

## ***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 depression or anxiety - think they are going crazy or losing their mind; feel 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 – or cry at unexpected times.

***All 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, siblings, grandparents, aunts and uncles 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 visit our website.

[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

BPUSA/ AA County  
P.O. Box 6280  
Annapolis, Maryland 21401

## **Bereaved Parents USA** **Anne Arundel County** **Chapter**



***Offering Support, Care and  
Compassion for Bereaved  
Parents, Siblings, Grandparents,  
and Family Members, who are  
Grieving the Death of a Child***

"We, as bereaved parents, help grieving parents and families rebuild their lives following the death of a child."

## *Meeting and Contact Information*

### *Who We Are*

We are the parents, siblings, grandparents, and aunts and uncles who are grieving the death of a child. The Anne Arundel County Chapter of The Bereaved Parents of the USA is a not-for-profit self-help support organization dedicated to assisting families toward the positive resolution of grief, and to providing information and education to help others be supportive. We are not professional grief counselors; we are bereaved parents.

Our children have died at all ages, from infant to adult, through many different circumstances -- an accident, illness, suicide, miscarriage, stillbirth, or sudden death. Some of our children died from drug abuse or were murdered. Some of our children had special needs. These are all differences – yet we are united by our common bond of grieving the death of our precious child.

We gather to listen, to care, and to understand the process of grieving, as we begin our journey to survive and thrive again. Together we learn to reconcile our loss, redefine our relationship with our loved one, and affirm that our bond of love never ends. 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 we can find peace in our hearts and souls.



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](http://www.aacounty-md-bereavedparents.org)

Call one of our **Phone Friends** for support  
and information:

Barbara Bessling: 410-761-9017  
Mary Redmiles: 410-721-6671  
Tawny Stitely: 443-949-8827

The Anne Arundel County Chapter of The Bereaved Parents of the USA is a not-for-profit self-help organization. All bereaved family members are welcome. We do not charge membership fees or dues. 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, Memorial Walk, library, outreach and informational materials, and other needed services. There are no paid staff; all 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 bereaved parents. After the program, the parents join sharing groups which offer support, discussion, and ideas for coping to all who are facing this journey.

#### *Newsletter*

Our bi-monthly newsletter with information on activities, articles and writings dealing with the death of a child is sent via email or hardcopy and can also be found on our website.

#### *Library*

A lending library of books on relevant topics is available at our meetings.

#### *Facebook*

Join our private, members only, Chapter forum: “Anne Arundel County Chapter of the Bereaved Parents of the USA”

#### *Annual Memory Walk*

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

#### *Service of Remembrance*

The first Sunday in December, we hold an Annual Service of Remembrance to provide an opportunity for parents, siblings, grandparents, other family members 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.

#### *Community Outreach*

Our chapter provides speakers and materials to others who support grieving parents and families.