



The Compassionate Friends

Honolulu Chapter

Supporting Family After a Child Dies

VOLUME 35, ISSUE 1 OCTOBER - DECEMBER 2024 (FOURTH QUARTER)

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Treasurer: Tami Cox Martinez
Newsletter Editor: Georgiana Best
Parent Coordinator: Clara Makaipo
Fundraising Coordinator: Karen Cho
Website: www.compassionatefriendshawaii.org

Facilitator (Sibling): Jennifer Wall
Apprentice Helper: Ethan Won
Grandmother – Infant Loss: Pearl Stewart

HONOLULU CHAPTER



Tides



A SUPPORT PROGRAM FOR
GRIEVING CHILDREN, TEENS, AND
THE PEOPLE WHO LOVE THEM.

what not to do when you're grieving

Below are a few tips on what not to do when you are grieving the death of someone you love. You are going through difficult times. Embrace your feelings of grief in healthy ways so that in your own time you can move forward with hope and healing.

Don't

- Avoid your pain and refuse to allow yourself to grieve
- Live in the past
- Ideal the person or your previous situation
- Refuse to make the necessary changes to move forward
- Dwell in self-pity. But allow yourself to feel pain while also making efforts to take healthy steps toward healing
- Lose respect for own body...remember to take care of your physical body by washing, having healthy eating habits, drinking ample water, and get exercise.
- Remain withdrawn or run away from your feelings
- Rely on alcohol and/or other drugs
- Maintain unrealistic expectations of what friends should offer in comfort
- Resent friends with intact families
- Expect yourself to “get over it”
- Guilt over good days
- Cross bridges before you get to them instead of taking one day at a time
- Condemn yourself
- Underestimate yourself
- Get involved in a serious relationship before you are really ready. (if you lost a significant other)

Monthly Meeting

Meeting Place: *Parish of St Clement*
Address: *1515 Wilder Avenue*
City: *Honolulu, Hawaii 96822*
Meeting time: *First Saturday of every month 10:00 – 11:30 AM*
Parking: *Entrance to the parking lot is on Makiki Street*

Virtual Zoom Meeting

Meeting time: *Third Tuesday of every month 6:30 – 8:00 pm*

Upcoming Events

Honolulu Chapter's Candle Lighting Ceremony

Date: December 8, 2024

Time: 6:30 – 8:00 pm

Place: Windward Community College

See the Announcements

Regional Coordinator

Regional Coordinator: David Kaniaupio

Phone Number: (808)222-6556

Email: kaniaupiotcf@gmail.com

National Office

The Compassionate Friends

48660 Pontiac Trail, #930808

Wixom, MI 48393

(877) 969-0010

Email:

nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org



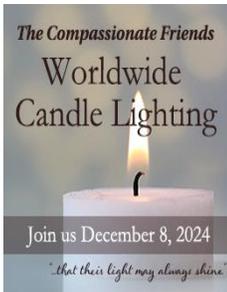
P.O. Box 1251 - State College, PA 16870 - tidesprogram.org – info@tideprogram.org

ANNOUNCEMENTS



Monthly Meetings Update ~ Our in-person meetings are held on the first Saturday of the month at The Parish of St Clement. The Saturday meetings are Hybrid, meaning we are also conducting the meetings virtually via Zoom. Our evening meetings are held on the third Tuesday of the month virtually. You will need to download the Zoom APP (Zoom Client for Meetings). To download the Zoom APP, go to: <https://zoom.us/download> and follow the instructions to download the APP. The monthly meeting reminder will contain the link to join the meetings. Clicking on the link in the reminder email will allow you to join the meetings. If you have any questions, please call or email David Kaniaupio – (808)222-6556 or email – kaniaupiotcf@gmail.com.

Donating to TCF ~ Loved ones have asked how they can give to The Compassionate Friends – Honolulu Chapter. The Compassionate Friends is an approved non-profit organization. We are listed with both the Aloha United Way (under “The Compassionate Friends” #72860) and Combined Federal Campaign of Hawaii-Pacific (under “Compassionate Friends Inc” #78470). If your employer participates in either of these Giving Campaigns, please consider The Compassionate Friends when completing your pledge – Mahalo!



Candle Lighting Ceremony ~ The Honolulu Chapter will be holding the Candle Lighting Ceremony at Windward Community College (WCC) on December 8, 2024, 6:30-8:00 pm. The following page has directions to Windward Community College campus and the location of the Candle Lighting Ceremony. There is also a map on our website. Hope to see you there!

