



Newsletter of the San Diego Chapter of "TCF"
The Compassionate Friends
 A non profit self-help organization for families who are grieving the death of a child.



These pages Dedicated with Love to:

May / June
2020

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Cynthia Lee Kessler



Jamie Bratton-McNeeley



Kristin Elizabeth Hawkinson

♥ Always In Our Hearts ♥

Next Meeting

**Cancelled
Wednesday
May 6th**

**Wednesday
June 3rd
Questionable
Check website**

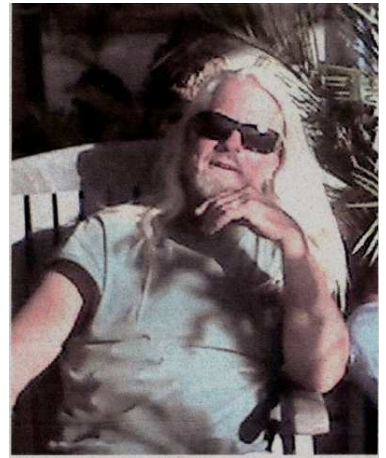
**Location,
see p. 3**



Ramiro Zuñiga-Cedillo



Brian Marc Allen



Chad Eugene Clausen

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Donations and Love Gifts

Dedications and Love Gifts go towards the cost of: printing and mailing of this Newsletter; outreach activities to the newly bereaved; and other expenses necessary to continue our chapter in San Diego. These donations are tax deductible. Our sincerest thanks to all who honor their children in this way.

- ♥ Mark & Barbara Allen — In Loving Memory of their son Brian.
- ♥ Dorothy L. Clausen— In Loving Memory of her son Chad. “In Memory of the love you always had in your heart for our family. You are all ways in my heart.”
- ♥ Gordon R.Collins — In Loving Memory of his daughter Cynthia.
- ♥ Tamara & Sigurd Stautland — In Loving Memory of their daughter Kristin. “Happy 40th birthday to Amy. We love and miss you more and more!”
- ♥ Gloria C. de Zuñiga — In Loving Memory of her son “Ramiro, you are always remembered and are forever in our hearts. We miss you and wish you were here.”
Your Family
- ♥ Elene Bratton — In Loving Memory of her son Jamie.

Second Sunday of May
 Many happy memories
 Linger in our hearts this day
 As we each remember our child
 Who has left this earthly plane.
 The day is bittersweet for us,
 The mothers who have lost so much,
 For to remove all pain could well
 Erase the precious life we touched.
 Tears will trace the memories of
 Other, happier Mother's Days,
 As we dwell in a quiet reverie
 This Second Sunday of May

Annette Mennen Baldwin
 TCF Katy, TX
 In Memory of my son, Todd Mennen

**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".



**Telephone
Friends**

Ever feeling blue and need someone to talk to, who understands and cares. Just pick up the phone and call:

LONG TERM ILLNESS Lynn Lyon
(760) 639-4601

ONLY CHILD Wendy Jones
(619) 371-2335

ALCOHOL RELATED Elizabeth Richardson
(619) 280-1832

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

Sorry, May Meeting Cancelled!!

Meeting Place and Times

THE COMPASSIONATE FRIENDS
OF SAN DIEGO MEETS ON
The first Wednesday of the month at:

Nobel Recreation Center

8810 Judicial Drive
San Diego, CA 92122

Taking I 805 north exit Nobel Drive heading west, stay in right lane for right turn to Judicial Drive; move to left lane making left turn at first Traffic Signal. Follow parking lot down to the end (2nd Bldg.) There'll be a few Stair steps a few paces more, entrance to right. Walkway near. Ample parking. Nobel Drive runs east – west about one mile north of hwy. 52.

Latest on Meeting Updates: www.sdctf.org

OF NOTE

The Compassionate Friends is not a religious organization. All bereaved parents, siblings, and grandparents are welcome to TCF no matter your personal religious beliefs.

About Our Newsletter

Cost of printing and mailing our newsletters is expensive. Thanks to all of you who send in a Love Gift whenever you can, we are able to keep our monthly newsletters going. It encourages us when we hear from you.

We hope to hear from each of our readers sometime during the year. Your gift does not need to be a great amount to make a difference. It all helps...and it offers each of us the opportunity to remember your child, too, in a special way when we see his or her name. Each child touches our hearts, and in various ways, bonds us together.

