



# The Compassionate Friends

Supporting Family After a Child Dies

email - [leaders@sdtcf.org](mailto:leaders@sdtcf.org) / phone - (619) 583-1555 / [www.sdtcf.org](http://www.sdtcf.org)



## Thanksgiving Is For The Bereaved

By Alice Willer

I have a hard time believing it is the season of holidays again. While this year should be easier since it will be our fifth Thanksgiving, Christmas, and New Year's without our son Daniel, I still feel myself putting on an extra shield of courage.

In the cool afternoon air, I am reminded of my first Thanksgiving since Daniel's death. On that day, I wrote a poem; it wasn't very good, but it did express what I had learned from reflecting on the origins of this national American holiday.

For the first time, I thought that the initial Thanksgiving among the settlers and the Indians couldn't have been that glamorous. Why not? For one, there had been many losses. Around those tables were certainly fathers and mothers who had had to bury children. While thankful for much, these parents held heavy hearts too.

*continued on page 6*

### Meeting Information

The San Diego Chapter of  
The Compassionate Friends

#### Dates Times Addresses

#### Virtual / Online

1st Wednesday of month 7:00-8:30pm

Email [sdtcfzoom@gmail.com](mailto:sdtcfzoom@gmail.com) for  
ZOOM link and passcode.

#### VIRTUAL FACILITATORS

Debbi & Dom Montisano

(858) 349-5573

#### In-Person

1st Thursday of month 7:00-9:00pm

Northminster Presbyterian Church

(TCF is nondenominational)

4324 Clairemont Mesa Blvd

San Diego, CA

**The Compassionate Friends  
2024 Candle Lighting Ceremony  
Information On Page 2**



**THE COMPASSIONATE FRIENDS WELCOMES YOU**

**TO OUR LOCAL CANDLE LIGHTING**

**SUNDAY DECEMBER 8, 6:00PM - 8:00PM**

**PIONEER OCEAN VIEW UNITED CHURCH OF CHRIST**

**2550 FAIRFIELD ST**

**SAN DIEGO, CA**

**92110**

**2024 CANDLE LIGHTING CEREMONY**

**THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING ON THE 2ND SUNDAY IN DECEMBER UNITES FAMILY AND FRIENDS AROUND THE GLOBE IN LIGHTING CANDLES FOR ONE HOUR TO HONOR THE MEMORIES OF THE SONS, DAUGHTERS, BROTHERS, SISTERS, AND GRANDCHILDREN WHO LEFT TOO SOON. AS CANDLES ARE LIT ON DECEMBER 8TH, 2024 AT 7:00 PM LOCAL TIME, HUNDREDS OF THOUSANDS OF PEOPLE COMMEMORATE AND HONOR THE MEMORY OF ALL CHILDREN GONE TOO SOON.**

**NOW BELIEVED TO BE THE LARGEST MASS CANDLE LIGHTING ON THE GLOBE, THE ANNUAL WORLDWIDE CANDLE LIGHTING (WCL), A GIFT TO THE BEREAVEMENT COMMUNITY FROM THE COMPASSIONATE FRIENDS, CREATES A VIRTUAL 24-HOUR WAVE OF LIGHT AS IT MOVES FROM TIME ZONE TO TIME ZONE. TCF'S WCL STARTED IN THE UNITED STATES IN 1997 AS A SMALL INTERNET OBSERVANCE AND HAS SINCE SWELLED IN NUMBERS AS WORD HAS SPREAD THROUGHOUT THE WORLD OF THE REMEMBRANCE. HUNDREDS OF FORMAL CANDLE LIGHTING EVENTS ARE HELD, AND THOUSANDS OF INFORMAL CANDLE LIGHTINGS ARE CONDUCTED IN HOMES, AS FAMILIES GATHER IN QUIET REMEMBRANCE OF CHILDREN WHO HAVE DIED AND WILL NEVER BE FORGOTTEN.**



