. Nat would have liked this trip. The rough beauty of the terrain and the quiet power of the water would not have been lost on him. He would have noticed the beauty of the full moon and the light on the canyon walls as the sun rose and set.

I have felt a lot of anger at him for dying, for taking his own life, for engaging in an activity so dangerous, for playing Russian roulette, for committing suicide. He left no note, he didn't say good-bye; he left a wife and two sons whom he loved very much but who, like me, were not enough to keep him alive. It wasn't the anger, though, that I felt on the river. I just remembered him.

Grief is at its sharpest when, after a death, he all of a sudden flashes into focus so real and so present that I can hear his voice as if he has just spoken to me. I can imagine the scent of his hair, remember the texture of his face as I touch it, and I can see him walking and talking as if he were only there a moment ago. At these times, the grief flares up; the wound feels fresh and sharp with memories of the love, the charm, and the grace. I realize both with gratitude and with anguish for the wound this reality carries, that he is not someone I can let go. These memories will come to me for the rest of my life. He is truly a part of me. He is mixed up in my blood and my bones and the electrical impulses of my brain. And in whatever way all of these things go together to form a soul, he is a part of that too. There is no escaping him. This is the gift and the price of love—it doesn't end.

My brother was there in the river's sand and mud, in the full moon, the constantly flowing cold water, the clear dry air, the red canyon walls, and the blue sky. And he was there in me. And I was there, alive and more appreciative than I would have been before he died. I was more aware of my connection to my surroundings—that one day my body will be river mud, water, and bones like driftwood. What form my love will take then, I don't know. Maybe if there is a river and desert light offering delight to someone's senses, that will be enough. I don't know.

Emily Moore

TCF Los Angeles, CA

In Memory of my brother, Nat



## THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We are The Compassionate Friends.

©2016 The Compassionate Friends



There are dozens of tasks that go into running our chapter and our special events. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in any little way, we would love your help. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

I could really use volunteers to plan our special events (Picnic and Candle Lighting). Other areas of need are in Fundraising, Publicity, and Outreach.

If you would like to volunteer to help please contact me at [tcffred@gmail.com](mailto:tcffred@gmail.com) or 540-220-4325.

## LOVE GIFTS

*There are no dues or fees to belong to The Compassionate Friends. Just as our chapter is run entirely by volunteers interested in helping bereaved families, your voluntary, tax-deductible donations make it possible for us to mail this monthly newsletter, contact newly bereaved parents, continue our participation in TCF National, and meet other chapter expenses. Often, as they find hope and healing within the group, parents contribute, usually in memory of a child who has died, or a gift of thanksgiving for their surviving children. These contributions are our only source of funds. It is a meaningful way to honor our children and we are grateful to members who can contribute their generous support.*

*If you would like to donate to our chapter, you can do it in a few ways. **You can drop it in the container at our meetings, donate online at <https://tcffred.wixsite.com/tcffredericksburg>, or you can mail it to us.** Our mailing address is below:*

TCF Fredericksburg Chapter  
c/o Kathie Kelly  
6001 Potomac Drive  
King George, VA 22485  
Make check out to TCF Fredericksburg Chapter

Thank you to the following who donated to our chapter.

Diane Burgess and Mike Carter in memory of their daughter Megan.

All Donations are Tax Deductible

# RESOURCES

## HELPFUL PHONE NUMBERS

988 Suicide and Crisis Lifeline- 988  
Mary Washington Hospice – 540- 287-7231  
Snowden of Fredericksburg – 540-741-9900  
Zoe Freedom Center - 540-388-2748

## HELPFUL WEBSITES

The Compassionate Friends National Office - [www.compassionatefriends.org](http://www.compassionatefriends.org)

Bereaved Parents USA - [www.bpusanova.com](http://www.bpusanova.com)

Zoe Freedom Center - [Zoe Freedom Center](http://ZoeFreedomCenter)

Llost - [www.llost.org/index.html](http://www.llost.org/index.html)

Grief Net - [www.griefnet.org](http://www.griefnet.org)

Good Grief - [www.goodgriefresources.com](http://www.goodgriefresources.com)

The Bereavement Journey - [www.thebereavementjourney.com](http://www.thebereavementjourney.com)

National Share Office - [www.nationalshareoffice.com](http://www.nationalshareoffice.com)

Survivors of Suicide - [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

Healing Heart - [www.healingheart.net](http://www.healingheart.net)

MISS Foundation - [www.missfoundation.org](http://www.missfoundation.org)

Holding onto Love - [www.holdingontolove.com](http://www.holdingontolove.com)

Comfort Zone Camp - <https://www.comfortzonecamp.org/>

Camp Rainbow - <http://www.marywashingtonhealthcare.com/services/hospice/351-grief-support/3347-camp-rainbow-grief-camp>

Mary Washington Hospice - <http://www.marywashingtonhealthcare.com/services/hospice/351-grief-support/2840-child-family-bereavement-hospice-support-care>

Teens Helping Teens - Ann Bernardi at [ann.bernardi@mwhc.com](mailto:ann.bernardi@mwhc.com) or (540) 287-7231

Kids Helping Kids - Ann Bernardi at [ann.bernardi@mwhc.com](mailto:ann.bernardi@mwhc.com) or (540) 287-7231

Grief 101 – Ann Bernardi at [ann.bernardi@mwhc.com](mailto:ann.bernardi@mwhc.com) or (540) 287-7231

Grief Share - <http://www.griefshare.org/>

# Compassionate Friends Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

<https://www.compassionatefriends.org/find-support/online-communities/online-support/>

## Private Facebook Groups

The Compassionate Friends offers a variety of closed Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. A private message will be sent prior to approval, please be sure to check your mailbox marked "Other" if you do not receive one in your main mailbox. These pages were established to encourage connection and sharing among parents, grandparents, and siblings grieving the death of a child, grandchild, or sibling.