To Place Child's Picture In Newsletter

If you wish to have your child's picture in our newsletter please use the Application / Love Gifts form on the back page. Recommended for Love Gifts is \$30. **Deadline for submission to the July / August issue is June 15.**



Our Children – Loved, Missed and Remembered May & June

We remember the families of:



Birthdays

Michael Scott Ayers, born 5-2
Ramiro Zuñiga-Cedillo, born 5-3
Matthew Scott Lewis, born 5-5
Jason Wilshe, born 5-6
David Ward Ray, born 5-7
Paul Albert Alferos Jr., born 5-8
Julie Hamilton, born 5-9
Kristin Elizabeth Hawkinson, born 5-9
Brittany Dawn Williams, born 5-10
Jered Dillard, born 5-13
Andrew K. Scott, born 5-13
Anthony William Bane, born 5-18
Jamie Christopher Yates, born 5-18
Chad Eugene Clausen, born 5-20
Francisco "Frankie" Morales born 5-20
Kai Wright, born 5-21
Brian Marc Allen, born 5-23
Jamie Morgan Mychael Bratton-McNeeley,
 Born 5-24
Alexander Nicholas Model, born 5-25
Kate Brumfield, born 5-27
Aymee Sofia Garcia, born 5-30
Amanda Jo Stuart, born 6-2
Cooper Jancic, born 6-2
Todd Schulman, born 6-8
Marsha Cushing, born 6-15
Richard Wilson, born 6-16
Wallace Michaelson, born 6-16
Maxim Dudinov, born 6-20
Heather A. Avilez, born 6-23
Rosa Griffith, born 6-24
Kenneth W. McCormick III, born 6-24
Tara Michelle Hickman, born 6-27
Jason Robert Chambers, born 6-29
(Do Not Run) Max Mikulak, born 6-30
Ryan McDonough, born 6-30
Nicholas Ferrell, born 6-30

Anniversaries

Creta (CJ) Smith, died 5-1
Dominique Ynette Young, died 5-5
Frank Palmer, died 5-7
Maxim Dudinov, died 5-11
Joseph Roy Elkins, died 5-12
Jerome Allen, died 5-13
Todd Almeida Cutler, died 5-14
Nicholas James Reynolds, died 5-16
Douglas Lorente, died 5-18
David Michael Ellis, died 5-19
Larry Stauffer, died 5-21
Tara Michelle Hickman, , died 5-23
Nick Jellison, died 5-21
Kristy Shoemate, died 5-24
Tavion Jackson, died 5-29
Michael Shawn Kyle, died 5-29
Derek Reed Thomas, died 5-30
Allen J. Kha, died 5-31
Joseph Balan, died 6-4
Jason Robert Chambers, died 6-6
Ellie Kennison, died 6-9
Sammy Fishkin, died 6-9
Michael Lopez, died 6-10
Dan Gerald Bruce, died 6-11
Stephen Mathew Kraft III, died 6-13
Lauren Francis, died 6-16
Karandeep Singh, child died 6-17
Klay Budz, died 6-20
Leticia Raimer, died 6-23
Nicole Kaitlynn, died 6-23
Kyle Joseph Carranza, died 6-26
Vinny Palermo, died 6-29



43rd TCF National Conference
July 24-26, 2020 • Atlanta, GA

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves. [Join](#) us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

The 43rd TCF National Conference will be held in Atlanta, GA on July 24-26, 2020. "Sharing Sweet Memories of Love" is the theme of this year's event, which promises more of last year's great National Conference experience. This year's conference will be held at the [Atlanta Marriott Marquis](#), 265 Peachtree Center Avenue in downtown Atlanta. We'll keep you updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.

- Choose to attend from nearly hundred different workshops and sharing sessions, given by professionals and also individuals just like you.
- Take advantage of "Healing Haven" to receive free personal services such as a [massage](#).
- Craft items to commemorate the love for your family member in the "Crafty Corner".
- Step away for a quiet moment of pause in the "Reflection Room".

AN IMPORTANT UPDATE FROM THE COMPASSIONATE FRIENDS ABOUT OUR 2020 NATIONAL CONFERENCE

Dear Compassionate Friends,

A few weeks ago, we wrote to you to share how The Compassionate Friends (TCF) is responding to the Coronavirus pandemic and the challenges it has presented for our national conference this summer in Atlanta, GA. Since that time, we have been watching national developments and considering the many issues surrounding our ability to hold the conference in July.