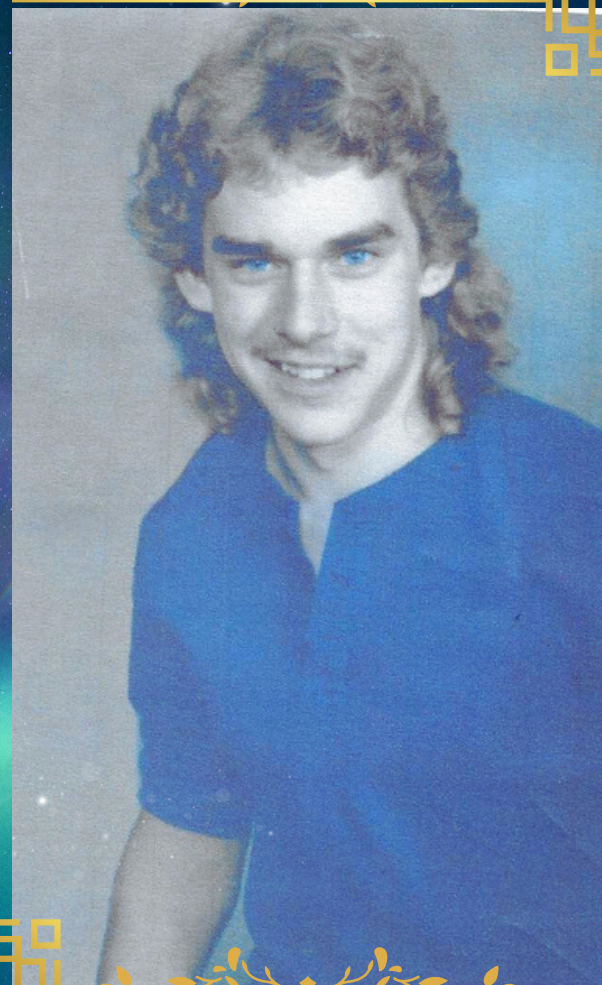


**Malini E. Shathyadev**

**DECEMBER 7**



DUAN C. ALLEN  
ANNIVERSARY 10-10  
LOVING SON  
OF  
LOUISE HENDRICKSON







## JOSHUA JAMES LUBRICH

“IN LOVING MEMORY OF JOSHUA (JOSHY). TO OUR BELOVED SON & BROTHER, JOSHUA: "WE LOVE YOU AND MISS YOU FOREVER AND ALWAYS!! YOU WILL ALWAYS BE OUR "JEWEL" IN THE FAMILY, ONE TO BE "GONE BUT NEVER FORGOTTEN!" WE MISS YOU MORE WITH EACH PASSING DAY! "YOU'RE STILL A PART OF EVERYTHING WE DO; YOU'RE ON OUR HEARTS, JUST LIKE A TATTOO, JUST LIKE A TATTOO WE'LL ALWAYS HAVE YOU." SONG BY JORDAN SPARKS. LOVE, MOM, DAD, BEST FRIEND ZACHARY, RYAN AND KIERSTEN WITH GRANDDAUGHTER LILY MAE, ANDREW AND VIRGINIA WITH GRANDSONS ANDREW JOSHUA AND AUSTIN LEE, BEST FRIEND JASON AND BRITTNEY WITH GRANDSONS DYLAN AMIR AND JAYCE BENJAMIN AND BEST FRIENDS FOREVER, PERSIO!"



### Thanksgiving Is For The Bereaved continued

Continuing to reflect this way helps me realize Thanksgiving is also a holiday with reality. It is not a Norman Rockwell painting.

While we like the warmth this artist has created in his capturing of a happy Thanksgiving table, we know that in most families, everyone is not present. Family members are gone from us and at times, all we can notice are the silent empty chairs.

How can we have Thanksgiving when we are lacking? This holiday does not have the bereaved in mind at all, we conclude.

But in time, we are able to reflect on the presence our loved children held in our lives instead of only focusing on their absences. They lived and we are the more blessed because of their lives – so vibrant and so loving. We become more aware of just how much they impacted our lives then— and even now.

Light a candle this Thanksgiving for those we miss. Recall how blessed we were to have them, even for a short while.

