



The Compassionate Friends

Supporting Family After a Child Dies

Upcoming Meetings

OCTOBER 25, 2016

READY FOR THE HOLIDAYS?

NOV 22, 2016

YVONNE ROBBE MSW

DECEMBER 6, 2016

CELEBRATION OF LIFE &

CANDLELIGHTING--

FATHEAD DAVIS SINGING

Steering Committee

Chapter Leaders-

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Newsletter

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Website

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Steering Committee

Beth Wulker

Becky Smith

Carol Hoobler

Dave Ficks

HANDLING THE HOLIDAYS

Tuesday, October 25 7:00 PM

**This is hard for all bereaved parents.
We will discuss strategies that can help get
you through the holidays.**

Things to do.

Things to avoid.

New traditions?

Find out what worked for others.



*The
Compassionate
Friends*

A note from Lindsay: The further I go on this journey, the more I realize that the friends made along the way become another family for me. We talk when there is a bump in the road, a tough day or a new wrinkle in this journey. We hope you bond with some others in TCF. They will help you and you will help them as you share this pain that no one understands. Join us for our first social dinner on Monday, November 14th. We will meet at APG (Anderson Bar and Grill) at 6:30. We need a head count so please RSVP to me at the October meeting or at lbibler@me.com. Each person will pay for their own meal. This will be an opportunity to talk with others from our chapter in a casual setting.

**Courage is NOT having the
strength to go on—
it is going on when you
DON'T HAVE THE STRENGTH
—Theodore Roosevelt**

WHO WE ARE

We are the Compassionate Friends. We are your organization. We are you. No better, no smarter, no more experienced (well, maybe slightly, only because we have been at it longer), just fellow bereaved parents struggling along. We come from all walks of life. We are just people, grieving parents (siblings and grandparents) who are trying to help themselves and others. No pat answers, no glib replies, no religion, no color, and no judgement....truly WE ARE YOU!

You may not know us well. Say nothing or say a lot. No barriers, no requirements. Only the promise that whether you listen or lead, you will find genuine understanding and shared experiences.

Come to a meeting and realize that you are truly not alone in your grief and loneliness, in your anger, craziness and pain. WE ARE YOU!
(from TCF/Portland OR newsletter)

