



# The Compassionate Friends

Supporting Family After a Child Dies

## Monthly Meetings

JULY 25TH, 2017

**MEN & WOMEN**

**SEPARATELY**

AUGUST 22, 2017

**BOOKS THAT HELP**

SEPT 26TH

**JAN BORGMAN**

**CHMC GRIEF COUNSELOR**

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**STEERING COMMITTEE**

Co-Leaders:

Lindsay Bibler 652-7470

Susan Geisinger 732-0493

Treasurer Joe Trevino

731-1714

Website Dave Clawson

Beth Wulker

Becky Smith

Carol Hoobler

Dave Ficks

Marsha Lohbeck

Doug Eisele

## GROUP OPPORTUNITIES THIS MONTH

**MEN'S NIGHT OUT, TUESDAY JULY 11TH.**

Location and time TBD. Save the date and more information will come out before that night.

**MONTHLY MEETING, TUES JULY 26TH 7:00 PM**

This month we will do our popular Men to the left and Women to the right. First we will have Sharing circle and then gender groups separate. Bigger group gets the upstairs. In June we had a small group so we chose not to separate by gender.

**WOMEN'S MONTHLY MEETING-** We will return to Saturday Mornings at Panera, most likely in August. Although we had two good evening meetings, the preference seems to be for Saturday mornings. We would love to hear your thoughts on this group....just reply to this email.

**\*\*BE SURE TO SAVE THE DATE...TUES,SEPT 26TH**

**CHMC Grief Counselor Jan Borgman will be with us again. Her program is always popular and is very helpful.**

## YOU THINK I AM GONE? I AM NOT GONE.

You think you have a hole in your heart,  
but when I left you  
I took a piece of your heart with me.  
I filled up the hole with a piece of mine  
so that we would never ever be separated.  
There is no hole in your heart at all  
and I am not gone.  
I am just Gone from your Sight for a little while.

from the book by Jack McAfghan:  
Reflections on Life with my Master.

### THINGS OUR CHAPTER IS CURRENTLY WORKING ON:

- Outreach- if you would like to give some TCF cards to your pastor, priest or rabbi, see one of the leaders.
- Memory Garden- We are in the initial stages of planning a memory garden in Anderson that will list our precious children's names (current members and those who are further along). Interested in helping? See Lindsay
- Updated Picture board- If you have not submitted a picture of your child (up to 5" x 8") now is the time. Bring it to a meeting and give it to Susan or to Dave Ficks.
- If you have an idea for a meeting please see Susan or Lindsay or anyone on the steering committee. This is your group!

## **THAT FIRST SUMMER VACATION.....**

Summer time is here and with it you may be planning a vacation. If you have recently suffered the death of your child, that first vacation can be very difficult. I would like to share with you our experience the first time we took a vacation after our son, Paul, died. I have included some suggestions to help you through your first vacation and to help you plan around your grief.

If any of you are planning a vacation, here are some suggestions that may help.

- Be gentle with yourself. Don't expect too much on your first vacation. Remember as bereaved parents, the first time we do anything without our kids is tough whether it be going to the movies, shopping or on a vacation.
- Plan to do some grief work because you will, planned or not. Give yourself time enough on the trip if you have a bad day so that you can just do what you feel like doing.
- Know that your child will be on your mind day and night just as he or she is at home. Our grief goes with us.
- Plan to do something your child would have loved to do, but did not get a chance to. Plan this in his or her memory.
- If you plan to visit relatives for the first time since your child's death, remember they mean well even if they seem insensitive with their remarks. They have not lost a child and can't see through your eyes.
- If you have other children, remember them. They are also having a hard time coping on this vacation. Plan some activities that will be especially for them.
- Be especially careful to communicate with your spouse. Plan a vacation that is suitable for both of your needs. Remember you are both grieving for the same child, but we all grieve differently and in our own way.
- If you have been maintaining your child's grave site and feel guilty about leaving it unattended, let a family member or friend see to it while you are away. You need not feel guilty and it could fill a need for one of your family.

– Dianna Hammock, Central Coast, CA

**Remember that you can always find support through the [Compassionate friends.org](http://CompassionateFriends.org) online chat support and the closed Facebook groups. These groups are done according to age of child, cause of death etc to connect you with people in the same boat. These can be very helpful if you like online chat groups.**