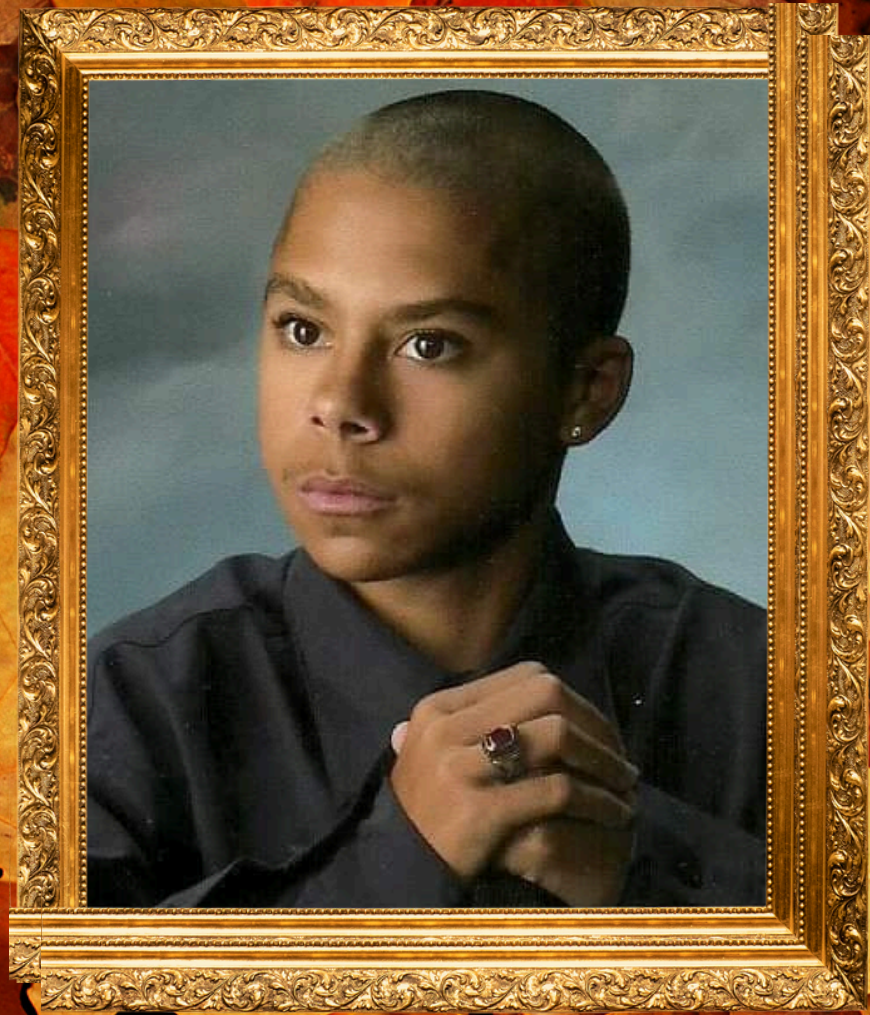
And remember that the origin of Thanksgiving does not stem from the situations of cheery and perfectly intact families. There had been many deaths during the difficult trek to this land from England and Europe and once the settlers arrived, more deaths due to illness, occurred. The Native Americans experienced heart-breaking losses as well.

Even so, these men and women found reasons to be thankful. So although our sorrow is great, we can be appreciative for the memories we hold in our hearts. Thanksgiving is a holiday which includes each of us— bereaved and broken.

~ Copyright 2001 by Alice J. Wisler.







DAVEY JOHNSON

11 / 02

Extraordinary  
Loved  
Cherished

ETHAN ESTLIN WOZNIAK

ANNIVERSARY 12-26

FOREVER IN OUR  
HEART'S & THOUGHT'S





# SPENDING THE HOLIDAYS WITH FAMILY AND FRIENDS

BY JANICE BELL MEISENHELDER

## FIX-IT FRIENDS

PEOPLE FEEL HELPLESS IN THE FACE OF YOUR LOSS OF A CHILD. THEY HAVE AN INTENSE NEED TO SAY SOMETHING TO LESSEN YOUR PAIN. THEY CANNOT UNDERSTAND THAT THIS PAIN REFUSES ANY COMFORT AND MUST BE PROCESSED OVER TIME TO EASE. THEY TRY TO HELP BY SAYING THINGS THAT NEGATE YOUR PAIN, SUCH AS: “HE’S IN A BETTER PLACE,” OR “YOU CAN HAVE ANOTHER CHILD.”

THEY MAY ALSO TELL YOU THEY KNOW HOW YOU FEEL AND COMPARE YOUR LOSS TO THEIR LOSS OF A GRANDPARENT, WHICH JUST FEELS INSULTING TO YOU. THEY MAY TELL YOU THAT YOU “SHOULD” NOT BE FEELING THESE DEEP GRIEF FEELINGS, OR WORSE YET, BLAME YOU OR YOUR CHILD FOR YOUR LOSS (KLASS, 1997; RICHES & DAWSON, 1998). THESE PEOPLE ARE ACTING OUT OF THEIR OWN NEEDS TO DISTANCE THEMSELVES FROM YOUR LOSS. THEY ARE INCAPABLE OF HELPING YOU.

