



The Compassionate Friends

Supporting Family After a Child Dies

CINCINNATI EAST CHAPTER NEWSLETTER - MARCH 2019

UPCOMING MEETINGS

March 26, 2019

Guided Meditation & EFT

April 23, 2019

Topic To Be Announced

STEERING COMMITTEE

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Doug Eisele
Irene Gilb
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The Gifts Of Grief

First, let me make a statement: anything positive or any gift we may receive as a result of our child/ children's death we would gladly give back, if only we could have them back with us again. Since that isn't possible, then why not accept and acknowledge the gifts or positives that we may receive as a result of their death? For a bereaved parent, this is very hard to do.

I know what most of you are thinking: "You are crazy! Nothing good can come from the death of my child!" I thought the same thing when I first started my grief journey. I continued on this path of thinking until I attended a TCF National Conference and began rethinking how I was handling my grief.

To read this entire article by bereaved parent Donna Goodrich, visit The Compassionate Friends blog.

<https://www.compassionatefriends.org/blog/the-gifts-of-grief/>



We do not walk alone.

We are The Compassionate Friends.

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UPCOMING GROUP ACTIVITIES

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

Come out Saturday, March 9 at 9:00 am for coffee and conversation with the ladies. We'll meet at Panera Bread on SR 28 in Milford. No RSVP required. We hope to see you there!

Men's Dinner • Tuesday, March 12 • 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, March 11 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 at Noon.

March Monthly Meeting • Tuesday, March 26 • 7:00 pm

Join us as we discuss using guided meditations and EFT (tapping) to support our emotional health while grieving. 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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