Voices ~ We would like to include writings from parents in our chapter’s quarterly newsletter. If you are a creative writer and would like to share your child through stories, poems or artwork in our newsletter, please submit it to us at kaniaupiotcf@gmail.com.

Steering Committee ~ I’m Georgie Best and very honored to be your new newsletter editor. My husband Pearson Best and I joined Compassionate Friends Honolulu in April 2024. Our beloved daughter Patrina Best, forever 38, was murdered on February 17, 2024. In my healing journey, I have learned to accept Patrina’s passing with Pastor Reverend Dr. William M. Campbell, Jr. and the Union Bethel African Methodist Episcopal Church in Brandywine, MD; Father Paul Li of St. Philomena Catholic Church and Parishioners in Honolulu; The Compassionate Friends Honolulu Chapter; my grief counselor Terry Kaniaupio of Warrior Ohana Therapy, LLC; many friends and family always by our side; and most importantly my Lord and Savior Jesus Christ. I hope to positively support and help you, and learn, share, and love with you, the many resources and gifts available to help us grow in our grief journey.



Disneyland
October 2023

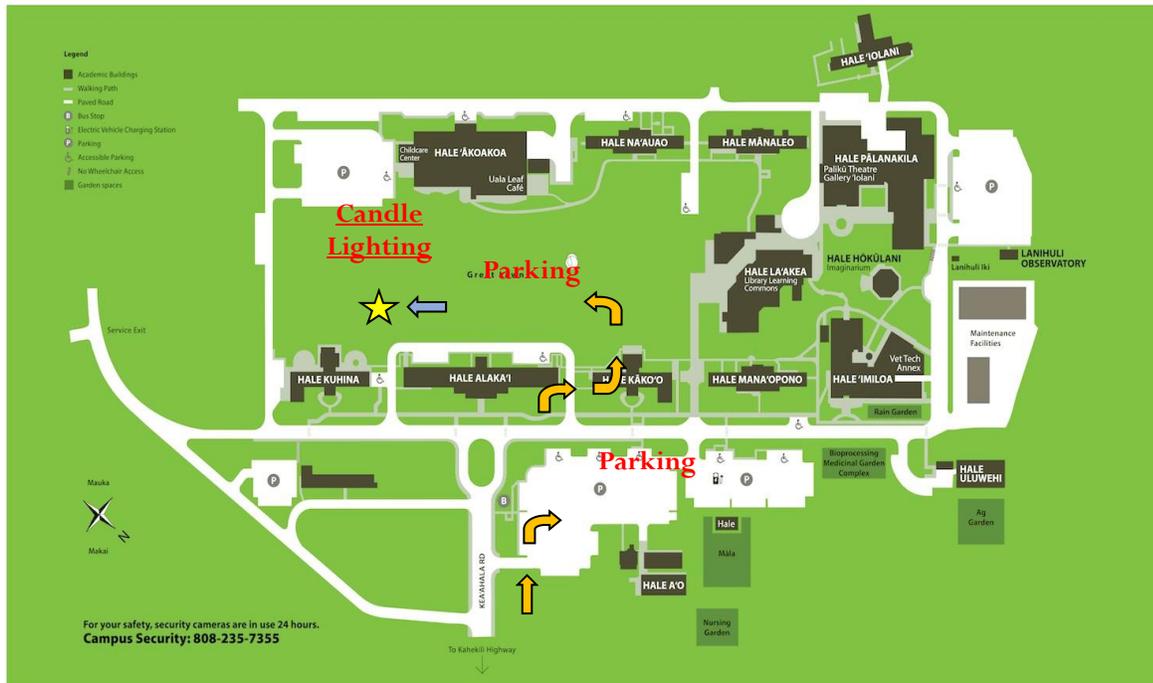


Recently, Patrina visited me in church (mist above where I’m seated in second pew) to let me know she’s OK.

We need not walk alone. We are The Compassionate Friends.

TCF Honolulu Chapter Candle Lighting Ceremony
Windward Community College
Sunday, December 8, 2024, 6:30 – 8:00 pm

To get to Windward Community College (WCC) from Honolulu, when you get to the windward side, get on Likelike Hwy and take the Kahekili Hwy Exit. Once on Kahekili Hwy heading North (to the north shore), the second stop light should be Keaahala Rd. Turn left onto Keaahala Rd. Keaahala Rd leads into Windward Community College shown at the bottom of the map below.