WHAT YOU NEED IS SOMEONE TO VALIDATE YOUR PAIN AND AFFIRM YOUR OWN WAY OF HANDLING IT. MOST PEOPLE ARE AFRAID THAT IF THEY ACKNOWLEDGE YOUR JUSTIFIED SORROW, YOU WILL CRUMBLE. THEY TRY TO “FIX-IT”. MANY MOTHERS SUFFER THE UNHELPFUL ADVICE OF FRIENDS AND FAMILY TO “MOVE-ON”. THE CULTURAL TABOO OF GRIEF IN OUR SOCIETY JUST FUELS THESE MISCONCEPTIONS ABOUT LOSS IN GENERAL AND YOUR LOSS IN PARTICULAR.

## MESSAGES FOR GRIEVING MOMS:

- IGNORE ANY INDICATIONS FROM OTHERS THAT YOU SHOULD STOP MISSING OR REMEMBERING YOUR CHILD, AND TRY TO FORGIVE THOSE WHO MAKE SUCH SUGGESTIONS. THEY CANNOT BEGIN TO APPRECIATE YOUR WORLD OR EXPERIENCES.
- DISTANCE YOURSELF FROM UNHELPFUL PEOPLE, ESPECIALLY ANYONE WHO NEGATIVELY IMPACTS YOUR SELF-IMAGE OR YOUR MEMORY OF YOUR CHILD. SOME PEOPLE ARE TOXIC. AVOID THEM.
- EDUCATE FRIENDS AND FAMILY THAT EVERYONE HEALS DIFFERENTLY, AND YOU ARE THE BEST EXPERT ON WHAT YOU NEED AT THIS TIME.
- SAY YOUR MEMORIES ALOUD! PEOPLE WILL AVOID THE SUBJECT OF YOUR CHILD FOR FEAR OF UPSETTING YOU UNTIL THEY HEAR YOU TALK ABOUT YOUR CHILD FIRST.

CONTINUE PAGE 9



## SPENDING THE HOLIDAYS WITH FAMILY AND FRIENDS

CONTINUED

- BY SHARING YOUR HAPPY MEMORIES OF YOUR CHILD, YOU TEACHING OTHERS THAT TALKING ABOUT YOUR SON OR DAUGHTER IS A WELCOMED TOPIC.
- REMEMBER, YOU ARE NOT IN THIS WORLD TO LIVE UP TO OTHER'S EXPECTATIONS.

### CLUELESS FAMILY MEMBERS

BEREAVED MOMS COMMONLY EXPRESS DISAPPOINTMENT IN THE LACK OF SUPPORT AND EMPATHY FROM FAMILY MEMBERS (HUNT & GREEFF, 2011-2012; KLASS, 1997). OFTEN THE MOST HURTFUL COMMENTS COME FROM THE MOTHERS' SIBLINGS, IN-LAWS, OR PARENTS WHO SIMPLY CANNOT UNDERSTAND. WE EXPECT MORE FROM PEOPLE CLOSE TO US, SO THEIR INABILITY TO RESPOND IS MORE DEVASTATING. TRY TO REMEMBER THEY ARE FRIGHTENED, BOTH BY THE INTENSITY OF YOUR PAIN AND THE TERRORIZING THOUGHT THAT IT COULD HAPPEN TO THEM. THEIR FEAR DRIVES THEM AWAY OR RENDERS THEM UNHELPFUL.

### MESSAGES FOR MOMS:

- TRY TO FORGIVE ALL THOSE WHO MAKE INSENSITIVE AND HURTFUL REMARKS, FOR THE STABS ARE UNINTENTIONAL. HANGING ON TO YOUR RESENTMENT JUST ADDS MORE STRESS TO YOUR LIFE. REMEMBER THEY ARE FRIGHTENED AND SIMPLY LIMITED IN THEIR ABILITY TO HELP AND RESPOND.
- TRY TO LET GO OF EXPECTATIONS. TRY TO EXPECT NOTHING OF OTHERS, AND JUST BE GRATEFUL FOR WHATEVER THEY CAN GIVE, WHICH PRESERVES RELATIONSHIPS AND LOWERS YOUR FRUSTRATION.
- LOOK FOR SUPPORT ELSEWHERE AND BE GRATEFUL FOR THE SUPPORT THAT COMES IN UNEXPECTED PLACES, A COMMON EXPERIENCE FOR BEREAVED MOMS.

THE ABOVE IS AN EXCERPT FROM SURVIVING THE UNTHINKABLE: THE LOSS OF A CHILD, BY JANICE BELL MEISENHEDER. AVAILABLE ON AMAZON, IT INCLUDES A SECTION ON HOW FRIENDS AND FAMILY CAN BEST HELP YOU





NOVEMBER 10

IN LOVING  
MEMORY OF OUR  
BELOVED SON,  
BROTHER,  
ALLEN J KHA -  
MOM, SUSAN;  
DAD, LONG;  
BROTHER,  
JASON.