We want to share with you that we have made the very difficult decision to cancel the national conference currently scheduled in Atlanta, GA, for July 24 to July 26, 2020. This decision has not been made lightly, and we recognize how important the annual conference is to so many of our members in providing community, connection, support, education, and care. Our Board of Directors, staff, Conference Co-chairs, and committee volunteers are as disappointed as many of you may be that we cannot proceed safely and responsibly with our plans for meeting in Atlanta this July.

We know that these are challenging and trying times we are all sharing right now. Some are fighting illness or experiencing the death of a loved one due to COVID-19, while others may have job, financial, or other losses. Many of us are experiencing the sudden loss of control and abrupt change of what we knew, triggering the deep pain of loss we are already experiencing from the death of our child, sibling, or grandchild. We also know that having the support of our TCF community is more important than ever as we experience our individual and collective grief.

Because of this, we are actively and diligently exploring options for alternative ways that we can continue to care for our community and meet some of the needs that come through a national conference. Many details are involved with this, and we will work through them one-by-one to find alternatives including possible later dates for an in-person conference, and ways to connect virtually through this extraordinary time. We truly are in new territory since this is the first time a conference has needed to be canceled due to significant events outside of our control.

We have already seen many volunteers throughout TCF step forward with new ways of serving our members' needs during this time, and these examples show the heart of The Compassionate Friends. Please know we share this spirit and are committed to continued care for our community and leading the way with innovative ways to engage during this time.

As your new CEO, the Board of Directors and I were particularly excited for this first opportunity to meet in person when we were together in Atlanta this summer. While I'm disappointed this won't be able to happen in July, I remain very hopeful and optimistic that we'll all share meaningful time together before long.

We'll be working with the hotel to cancel existing July reservations. Those of you who already made your reservations should receive a notification of these cancellations soon. Additionally, those of you who are workshop presenters or keynote speakers will receive a separate correspondence in the coming days regarding this.

Please reach out with any questions you may have, and we'll continue to be in touch with you as we become clearer on additional options.

Stay safe, healthy, and well.

Shari O'Loughlin
Connor's Mom & Patti's Sister
Chief Executive Officer
The Compassionate Friends
tcfconferences@compassionatefriends.org

Debbie Dullabaun
Dale's Mom
President, Board of Directors
The Compassionate Friends
tcfconferences@compassionatefriends.org

May Meeting Cancelled !!

Video Meeting Program

In an ongoing effort to support our San Diego community of The Compassionate Friends, we are exploring the possibility of using the video meeting program, Zoom, as a temporary alternative to our in-person monthly meetings during the COVID-19 crisis.

Would you be interested in participating in a teleconference using Zoom? Please reply to this email: yes or no.

There is no cost or password necessary. Gary Hochstetler, from our San Diego TCF chapter would be willing to help anyone who is interested. I have included a link for those who would like to learn how to attend a Zoom meeting. (<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>)

Your prompt reply is much appreciated. Thank you for your patience as we work for ways to continue to support our families during this extraordinarily difficult time.

Father's Day

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to

the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a recent newsletter there was a note from a bereaved mother from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husband's this Father's Day as well. It is frequently

said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also. Please remember us on June 18, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.

Doug Hughes
TCF Cincinnati, OH
In Memory of my son, Alex



FINDING SPRING AGAIN

Posted on March 5th, 2020

We are nearing the end of what has often been a brutal winter. While gazing at the mountains of snow piled high in my front yard and the foot-long icicles hanging from my roof, it is hard to imagine that spring will ever come. We have endured bitter cold winds that have chilled us to the bone and treacherous roads that we have cautiously traveled. The days have been long and dark and often free of sunlight. No matter how long I have been a native of the Upper Midwest, I know I will be glad when it comes to an end.

However, as I described these thoughts about winter, I felt as if I was describing the days of my early grief. At that point, I did not believe that a day would ever come when I would thaw from the chill that had overtaken my body and mind. The bleakness of my existence during those early months after Nina died is almost frightening to remember; it is so difficult to even conceive of that much [pain](#). I was anesthetized from some of its cruelty by the protective blanket of numbness that shielded me from the gale force of such overpowering sorrow. How could I ever feel spring in my heart again? Spring had always been my favorite season. The air had a certain freshness to it that I would drink in. Simply put, it always made me feel happy and light of heart. Spring was our [reward](#) for surviving the freezing winter

months that preceded it. It brought a smile to my face and a bounce to my step. However, it was the spring of the year where my heart was irretrievably broken into a million pieces. It was during this exquisite season of warm, lilac-scented breezes and sun-kissed mornings where my precious, beautiful daughter Nina's life would end.