The Candle Lighting Ceremony will be held in Hale Kuhina. The Entrance is in the back of Hale Kuhina. Identified by the ★ above. There is limited parking behind Hale Alaka'i. If that parking is full, you can park in the main parking lot.



Mahalo Nui Loa to the Visitors Industry for their donation of \$1500 from walkers and donors during their May 2024 Charity Walk at Magic Island.

The Honolulu Chapter of The Compassionate Friends operates solely on donations: monetary gifts in any amount are deeply appreciated. Donations can be made to: The Compassionate Friends, c/o Tami Cox Martinez, 45-1013 Waialele Road, Kaneohe, HI 96744 Mahalo!



LOVING LISTENERS

DAVID KANIAUPIO (808)222-6556

TERRY KANIAUPIO (808)222-2729



OUR CHILDREN REMEMBERED

FOREVER LOVED, MISSED, REMEMBERED

OCTOBER

Our Children Born in October

- Michael Edward Anderson**, Oct 1983 - Oct 2004
- Ileiana Bintliff**, Oct 1994 - Oct 2013
- Jeffery Kanaiaupuni Carvalho**, Oct 1980 - Feb 2004
- Shawn C. Carvalho**, Oct 1979 - Mar 1996
- Tom Christie**, Oct 1976 - Nov 2009
- Robert S. M. Chun**, Oct 1960 - Sep 2005
- Frank Joseph-James Cleboski**, Oct 1989 - Jun 2015
- Clarke Cuyler**, Oct 2018 - Nov 2018
- Elia Puahone Heder**, Oct 1982 - May 1991
- Shaun Makena Kailikea**, Oct 1982 - May 2017
- Maile Christina King**, Oct 1989 - May 1998
- Ikaika Kale Kelepine Lopes**, Oct 1987 - Aug 2013
- Ryan Joseph Martin**, Oct 1980 - Feb 2014
- Jessica May** Oct 1977 - Oct 2013
- Michael McNeil**, Oct 1956 - Aug 1981
- TeeJay Meier**, Oct 1977 - Mar 1999
- Kyla Mariko Meaney**, Oct 2010 - May 2015
- Wiley Muir**, Oct 2013 - Feb 2014
- Rudy Chung Murakami**, Oct 1981 - Sep 2012
- Jon Keith Nobles**, Oct 1973 - Mar 1998
- Liam Francis Ramos**, Oct 2018 - Oct 2018
- Manuel Reza**, Oct 1980 - May 1996
- Kaipo Vierra**, Oct 1982 - Jul 2009

Our Children Who Left Us in October

- Jasonims Amora**, May 1981 - Oct 2013
- Michael Edward Anderson**, Oct 1983 - Oct 2004
- Brandon Aurand Stephens**, May 1989 - Oct 2010
- Ileiana Bintliff**, Oct 1994 - Oct 2013
- Ian Tyler Coronas**, Aug 1993 - Oct 2016
- Irene Free Devine**, Jun 1999 - Oct 2022
- Jeremy Patrick Dias**, Sep 1971 - Oct 1987
- Brian Gene Ellis**, Sep 1985 - Oct 2014
- Jesse Garcia**, Sep 1981 - Oct 2005
- Arya Marika Alexandratos Hixson**, Sep 2017 - Oct 2017
- Carter Horlback**, Jan 2012 - Oct 2016
- Jennifer Jacobi**, Feb 1972 - Oct 2005
- Hinaaiinameleonalani Keahiwelomakalehuaikauaokapo Johnson-Ahia**, Mar 2012 - Oct 2014
- Helen Sayako Kaneshiro**, Aug 2000 - Oct 2000
- Ryan Kono**, - Oct 2003
- Jessica May**, Oct 1977 - Oct 2013
- Lisa Marie Ortiz**, Jun 1978 - Oct 1998
- Josiah Ramos**, Aug 1997 - Oct 2016
- Liam Francis Ramos**, Oct 2018 - Oct 2018
- Lindsey Shinsato**, Jul 1991 - Oct 1993
- Christopher Scott Staackmann**, Sep 1960 - Oct 2010
- Benjamin U. F. Stevens**, Mar 1985 - Oct 2009
- Diane Marie Taylor**, May 1973 - Oct 1996
- Leif Timothy Umphrey** May 2008 - Oct 2008
- Al Zaharis**, Feb 1964 - Oct 1991



