

For the Newly Bereaved

Most bereaved parents experience one or more of the following:

- Feel physically exhausted, have difficulty sleeping – can't sleep or can't stop sleeping and don't want to get up.
- Feel a tightness in the throat, heaviness in the chest, or a lump in the stomach like a rock.
- Have an empty feeling with appetite loss – or eat too much.
- Wander aimlessly, forget a thought in the middle of a sentence, neglect to finish tasks, feel restless, look for activity, but can't concentrate.
- Have respiratory reactions – excessive yawning, gasping, hyperventilating.
- Experience feelings of anxiety.
- Think they are going crazy or losing their mind – feel depressed, really sad.
- Say to oneself, "If only I had..."
- Keep asking, "Why?"
- Feel they don't want to go on – "What's the point?"
- Feel the loss isn't real, that the child will return.
- Look for the child in a crowd or see reminders unexpectedly.
- Need to tell and retell and remember things about the child and experience of death.
- Can't stop crying or can't cry – cry at unexpected times.

All of these reactions are natural and normal. It is important not to deny one's feelings, but to learn to express them. Realizing that you are not alone in having these reactions is helpful. One's balance is regained slowly through understanding and working through the grief process.

It has been said that the bereaved underestimate their ability to survive. However, the many surviving, functioning, bereaved parents, grandparents, aunts and uncles and siblings are proof that the self-help process in a group such as BP/USA can help and does work.



For more information and details on our programs, events, and services, please check out our website.

BPUSA
P.O. Box 6280
Annapolis, Maryland 21401

www.aacounty-md-bereavedparents.org

Bereaved Parents of the USA Anne Arundel County Chapter



***Offering Support, Care and
Compassion for Bereaved Parents,
Grandparents, Aunts and Uncles, and
Siblings, Grieving the Death of a
Child***

Who We Are

We are simply parents, grandparents, aunts and uncles, and siblings who are grieving the death of a child. The Anne Arundel County Chapter of The Bereaved Parents of the USA is a self-help support organization. We are dedicated to assisting families toward the positive resolution of grief following the death of a child and to providing information and education to help others be supportive.

Our children have died at all ages including miscarriage, stillbirth, toddlers, adolescents, teens, and adult children in their 20s, 30s, 40s, and 50s. Our children have died in different circumstances. Some died a sudden death through an accident or fast moving illness. Some of our children died through suicide. Others died after years of illness. Some of our children died from drug abuse. Some of our children were murdered. Some of our children had special needs. These are all differences – but we are united by our common bond of grieving the death of our child. There is no good way for our child to die.

We gather to listen, to care, and to understand the process of grieving, as we begin our journey to survive and thrive again. Our greatest strength as bereaved families is the unity we find in shared experiences, that leads us out of isolation, gives us a place to “belong” and gives us hope that, together, we can make it.



Meeting and Contact Information

We meet the *first Thursday* of each month
at

Calvary United Methodist Church
301 Rowe Boulevard
Annapolis, Maryland

Doors open at 7:00 p.m.
Meeting Starts at 7:30 p.m.

For More Information check our website at
www.aacounty-md-bereavedparents.org
or CALL:

Debbie Wilson Smith:410-757-8280
Barbra Blessing: 410-761-9017
Noel Castiglia: 410-757-5129

The Anne Arundel County Chapter of The Bereaved Parents of the USA is a not-for-profit self-help organization. We do not charge any membership fees or dues, and all bereaved family members are welcome. We depend on donations from bereaved parents and the community we support and from concerned professionals in order to produce our newsletter, website, Service of Remembrance, Annual Conference, library, outreach and informational materials, and other needed services. There are no paid staff; all of the work of our chapter is performed by volunteers. All contributions are devoted totally to the expenses of our programs and activities.

What We Do

Meetings

We meet the first Thursday of each month. Generally a speaker or panel discusses a topic of interest to newly bereaved parents. After the program, the parents join sharing groups which offer support and ideas to those who are just beginning their lonely journey.

Newsletter

We publish and mail a monthly newsletter with information on our activities and articles and writings dealing with the death of a child. The newsletter can also be found on our website.

Annual Conference

The chapter hosts a one-day conference each May with 12-15 workshops dealing with topics of interest to families and friends grieving the death of a child.

Service of Remembrance

The first Sunday in December, we hold an Annual Service of Remembrance to provide an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. This annual celebration of our children's lives helps us face the holiday season with love, compassion, and hope for all.

Annual Memory Walk

Each October, we host an annual Memory Walk to remember all of the children who died too soon but still walk in the hearts of our families and friends.

Community Outreach

Our chapter provides speakers and materials to help others dealing with grieving parents.