ALLEN KHA

DECEMBER 23

GRACE SAPUTO  
IN LOVING  
MEMORY OF HER  
SON  
ANDRES.  
LOVE & MISS  
YOU,  
MOM



ANDRES SAPUTO



## SIBLING INSIGHTS

## Managing Grief Through The Holidays

*By Sarah Kravits*

It was Saturday of Thanksgiving weekend, the first Thanksgiving without my brother, just months after a drunk driver had ended his life. I needed to get some shopping done and I found myself at a mall. The instant I stepped inside, I was enveloped in holiday atmosphere. Everything shone and glittered, music rang out, scents of pine and cinnamon candles mingled with the smell of perfumes being sprayed on shoppers in the department stores. Delight hung in the air.

I, however, couldn't feel anything but despair. It felt like I had been punched in the stomach. I couldn't wait to get out.

This was not like me. I have always loved holiday times with all of their various sensory experiences. I enjoy walking through shops thinking of what loved ones might like, baking seasonal treats, listening to the my parents' holiday LPs (yes I still have a turntable), sitting and enjoying tree lights, or candles in the menorah, or any other glow that a December holiday might bring.

**Now, however, it was like everything had been turned inside out. The holiday time, rather than improving my unhappy state, had made it worse. This is the paradox that so many, grieving through the holiday seasons year after year, experience and must endure.**

In general, we expect holiday times and their festivities to cheer us for a time and provide a happy haven away from the struggles and frustrations of our daily lives. However, when someone you love has died, whether you are days, months, or years out from the loss, holidays may have the opposite effect. What used to bring extra joy can now bring extra misery, leaving you confused and empty.

Holidays and holiday seasons arrive, year after year, without fail. We cannot avoid them. How can we adjust our expectations? How can we hope to find something of use to us within them? The answers lie within each of us, because each has a unique experience of loss and grief. If we give ourselves time and opportunity to ponder what we can and want to do, we may be able to choose actions that work for us. Use these ideas to get started as you think through your holiday plans.

**Do something different.** Many people find that doing whatever they used to do with their loved one is too painful. Try different traditions. Spend the holiday in a new location, include an activity you've never done for the holidays, eat something completely other than what you normally eat.



**Do something traditional.** Others find that they seek the comfort of their holiday traditions even more than before. If you find solace in your customary preparations, this may be true for you. How do you know if traditions such as decorating, attending services, or special foods and meals will be helpful? Give them a try, or even just think about them, and you'll probably know intuitively whether you want to keep them or set them aside for a while.

CONTINUED .12..



**Managing Grief Through The Holidays** *continued*

**Spend time on your own.** Many griever feel closest to the person who died when they are alone. Whether you curl up in bed alone for an hour, walk alone in the woods, head off on a drive alone in your car, or anything else, grant yourself some privacy. You might be quiet, you might scream and cry, you might talk out loud to the person you miss so much. Being alone can grant you permission to feel, and do, what you need.



**Find ways to include your loved one.** Some need to talk about the person openly. Some might want to tuck a photograph into a piece of holiday decoration. Some may make the person's favorite holiday food. Some may include the person's name in blessings said at home or at a service. Do what helps you feel your loved one is not forgotten or left out.

**Change your mind.** No law says you have to stick with any decision you have made. If you thought going to a friend's holiday party would cheer you up, but once there you find yourself falling apart – give yourself permission to leave. If you brought home a tree but cannot bring yourself to decorate it – let it be. If you invite family to visit but then find it overwhelming – duck out for a break. If you've avoided religious services but wonder if you may find something useful there – try again.

**Change your mind.** No law says you have to stick with any decision you have made. If you thought going to a friend's holiday party would cheer you up, but once there you find yourself falling apart – give yourself permission to leave. If you brought home a tree but cannot bring yourself to decorate it – let it be. If you invite family to visit but then find it overwhelming – duck out for a break. If you've avoided religious services but wonder if you may find something useful there – try again.

**Be your own best friend.** Treat yourself gently, and support your own needs and wants. Watch out for the word "should:" If people say you should do something that makes your stomach turn, or should stop doing something that helps you cope (as long as it isn't destructive or dangerous), find a kind and respectful way to stand up for yourself. Tune in to yourself throughout the holiday to see what you think, feel, and need – and communicate those thoughts, feelings, and needs honestly to those around you.