Manuel Reza



Ileiana Bintliff



Jessica May



Brandon Aurand Stephens



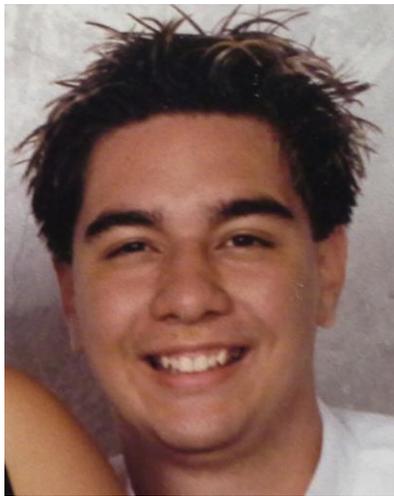
Jennifer Jacobi



Josiah Ramos



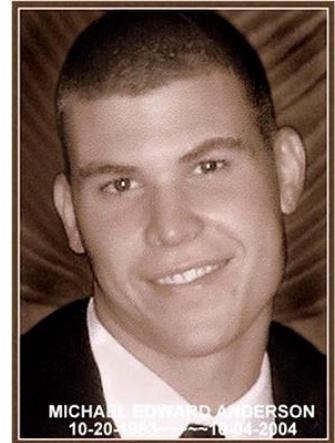
Rudy Chung Murakami



Ryan Kono



Ryan Joseph Martin



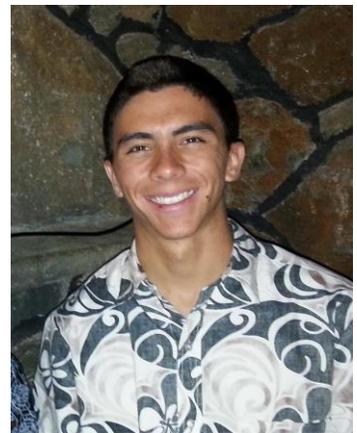
Michael Edward Anderson



Ikaika Kale Kelepine Lopes



Hinaaiinameleonalani
Keahiwelomakalehuaikaukapo
Johnson-Ahia



Ian Tyler Coronas



Frank Joseph-James Cleboski



Helen Sayako Kaneshiro



TeeJay Meier



Brian Gene Ellis



Diane Marie Taylor



Liam Francis Ramos



Arya Mariko Alexandratos Hixson



Clarke Cuyler



Irene Free Devine

OUR CHILDREN REMEMBERED

FOREVER LOVED, MISSED, REMEMBERED
NOVEMBER

Our Children Born in November

Dave Adams, Nov 1982 - Aug 1998
Angela Lace Apostadiro, Nov 1992 - Feb 2010
John Charles Bomke III, Nov 1982 - Aug 2006
Lea Bussell, Nov 1992 - Jan 2014
Kristin Akemi Claudi, Nov 1980 - May 2009
Jayden Joseph Kawika Dade-Tavares, Nov 2001 - Nov 2003
Evan Robert Kai Gleason, Nov 1992 - May 2009
Joseph Alika Kealoha-Lopez, Nov 2017 - Nov 2017
Aukahimaina'ale Leafchild, Nov 2005 - Dec 2006
Jesse Leung, Nov 2013 - Nov 2013
Joshua Levine, Nov 1988 - Jul 2016
Kristofer Nedorolik, Nov 1997 - Jul 2015
Ramona Shapiro, Nov 1985 - Feb 2008
Princess Zuna Ilacad Yadao, Nov 2014 - Sep 2016