I wondered if my thoughts about spring would ever be the same. Rather than anticipate with gladness the coming of spring, I dreaded it with the knowledge that it now included the anniversary of her death. The smell of the air and the look to the sky that I once found exhilarating now brought me back to my darkest day. I know that anyone, who has lost a loved one to death, no matter the season or relationship, understands.

Will spring come again to your life? In the almost six years since Nina died, has it come to mine? Looking back at my description of the winter of "my early grief", I know that I have come a long way from that time of despair. I have found, especially after the first two years, that with each subsequent spring, I have rediscovered some of the pleasure I used to feel. I have also learned that just because I have found things to feel joyful about again doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart. I try to retrieve memories of the dandelion bouquets she so carefully gathered and presented to me, the rides to the park in the Radio Flyer, our talks while sunning on the deck, and, of course, shopping for spring clothes! Her favorite pastime! I will always feel uneasiness, apprehension and sadness as May 11th draws near, but I no longer hold it against spring.

It is a slow, difficult journey this grief pathway we travel. It is as treacherous as the roads we maneuvered following the winter storms, never knowing when we will hit an icy patch on the road and be thrown into a tailspin. Yet, we must travel it if we are to find any measure of peace and healing.

Please be patient with yourself as you are working hard to survive this winter in your heart. Trust that spring, though a much different one than the one we knew before our beloved child died, will come again. come again.

CATHY SEEHUETTER

Cathy's 15-year-old daughter, Nina Westmoreland, was killed by an alcohol-impaired driver on Cathy's birthday while her family was vacationing in FL in May of 1995. In 2012, her police officer stepson Chris took his own life. She has been very involved as a volunteer in TCF, first as newsletter editor and then chapter leader for the St. Paul Chapter. She served for six years on the TCF National Board of Directors, and is Minnesota Regional Coordinator. Cathy was the Conference Chair for the TCF national conferences in 2011 in Minneapolis, MN, and in 2018 in St. Louis, MO.. She is very honored to have received the TCF Recognition Award from the National Board of Directors in 2015. Cathy has been published in *Chicken Soup for the Christian Family Soul*, and as a contributing writer to *The Tincture of Time*, *Open to Hope: Inspirational Stories of Healing After Loss*, the TCF national magazine, *We Need Not Walk Alone*, and other grief publications and newsletters. Cathy is married, has three surviving children and five grandchildren; all of whom are the loves of her life.

Month of May Brings Tears, Fond Memories

The month of May is a time of many memories and many tears for mothers who have lost a child to death. The memories are tied to our natural association of May as being the "Mother's Day" month. We can't escape the reminders. Second only to the Christmas season in commercialization, Mother's Day is thrust at us in television commercials, billboards, radio spots, magazine and newspaper ads and special features, local and national news shows and each store we enter. Heart breaking, emotional, touching movies or television shows are aired in May in big part because of Mother's Day. The reminders are endless. Our emotions build and build until we think we will snap.

Most of us have memories of happier Mother's Days, time spent with our children opening their gifts and reading their special cards, talking, laughing and enjoying the moment. The counterpoint to our memories is that Mother's Day intensifies the deep void that will always remain in our lives. In the words of one mother, "One day after my son had been gone for several months, I realized that this nightmare life is my life forever." May is doubly difficult for this mother because of Mother's Day and because her son died in May. May is doubly difficult for me as my son was born in May.

Even without a birth or death anniversary, May can be extremely stressful and sad. We enter the countdown on the first day of May. Some of us begin to improve after Mother's Day passes, some of us can't let go until the month ends. Some of us suffer lingering effects for several weeks or months.

My first Mother's Day without my son was a horrifying time. No gifts, no cards, no call. I took all the cards he had given me for Mother's Day and put them on my piano....the time honored place in our home for special occasion cards. My second Mother's Day was different. I simply refused to acknowledge it. My husband gave me a card and a small gift, and we left it at that. A few tears, but we decided to relax and do things that would keep us away from the Mother's Day celebrations.