As you let go of past assumptions about the holidays and turn your focus inward to discover what serves you, you may soften the griever's holiday paradox. One step at a time, one tick of the clock at a time, one breath at a time, this holiday season will pass by. I hope it offers, somewhere along the way, a little light and strength that you can take with you on your journey ahead.



*Our Children  
Loved Missed &  
Remembered*

**NOVEMBER BIRTHDAYS**

Luis Walter Bernal 11-01  
Teresa Carolina Bernal 11-01  
Davey Johnson 11-02  
Greg Garon 11-03  
Joshua James Lubrich 11-03  
Sumi Suresh 11-04  
Monica Castellozzo 11-07  
Allen J. Kha 11-10  
Rick E. Pieramica 11-11  
Jameson Connor Segel 11-13  
Craig Thomas Markley 11-16  
Kristy Shoemate 11-24  
Eddie Diaz 11-27  
Dylan Libby 11-28

**DECEMBER BIRTHDAYS**

Cory Scott (Krista's Brother)  
Mikael Larson 12-02  
Stephen Mathew Kraft III 12-04  
Malini E. Sathyadev 12-07  
Anthony James Shott 12-13  
Milton (Danny) Smith 12-28  
Jasmine Bellofatto 12-29  
Ron Laverty 12-30

**NOVEMBER ANNIVERSARIES**

Luis Walter Bernal 11-01  
Teresa Carolina Bernal 11-01  
Sammy Fishkin 11-02  
Azja K. Ostrye 11-04  
Gary R. Lopez 11-12  
Jacob Kallas 11-16  
Philippe Leyva 11-17  
Reese Kaitlyn 11-19  
Monica Castellozzo 11-24  
Alan James Hein 11-25  
Alexander Joseph Niazi 11-26  
Allison Anne Dunn 11-30

**DECEMBER ANNIVERSARIES**

Daniel R. Keyser 12-02  
Christopher L. Mariano 12-07  
David Sullivan 12-09  
Justin Scott 12-09  
Cory Scott 12-10  
Stephanie J. Westrich 12-10  
Riley. Gail Horgan 12-11  
Vincent Glen Ruddy 12-13  
Megan Ashley Landis 12-17  
Christopher L. Mariano  
Andrea Lynn Montisano 12-19  
Marsha Cushing 12-19  
Ryan Kelly Spohr 12-20  
Amy Sara Bowden 12-21  
Andres Saputo 12-23  
Anthony James Shott 12-25  
Ethan Estlin Wozniak 12-26  
Anthony William 12-30



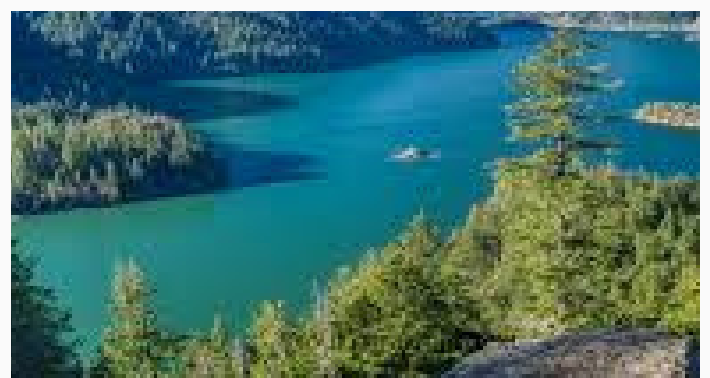
## 48<sup>TH</sup> NATIONAL CONFERENCE IN BELLEVUE/SEATTLE, WA