Our Children Who Left Us in November

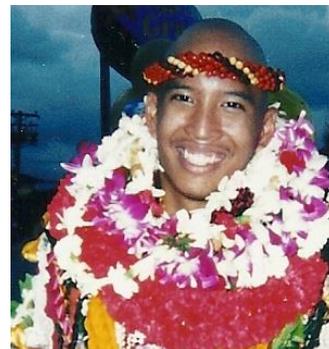
Walter J. Agno, Feb 1987 - Nov 2007
Craig "Kamaki" Anderson, Dec 1974 - Nov 1997
Kellee Jones Briggs, Jan 1978 - Nov 2013
Waika Wiia Carvalho, Aug 1986 - Nov 2009
Tom Christie, Oct 1976 - Nov 2009
Sara Ann Cosson, Sep 1968 - Nov 2012
Clarke Cuyler, Oct 2018 - Nov 2018
Jayden Joseph Kawika Dade-Tavares, Nov 2001 - Nov 2003
Jacob Hensley, Apr 1993 - Nov 2015
Alaina Marie Jenkins, Aug 1967 - Nov 1992
Devin Johnson, May 1986 - Nov 2009
Betteanne Momilani Aldrich Pang Kaaa, Jul 1964 - Nov 1992
Darryl Kahoeikaika Kaniaupio, Aug 1981 - Nov 1999
Joseph Alika Kealoha-Lopez, Nov 2017 - Nov 2017
Jesse Leung, Nov 2013 - Nov 2013
Michael Joseph Maneha, May 1986 - Nov 2008
Peter Nelson, Jan 1964 - Nov 2013
Anders Pederson, Jan 1987 - Nov 2015
George Arthur Pellegrin, Dec 1972 - Nov 1991
Kaleo Pierce, - Nov 2013
Benjamin Madigan Snavely, Feb 1982 - Nov 2015
Hope or Matthew Virtudazo, - Nov 2016
Jaime Wong, Sep 1965 - Nov 1998
Simon Chung Yuen Wong, May 1974 - Nov 2009