This will be my third Mother's Day without my son. I do miss him terribly; there will be no replacement for that relationship in my life. Unlike losing a parent, a spouse, a grandparent, a sibling or a friend, the loss of our child means the loss of a big part of ourselves. That is our new reality. What will I do this Mother's Day? I don't really know, but it will dawn on me that I should do one thing or another.

What you do this Mother's Day is your choice. You owe no explanation to anyone. As we walk through this grief of losing our children, we owe no explanations. Our love for our dead children lingers, and in that love is a goodness and purity that allows us to gently be ourselves. Our emotions are not intended to offend; but sometimes the pain is so overpowering that we must block out the world. And sometimes, we are able to overcome it. I will handle in the best way I can. So will you.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Mother's Day Revisited

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother—a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of

people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year—Mother's Day and the anniversary of my son's death—is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Barbara Atwood
In memory of Jacob
TCF, Tucson, Arizona

Empty Places

I drove the old way yesterday.
It'd been a while, you see.
And there, without a warning,
the pain washed over me.

I drove the old way yesterday
and sadness came on strong,
taken back by so much feeling,
since you've been gone so long.

Places seem to lie in wait
to summon up the tears,
to say remember yesterday,
those days when you were here.

Places where you laughed and played
are places where I cry.
These places hold the memories
that will live as long as I.

Genesse Gentry
TCF Marin County, CA
In Memory of Lori Gentry

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① OUR LOCAL WEB SITE

Visit the San Diego Chapter homepage:

www.sdtcf.org

Email: leaders@sdtcf.org

The San Diego chapter home page has information about our chapter and links to more grief resources.

TCF Regional Coordinator

① OTHER LOCAL RESOURCES

MADD 858-564-0780
Empty Cradle 619-595-3887

Survivors of Suicide
619-482-0297
info@SOSLsd.org

Bereaved Parents of the USA
www.bereavedparentsusa.org

Parents of Murdered Children
National 888-818-POMC
Local 619-281-3972

Alive Alone - for now childless parents
www.alivealone.org

① INFORMATION ON THE NET

Visit the TCF national homepage:
www.compassionatefriends.org

The national home page is filled with information and grief resources on-line. A "chat" room for on-line discussion with bereaved families is available.

Chat Room schedule:

Mon 9-10 pm EST: General Bereavement
Mon 10-11pm EST: Men's Chat
Tue 9-10 pm EST: Pregnancy and Infant Death
Thur 8-9 pm EST: No surviving children
Thur 9-10 pm EST: Siblings (Minimum age is 13)
Thur 10-11 pm: Grieving Alone (Single parents)

member web/e-mail

<http://www.RickPieramico.com>

Charlene Tate
caricat83@hotmail.com

Elene Bratton
jamiesjoy@simplynet.com
www.jamiesjoy.org

Tami Carter haley1@san.rr.com

TCF INFORMATION PACKAGE

If you would like to send an information package on TCF to someone you think could benefit, (either for themselves or others) phone 619-583-1555. Leave a message with your name and phone number and the name and full address of the person you would like to receive the package.

Be a compassionate friend

Our Lost Children's Photos for Newsletter

The recommended donation for your child's photo in our newsletter is \$30. Children's pictures will be in color. Donations and love gifts are always greatly appreciated.

WE WELCOME YOUR CONTRIBUTIONS



Deadline for submission to the July / August 2020

Issue of The Compassionate Friend is

June 15, 2020

We warmly welcome your contributions, both original and inspirational writings. Please indicate sources of any non-original texts.



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies
San Diego County Chapter

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

ADDRESS SERVICE REQUESTED

May / June 2020

Love Gifts

Donations and love gifts in memory of your loved one enable us to reach bereaved parents with telephone calls and information, and help defray newsletter and mailing expenses. Please indicate any special tribute you wish printed in our newsletter. When making a donation, please specify the San Diego chapter. Make your checks payable to:

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

From: _____ In Memory Of: _____

TCF The Compassionate Friends *newsletter application*

New Address

New subscription

Remove from list

Please send newsletter by regular mail.

By email, address _____

Your name: _____

Child's Full Name: _____

Address _____

Birth date: _____

City: _____

Date of death: _____

State: _____ Zip: _____

Cause: _____

Home phone: () _____

Your relationship to child: _____

Siblings/Ages: _____

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