

THE COMPASSIONATE FRIENDS
ANNE ARUNDEL COUNTY CHAPTER
2003 Program Schedule

Date	Program Title	Description	Presenter(s)
01/02/03	The Grief Process	Grief over the loss of a child tends not to be linear nor have a clear end. In fact most bereaved parents find they grieve the loss of their child for the rest of their lives and that, while there may be stages of grief, the stages do not necessarily occur in the same sequence for each person and they will often find themselves cycling through various stages for years. Our speaker will explore the grief process with us, using the medium of stories.	Gail Rosen, Professional Story Teller
02/06/03	Using Music in Dealing with Grief	Some bereaved parents find music can be helpful in dealing with their grief. Our speaker will relate her experiences in developing music for grieving parents and the role she believes music has in the grief process. Members are urged to bring CDs or cassette tapes with music they have found particularly meaningful and helpful as they deal with their grief. We will use these as part of the discussion in our Sharing Groups.	Mahri Best
03/06/03	“I need help...where are you?!” — Dealing with Family, Friends, and Colleagues	Bereaved parents find that many friends, family and work colleagues are not very supportive in our grieving; in fact some can be harsh and hurtful. A panel of TCF members will discuss their experiences and offer suggestions on dealing with friends, family and colleagues. The panel will explore such issues of how one might respond to those who are supportive and how one might respond to those who are not. The panel will try to offer insights as to how we can help our friends, family, and colleagues to help and support us.	Panel: Terre Belt, Fran Palmer, Paul Balasic
04/03/03	Helping Our Surviving Children	The surviving children in our families often have issues of their own. These issues can be vastly different depending on the age of the surviving child, his/her location in the order of the family, etc. Dr. Wilcox will describe his experience in dealing with the issues faced by the siblings of deceased children, and offer ideas on how we might help them.	Dr. Peter Wilcox, Therapist
05/01/03	How Different Are We?	Men and women often grieve differently. These differences can introduce new stresses into a couple’s relationships. As we anticipate Mother’s Day and Father’s Day in the coming months, understanding these differences (and the similarities) can be helpful. There will be separate sharing groups for men and women.	Howard Reznick
06/05/03	How Could God Let this Happen?!	For some grieving parents, their faith helps them through the grief process. Others experience great anger with their god or religion. Janet will discuss her experiences in her early days of grief and the changes in her faith.	Janet Tyler

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07/03/03	Memorializing Our Children	Many bereaved parents seek ways to memorialize their deceased children and to keep their memories fresh in the minds of family, friends, and the community. Paula Muehlhauser will introduce us to creating a Chapter Quilt. One of the sharing groups will work on starting the quilt. Background fabric will be supplied for everyone. You may want to bring a picture that can be transferred to the fabric for “your child’s” square, or a special drawing or piece of artwork that they did. You don’t need to have any sewing skills to be involved, just a loving desire to share your story.	Paula Muehlhauser
08/07/03	Loss Through Addiction	Deborah, who is a member of our chapter, will provide a mother’s story of a family’s struggle with addiction.	Deborah Sheahy
09/04/03	Holidays and Special Days	The holidays, particularly those in November and December, can be very difficult for bereaved parents. A panel of TCF members will discuss these issues and offer suggestions on preparing for and dealing with holidays and significant dates such as Thanksgiving, Christmas, Chanukah, Mother’s Day, Father’s Day, Valentines Day, the birthdate of the child, the deathdate of the child, the day the child would have first gone to school, etc.	Janice Kunkel Janet Tyler Teri Belt Pat Schultz
10/02/03	The Use of Art Therapy in Dealing with Grief	Sharon Strouse, ATR, is an Art Therapist with 17 years of experience using the creative process to heal and grow. On October 11, 2001 Sharon lost her 17 year old daughter Kristin, who was a freshman at Parsons School of Design in New York City, when she ended her own life. Over the past year, Sharon has turned to the creative process as a means of dealing with her own grief and pain. She will share with us, the process of her own journey and the powerful use of image in healing.	Sharon Strouse, Art Therapist
11/06/03	Silence of Snow	Lynn is the author of <i>Silence of Snow</i> . “Thirty years – almost half a lifetime – should be enough to dim the memory of the death of a loved one. But some memories are indelible; a lifetime can pass and the memory is as vivid as the day it happened. The <i>Silence of Snow</i> , a memoir written by a mother whose son died of leukemia thirty years ago, is proof that the sorrow from the death of a child is forever. In telling her story with graphic yet loving detail, Rosenberg has not only transcended her grief but resurrected herself and her son in the process.”	Lynn Rosenberg
12/04/03	Introducing Our Children	The focus of this evening will be on our deceased children, and giving us a better sense of who these children were. There will not be a “Presenter”; the sharing groups are the focus. Each person brings a picture or some memento of his/her lost child. In the sharing groups each person holds the picture or memento facing the rest of the group and “introduces” his/her child, describing what the child was like, etc.	Sharing Groups