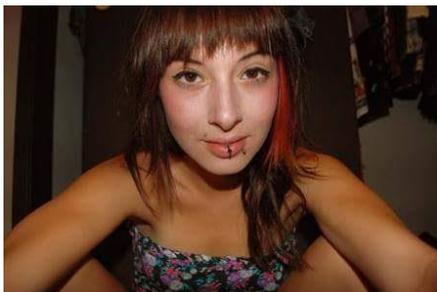
John Charles Bomke III



Benjamin Madigan Snavely



Darryl Kahoeikaika Kaniaupio



Lea Bussell



Evan Robert Kai Gleason



Joseph Alika Kealoha-Lopez



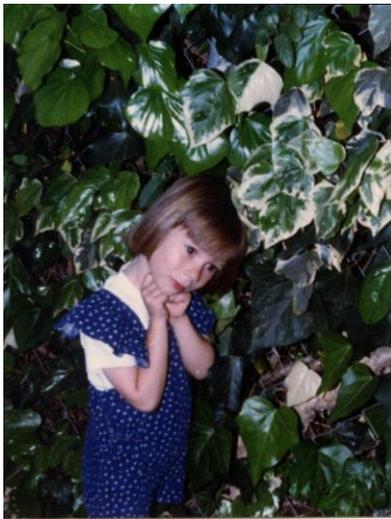
Kristofer Nedorolik



Sara Cosson



Kellee Jones Briggs



Ramona Shapiro



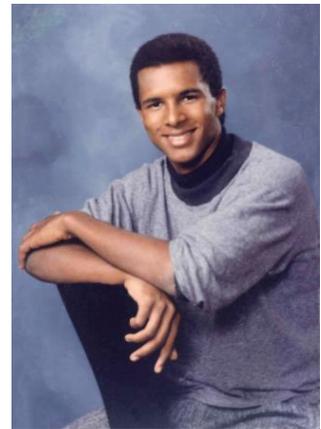
Clarke Cuyler



Alaina Marie Jenkins



Joshua Levine



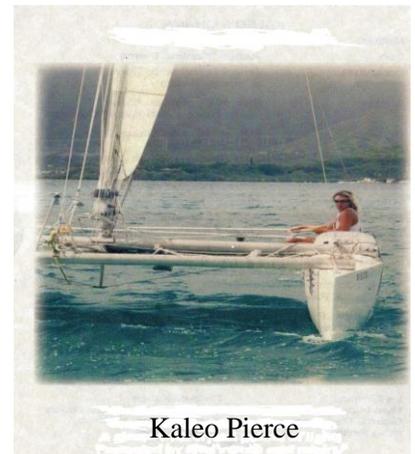
George Arthur Pellegrin



Princess Zuna Ilacad Yadao



Anders Pederson



Kaleo Pierce

OUR CHILDREN REMEMBERED

FOREVER LOVED, MISSED, REMEMBERED

DECEMBER

Our Children Born in December

Craig “Kamaki” Anderson, Dec 1974 - Nov 1997
Marcia Chu, Dec 1980 - May 2009
Jack Cone, Dec 1984 - Jun 2006
McKenna Fuglie, Dec 1991 - Sep 2014
Gregory Gareth Gaines, Dec 1984 - Jan 2002
Scott Hoover, Dec 1967 - Apr 2006
Dalzell Johns Potter, Dec 1961 - Apr 2005
Jacob Kealoha-Lopez, Dec 2014 - Dec 2014
Shaun Mahtani, Dec 1966 - Apr 1999
Charles “Keoki” Malott, Dec 1971 - Jul 2011
Zane Feliciano Mediano, Dec 2007 - Dec 2007
Michael Anthony Moriarty, Dec 1992 - Feb 2010
Heather Haunani Akiko Nahina, Dec 1977 - Jan 1992
Mariah Amanda Noguchi Lim, Dec 1992 - Dec 2014
George Arthur Pellegrin, Dec 1972 - Nov 1991
Maya Eve Tacadena Perdido, Dec 2002 - Apr 2004
Julie Anne McHale Reti, Dec 1965 - May 1995
Scott Rush, Dec 1963 - Sep 1980
Gabriella Ann Marie Stefan, Dec 2002 - Dec 2004
Brandi Ann Malia, Dec 1984 - Jul 2004
Matthew Jee Yul Williams, Dec 1978 - Jun 1998

Our Children Who Left Us in December

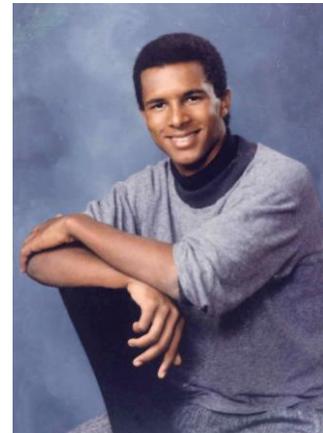
Jaime Akamie Coelho, Jun 1991 - Dec 2004
Mark Patrick Goldberg, Sep 1984 - Dec 2013
Jacob Kealoha-Lopez, Dec 2014 - Dec 2014
Donovan Keliiaa, Mar 1981 - Dec 2015
Aukahimaina'ale Leafchild, Nov 2005 - Dec 2006
Gerald “Jerry” Alan Massie, Jan 1966 - Dec 2015
Enzo Atsuo Matsumoto, Apr 2007 - Dec 2010
Zane Feliciano Mediano, Dec 2007 - Dec 2007
Noe Michele Melvin, Jul 1976 - Dec 1996
Keene Kainoa Nagaishi, Jul 1997 - Dec 2015
Mariah Amanda Noguchi Lim, Dec 1992 - Dec 2014
Mitchel Poissonnet, Jan 1963 - Dec 2014
Nina Ricci, Mar 1981 - Dec 2010
Adrenia Olena Cadiz Robinson, Jan 2012 - Dec 2013
Nicole Siegrist, Apr 1987 - Dec 2016
Gabriella Ann Marie Stefan, Dec 2002 - Dec 2004
Kirk Wehrenberg, Apr 1974 - Dec 2013