JULY 11, 2025 @ 8:00 AM  
TO  
JULY 13, 2025 @ 12:00 PM

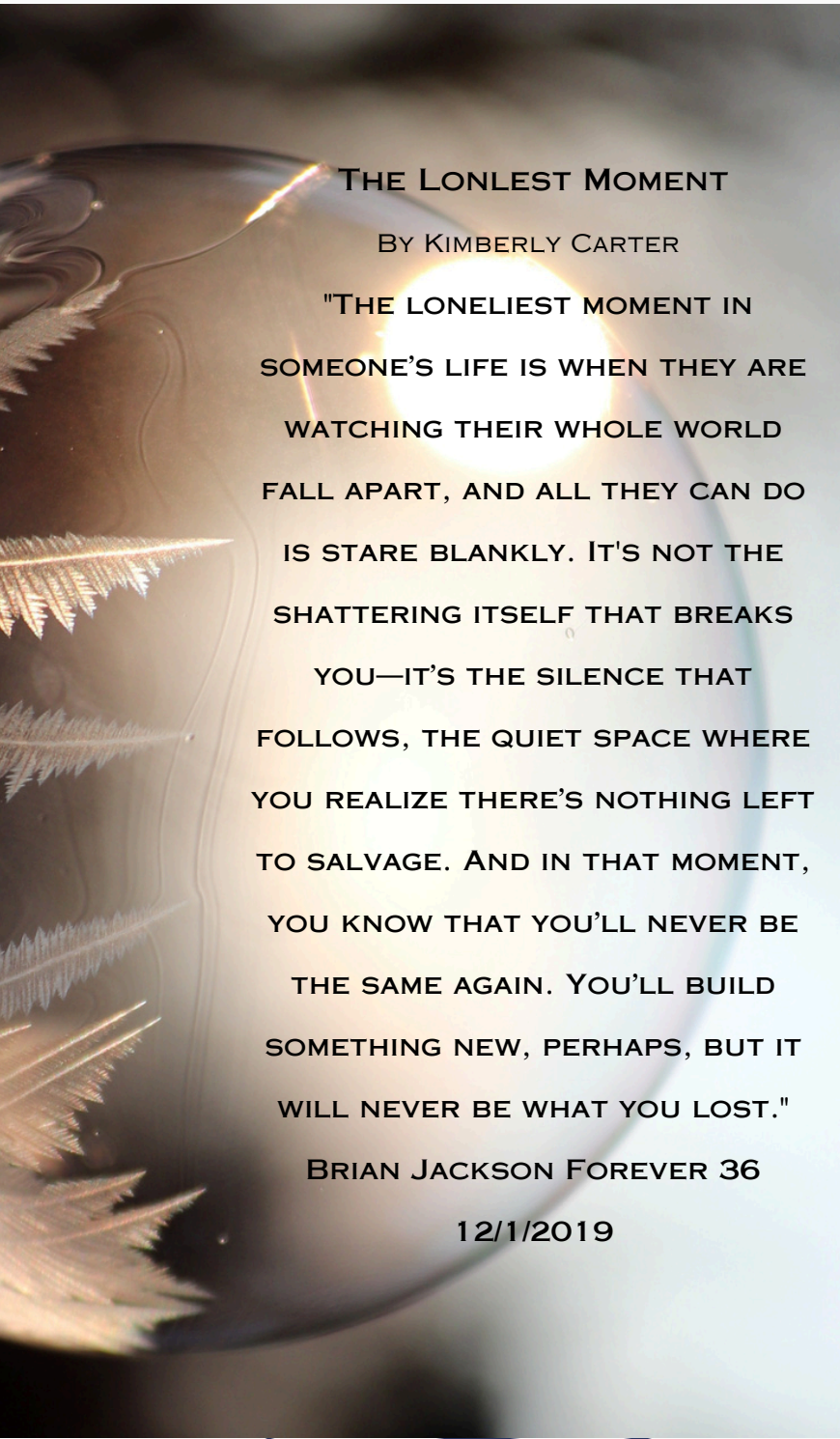
OUR CONFERENCE IS A PLACE FOR BEREAVED FAMILIES TO FIND COMMUNITY AND HOPE, WHILE LEARNING AND SHARING WITH OTHERS.

LIFELONG FRIENDSHIPS ARE OFTEN MADE AT THE CONFERENCE THROUGH MEETING OTHERS WHO TRULY UNDERSTAND THE PAINFUL LOSS OF A CHILD, SIBLING, OR GRANDCHILD.

THIS EAGERLY ANTICIPATED EVENT WILL TAKE PLACE IN BELLEVUE/SEATTLE, WASHINGTON, DURING THE WEEKEND OF JULY 11-13, 2025.







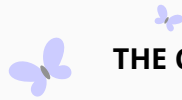
## THE LONLEST MOMENT

BY KIMBERLY CARTER

"THE LONELIEST MOMENT IN SOMEONE'S LIFE IS WHEN THEY ARE WATCHING THEIR WHOLE WORLD FALL APART, AND ALL THEY CAN DO IS STARE BLANKLY. IT'S NOT THE SHATTERING ITSELF THAT BREAKS YOU—IT'S THE SILENCE THAT FOLLOWS, THE QUIET SPACE WHERE YOU REALIZE THERE'S NOTHING LEFT TO SALVAGE. AND IN THAT MOMENT, YOU KNOW THAT YOU'LL NEVER BE THE SAME AGAIN. YOU'LL BUILD SOMETHING NEW, PERHAPS, BUT IT WILL NEVER BE WHAT YOU LOST."

