



We are

THE COMPASSIONATE FRIENDS

Honolulu Chapter

compassionatefriendshawaii.org

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THE COMPASSIONATE FRIENDS

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Is The Compassionate Friends for You?



Grief has no respect for age or time.

Some of us lost infants or young children, some lost children in their teens, others lost adult children. Causes of their deaths range from crib death to illness, from accidents to suicide and homicide. Some of us lost our child a short time ago, others lost a child many years ago.

We all have one thing in common, and the only people who can really understand our grief are others who have lost a child.

Our meetings enable those of us who have suffered and are suffering in the same ways to reach out to one another, offering love, comfort, support and inspiration.

If your child has died, you may find that this group is for you.

If the death was recent, we can help you to cope with that unbearable grief.

If your child died long ago, and you've gotten over the worst of your grief, we need you, too. We need you to serve as a role model to help the rest of us.

Who Are We?

The Compassionate Friends is a national self-help peer support organization offering friendship and understanding to bereaved parents, grandparents, and siblings. Its mission is to assist families toward the positive resolution of grief following the death of a child, grandchild or sibling of any age.

When Do We Meet?

Regular meetings are held the first Saturday of each month from 10:00 a.m. to 11:30 a.m. (Come anytime between 9:30 and 10:00.)

Where Do We Meet?

Kaneohe Bay Plaza, Room 401

45-955 Kamehameha Hwy, Kaneohe HI



For Siblings, Too

Siblings are welcome to attend all of our meetings.

Pamphlets

The Compassionate Friends has published the following pamphlets on understanding the grief experience of bereaved parents and siblings. They offer valuable information in a frank and forthright manner.

Free copies are available at chapter meetings.

Adults Grieving the Death of a Sibling

Caring for Surviving Children

Coping with Stigmatized Loss

How Can I Help?

Parents Who Are Now Childless

Principles of TCF

Stillbirth, Miscarriage and Infant Death

Surviving Your Child's Suicide

The Death of an Adult Child

The Grief of Grandparents

The Grief of Stepparents

The Sudden Death of a Child

To The Newly Bereaved

Understanding Grief

When a Brother or Sister Dies

When a Child Dies

When a Child Dies From a Substance Related Cause

When Your Child Dies by Homicide

Credo

We need not walk alone.

We are The Compassionate Friends.

We reach out to each other with love, with understanding and with hope. Our children have died at all ages and from many different causes, but our love for our children 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 and creeds. 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 we feel helpless and see no hope. Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt, or in deep depression; 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 our children. We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together as we reach out to each other in love and 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

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Only



Another

Bereaved

Parent

Truly

Understands

Your

Pain