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

**TCF - Loss of a Child** - <https://www.facebook.com/groups/407123299460580/>

**TCF – Loss to Miscarriage or Stillbirth** - <https://www.facebook.com/groups/1416535188654265/>

**TCF - Miscarriage, Stillbirth, Loss of an Infant Grandchild** -  
<https://www.facebook.com/groups/miscarriagestillbirthinfantgrandchild/>

**TCF - Infant and Toddler Loss** - <https://www.facebook.com/groups/1511758585777339/>

**TCF – Loss of a Child 4 - 12 Years Old** - <https://www.facebook.com/groups/tcflossofchild4to12>

**TCF - Loss of a Child 13 - 19 Years Old** - <https://www.facebook.com/groups/tcflossofchild13to19/>

**TCF - Loss of an Adult Child** - <https://www.facebook.com/groups/tcflossofanadultchild/>

**TCF - Loss of an Only Child/All Your Children** - <https://www.facebook.com/groups/976514755722145/>

**TCF – Loss of a Stepchild** - <https://www.facebook.com/groups/1615569958699734/>

**TCF – Loss of a Grandchild** - <https://www.facebook.com/groups/421759177998317/>

**TCF SIBS** - <https://www.facebook.com/groups/tcfsibs>

**TCF - Sounds of the Siblings (for bereaved siblings)** - <https://www.facebook.com/groups/21358475781/>

**TCF - Loss of an LGBTQ+ Child** - <https://www.facebook.com/groups/tcflossofanlgbtqchild>

**TCF - Bereaved LGBTQ Parents with Loss of a Child** - <https://www.facebook.com/groups/tcflgbtqlossofachild/>

**TCF – Multiple Losses** - <https://www.facebook.com/groups/tcfmultiplelosses>

**TCF - Men in Grief** - <https://www.facebook.com/groups/1614661475452607/>

**TCF - Daughterless Mothers** - <https://www.facebook.com/groups/tcfdaughterlessmothers/>

## Private Facebook Groups (Cont.)

TCF – Sudden Death: <https://www.facebook.com/groups/103330700152910/>

TCF - Loss to COVID-19 and Other Infectious Diseases- <https://www.facebook.com/groups/tcflosstocovid19/>

TCF - Loss to Substance Related Causes - <https://www.facebook.com/groups/1515193738693712/>

TCF - Sibling Loss to Substance Related Causes - <https://www.facebook.com/groups/1516508415263760/>

TCF - Loss to Suicide - <https://www.facebook.com/groups/100315106988458/>

TCF - Loss to Homicide - <https://www.facebook.com/groups/924779440868148/>

TCF - Loss to Domestic Violence - <https://www.facebook.com/groups/losstodomesticviolence>

TCF - Loss to a Drunk/Impaired Driver - <https://www.facebook.com/groups/858226880883307/>

TCF - Loss to Cancer - <https://www.facebook.com/groups/903539646362818/>

TCF - Loss of a Child with Special Needs - <https://www.facebook.com/groups/1150750608285413/>

TCF - Loss to Long-term Illness - <https://www.facebook.com/groups/833665880062696/>

TCF - Loss of a Medically Complex Child - <https://www.facebook.com/groups/lossofamedicallycomplexchild>

TCF - Loss After Withdrawing Life Support - <https://www.facebook.com/groups/tcflossafterwdlifesupport/>

TCF – Loss to Mental Illness - <https://www.facebook.com/groups/1481781792114726/>

TCF - Finding Hope for Parents Through TCF SIBS -  
<https://www.facebook.com/groups/tcffindinghopeforparents/>

TCF – Grandparents Raising their Grandchildren - <https://www.facebook.com/groups/tcfgrandparentraisinggc>

TCF – Bereaved Parents with Grandchild Visitation Issues-  
<https://www.facebook.com/groups/tcfgrandchildvisitation>

TCF - Inclusion and Diversity - <https://www.facebook.com/groups/tcfinclusionanddiversity/>

TCF - Grieving with Faith and Hope - <https://www.facebook.com/groups/grievingwithfaithandhope/>

TCF - Secular Support - <https://www.facebook.com/groups/tcfsecularsupport/>

TCF - Reading Your Way Through Grief - <https://www.facebook.com/groups/tcfreadingthroughgrief/>

TCF – Crafty Corner - <https://www.facebook.com/groups/663193450477232/>

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter steering committee) -  
<https://www.facebook.com/groups/1422251371371148/>