BRIAN JACKSON FOREVER 36

12/1/2019



## 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.

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### The Compassionate Friends Mission Statement

"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".



### Chapter Leader

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Lisa Hohman 619-701-5641

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Anita Barletta

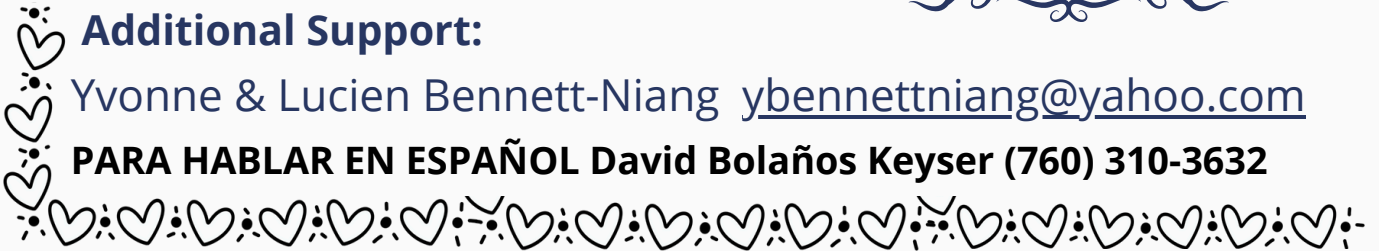
newsletter.sdtcf@gmail.com

You are invited to share a photo of your beloved child, sibling, or grandchild with us. A suggested donation of \$30 is welcomed for featuring your child's photo in our colorful newsletter. Your contributions and generous donations are highly appreciated. For further information, please refer to the form on page 8.

### Additional Support:

Yvonne & Lucien Bennett-Niang [ybennettniang@yahoo.com](mailto:ybennettniang@yahoo.com)

**PARA HABLAR EN ESPAÑOL David Bolaños Keyser (760) 310-3632**



**San Diego Chapter of TCF**  
**3805 Garden Lane**  
**San Diego CA 92106**  
**(619) 583-1555**  
**www.sdtcf.org**

**The National Office of TCF**  
**48660 Pontiac Trail #930808 Wixom, MI**  
**48393**  
**Phone toll free (877) 969-0010**  
**Website:**  
**www.compassionatefriends.org**

### OTHER LOCAL RESOURCES

**MADD** 858-564-0780

**Empty Cradle** 619-595-3887

**Survivors of Suicide** 619-482-0297  
[info@SOSLsd.org](mailto:info@SOSLsd.org)

**Bereaved Parents of the USA**  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

**Parents of Murdered Children**  
National 888-818-POMC

Local 619-281-3972

**Alive Alone - for now childless parents** [www.alivealone.org](http://www.alivealone.org)



## Gifts of Love and Donations

The Compassionate Friends functions as a nonprofit, volunteer organization. Your generous donations and gifts of love, given in memory of your loved one(s) or in support of our services, enable us to continue to provide comfort to grieving parents, siblings and grandparents. If you would like to honor your loved one(s) in our newsletter or on our website, please let us know. When making a donation, please specify that it is for the San Diego chapter.

Contributions can be sent to: TCF, San Diego Chapter, at  
3805 Garden Lane, San Diego, CA 92106,  
or you can reach us at (619) 583-1555.

### Kindly share you loved one's information with us

If you have lost more than one child, kindly use a separate form for each child.

**Sharing Memories Of \_\_\_\_\_ From \_\_\_\_\_**

**Child, Sibling, Grandchild's Name (full name optional)**

**Your Relationship** \_\_\_\_\_

**Birth Date** \_\_\_\_\_

**Death Date** \_\_\_\_\_

**Cause (optional)** \_\_\_\_\_

### Application for The Compassionate Friends Newsletter

**Send Newsletter:** US Post  Email \_\_\_\_\_

**New Address**  **New Subscription**  **Remove from list**

**Update Address** \_\_\_\_\_

**Please provide your name, address, city, state, zip code, and phone number**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Yes, I would like my child's name to be listed on the anniversary pages of the chapter newsletter**

**Yes, I would like my child's name to be listed on the anniversary pages of the chapter website**





## **THE COMPASSIONATE FRIENDS**

Supporting Family After a Child Dies  
San Diego County Chapter

**3555 Rosecrans St. #114-569, San Diego CA 92110**