Scott Hoover



Mark Patrick Goldberg



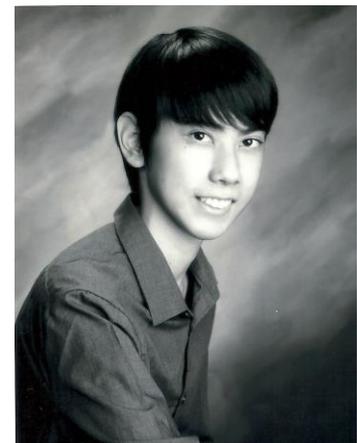
George Arthur Pellegrin



Mariah Amanda Noguchi-Lim



Heather Haunani Akiko Nahina



Keene Kainoa Nagaishi



Donovan Keliiaa



Mitchel Poissonnet



Matthew Jee Yul Williams



Adrenia Olena Cadiz Robinson



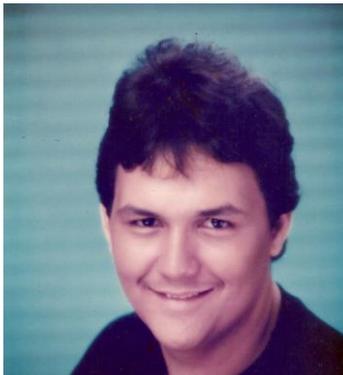
Gerald "Jerry" Alan Massie



Gregory Gareth Gaines



Jacob Kealoha-Lopez



Charles "Keoki" Malott



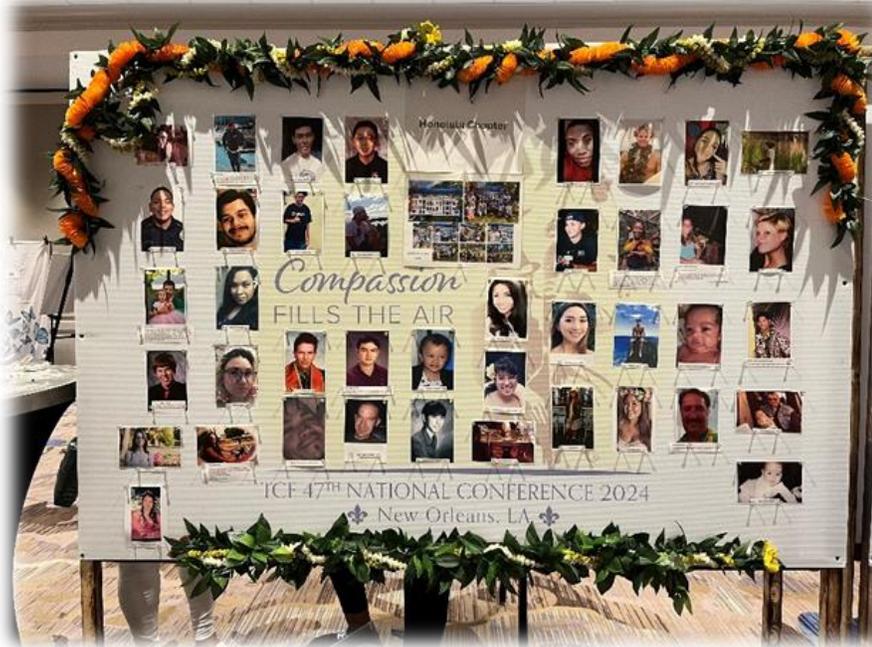
McKenna Fuglie



Nicole Siegrist

47th TCF National Conference New Orleans

TCF 47th National Conference was held July 11-14 in New Orleans. Bereaved parents, siblings, and grandparents, from all corners of the US and Canada, gained new and meaningful support, hope, compassion, encouragement, understanding, and peace from keynote speakers, new and old friends, workshop presenters, bereaved families, professionals, and facilitators of sharing sessions. Join the next TCF National Conference in Bellevue, WA, July 1-13, 2025.



Our loyal, trustworthy and dedicated leaders, David and Terry, worked tirelessly and put together a beautiful display of pictures and tributes for our children in the Honolulu Chapter Memory Board and Walk to Remember Banner.



Authors Bob and Kris Baugher
with Pearson and Georgiana Best



The Compassionate Friends

Supporting Family
After a Child Dies

friendship, understanding, and hope

HANDLING THE HOLIDAYS

*The following guidelines are shared in the hope that they will be helpful to you in thinking about and planning for the holidays ahead and other special family times throughout the year. They were prepared by Shirley Melin of The Compassionate Friends, Fox Valley Chapter, Aurora IL, with some additions from the Montgomery, AL Chapter, and from the booklet, **Handling the Holidays**, edited by Bruce Conley, a funeral director in Elburn IL and a member of the Advisory Board of the Fox Valley Chapter. We are most grateful to all of these people for sharing with us.*

Holidays, birthdays, and other special days are usually times for family gatherings and celebrations. When we come together for the first time after the death of our child, it can be really difficult. Our families try to protect us in the best way they can, but it can still hurt. How can we cope? How can we as grieving parents handle these times in a realistic and effective way?

First, acknowledge and accept your feelings. Tears, depression, and loneliness are all natural reactions to a loss, months, even a year or more after the loss. At the same time, do not feel as though you are betraying your child if you are able to enjoy some of the festivities.

If the thought of preparing for these special days seems overwhelming, one helpful first step may be to make a list of things to be done in planning for the holiday. Have a family conference and together decide what is really important: what traditions do you want to carry on? What would some members find meaningful, or what things might be too painful? What changes, if any, would you want to make? Consider whether a task can be shared, whether someone else can take it on, or whether it should be eliminated. Whatever decisions are reached, this sharing can demonstrate recognition and respect for each person's values.

