



The Compassionate Friends

Supporting Family After a Child Dies

CINCINNATI EAST CHAPTER NEWSLETTER - JUNE 2019

UPCOMING MEETINGS

June 25, 2019

Mary Duennes, Healing Touch

July 23, 2019

Program To Be Announced

STEERING COMMITTEE

Co-Leaders

Lindsay Bibler
513.652.7470

Kathy Elliott-Reisinger
859.475.8873

Treasurer

Jane & Bruce Brumbaugh
513.377.3487

Memorial Garden Chair

Susan Geisinger
513.732.0493

Angie Grimsley
Carol Hoobler
Dave Ficks
Doug Eisele
Irene Gilb
Teri Fox

How To Help Parents Who Are Grieving On Father's Day

When someone loses a child, their world changes forever. Father's Day is just one of many days that make that loss feel even more profound. Bereaved parents may feel angry, cheated, heartbroken, or all of these at once — and they may worry they can't be there fully for surviving children the way they want to be.

Whether it's the first or the fiftieth Father's Day after a child dies, part of a parent's heart always belongs to their lost child. As Darcy Krause of the Center for Grieving Children puts it, "A child is a child no matter how old they are. In a mother's or father's heart, it's *their* child."

Parents who have living children in addition to the one who passed can find Father's Day bittersweet. One child doesn't replace another or soften the blow of that loss. Sue Lloyd of Kara, an organization that provides grief support to families, tells us, "It's like having a separate bank account for each child. Parents want to have pure joy and celebration for their living child but also need to set time aside to mourn the loss of the child who is gone."

Read the full article on OptionB.org:

<https://optionb.org/advice/how-to-help-parents-who-are-grieving-on-fathers-day>

We do not walk alone.

We are The Compassionate Friends.

website: www.tcfcincy.com • email: tcfcincyeast@gmail.com

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Memorial Garden Volunteers Needed

If you are interested in being on the Memorial Garden Committee, please contact Susan Geisinger. Our space has been approved, we have beautiful plans drawn up, and it's now time to get some fund-raising ideas together, so we can move forward creating a beautiful space where all of our children can be remembered.

Email: sgeisinger@cinci.rr.com

Home: 513-732-0493 Cell: 513-490-6130

Have Your Child's Photo Carried In Walk To Remember

Our own Jane Brumbaugh will be participating in the annual Walk to Remember at the end of the TCF National Conference. For a small donation (\$10 suggested) to our local chapter, Jane will carry a photo of your child during the walk. Email Jane directly at Jane.Brumbaugh@chca-oh.org for more information.

42nd National Conference

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019, at the Philadelphia 201 Hotel. "Hope Rings in Philadelphia" is the theme of this year's event. TCF's National Conference features keynoted speakers, workshops, and fellowship for bereaved parents, grandparents, and siblings.

For more details, visit The Compassionate Friends website.

<https://www.compassionatefriends.org/event/42nd-tcf-national-conference/>

If you are interested in attending the National Conference, let Lindsay Bibler know. We may try to coordinate carpooling, room sharing, and/or chapter activities in Philadelphia if there is enough interest.



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UPCOMING GROUP ACTIVITIES

Ladies' Coffee & Conversation • Saturday, June 8 • 9:00 am

Come out Saturday, June 8 at 9:00 am for coffee and conversation with the ladies. We'll meet at Panera Bread at 7510 Wooster Pike Cincinnati, OH 45227. No RSVP required. We hope to see you there!

Ladies' Dinner • Monday, June 10 • 6:30 pm

The ladies will meet for dinner on Monday, June 10 at El Coyote located at 7404 State Road, Cincinnati, OH 45230 (It is right next to the Anderson Library on State Road). **Please RSVP to Lindsay Bibler (513.652.7470 or tcfcincyeast@gmail.com) by Saturday, June 8 if you are planning to attend.**

Men's Dinner • Tuesday, June 11 • 6:30 pm

The men will meet for dinner and fellowship. **Please let Doug Eisele know via text or email (513.509.3237 or doug@eiselefineart.com) by Monday, June 10 at noon if you plan to attend. Further details & location will be determined based on number of RSVPs received.** If you know of other grieving dads, brothers, or grandfathers who may want to attend, please reach out and invite them. Ask them to RSVP before Monday, June 10 at noon.

June Monthly Meeting • Tuesday, June 25 • 7:00 pm

Mary Duennes, a nurse and Healing Touch Practitioner, will teach us some techniques for dealing with trauma, stress, and loss. Sharing circle will follow the program.



We have a private group available on Facebook for Cincinnati East Chapter members. Join us!

<https://www.facebook.com/groups/tcfcincinnatieast/>



Support our chapter with Kroger Rewards. Just enter "JY262" in the search to select our chapter!

<http://www.krogercommunityrewards.com/>



Shopping through Amazon Smile is another easy way to benefit our chapter.

Shop at <http://smile.amazon.com/ch/36-4051958>

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