In setting priorities, good guidelines to use are: Would the holiday or special day be the same without it? What gave meaning to our holidays in the past? If you have family traditions, decide together whether you want to carry them on this year or if this is a good time to begin new ones. Consider and discuss ways of keeping traditions while trying to lessen the pain of loss, perhaps by making some changes in the usual way of doing things. Remember that although we may decide to do some things differently this year, we can decide to return to earlier customs another year if we wish.

It is important to realize that while holidays and special days are traditionally a time of festivity, they can also be a time of frantic busyness and resultant fatigue. Don't set unrealistic expectations for yourself to be joyful. As grieving persons, we must recognize that we may simply be unable to function at our usual pace. We may need to break things down into smaller, more manageable chunks, goals we can achieve. Fatigue can be deadly and lead to feelings of depression under the best of circumstances. Don't overextend, don't over commit. Eliminate the unnecessary and reduce the pressure on yourself and others. By talking over what is really important with family members, priorities can be set, tasks shared, and plans made to accomplish those things considered essential. Decide what you can handle comfortably and let your needs be known to friends and relatives.

If your faith has been an important part of your life, allow time for its expression during these holidays and special days. If it has not, this may be a fitting time to approach the clergyperson or church of your choice. In either case, you may find that by enriching and deepening your religious experience, you have added a new dimension to your life.

Our lives have changed. Our holidays will be different. It's not a choice of pain or no pain, but how we manage the pain we feel. The important thing to remember is to do what is comfortable for you and your family. It may help to know what those of us who have been through these holidays and special days before have found: Anticipation is frequently worse than the day itself.

SOME SUGGESTIONS:

Know when your holidays are

- Holidays are not just at Thanksgiving, Chanukah, Christmas, or New Year's.
- Holidays are those times when family and friends get together for fun. It may or may not be associated with one of the traditional days of celebration.
- Mark on your calendar the months during which your family's holidays occur.
- Begin early to plan your coping strategies.

Be intentional about how you plan your holiday. Together, as a family, examine the events and tasks of the celebration and ask the following questions:

- Do we really enjoy doing this? Is it done out of habit, free choice, or obligation?
- Is this a task that can be shared?
- WOULD THE HOLIDAY BE THE SAME WITHOUT IT?

Decide what you can handle comfortably.

- Whether we are open to talk about our child.
- Whether we feel able to send holiday cards this year.
- Whether we can handle the responsibility of the family dinner, holiday parties, etc. or if we wish someone else to take over some of these traditions this year.
- Whether we will stay at home for the holidays or choose a different environment.
- Shopping is definitely easier if you make the entire list out ahead of time. Then when one of the "good days" comes along, you can get your shopping done quickly and with less confusion. Shopping by phone or from catalogs can also help.

Don't be afraid to make changes. It can really make things less painful.

- Let the children take over decorating the tree or invite friends in to help.
- Open presents the night before the holiday instead of in the morning.
- Have dinner at a different time. Change the seating arrangement.
- Burn a special candle to quietly include your absent son or daughter.

Our greatest comfort may come in doing something for others.

- Giving a gift in memory of our child to a meaningful charity.
- Adopting a needy family for the holidays.
- Inviting a guest (foreign student, senior citizen, someone who would otherwise be alone) to share the festivities.

Evaluate your coping plans.

- Do your plans isolate you from those who love and support you best?
- Do your plans allow for meaningful expression and celebration of what the particular holiday means for you?

Let your plans and limits be known.

- Write or phone family and friends to let them know of any intended changes.
- Share with friends and family how you plan to approach the holiday and how they can best help you.

Don't be afraid to have fun.

- Enjoyment, laughter, and pleasure are not experiences in which you abandon your lost child. You have not forgotten him/her. Your child would not want you to be forever sad; you need not feel guilty over any enjoyment you may experience.
- Give yourself and members of your family permission to celebrate and take pleasure in the holiday.

Last and most important: Take time to love and let yourself be loved — for this is the real gift of the holiday season.

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 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.

The TCF Mission Statement

The Mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

*****Please Consider Helping*****

I have found through my own experiences that helping others through their grief journey has strengthened my own journey. The memories of my son are positively reinforced as other bereaved parents share their stories and memories. We Need Not Walk Alone. That simple phrase resonates throughout my journey. There are other aspects to The Compassionate Friends that need help. If you have a talent – web design, writing, creativity, organizing, and greeting and would like to help others – please let us know.

