



Bereaved Parents of the USA Anne Arundel County Chapter

APRIL 2015

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A New Season In My Life

Chapter Leader Thoughts

By Chapter Leader Carol Tomaszewski, Dave's Mom

Now that I'm of "an age"..... I look back over my life's journey and realize that I can divide it up into phases, or seasons, if you will. Some of these seasons are a transition, but some of the seasons have definite beginnings...like high school graduation, and marriage, and definitely the death of our son. Dave died 14 years ago, and that season started with devastating grief and a family struggle to move forward through the years.

March is the beginning of another season in my life. This week we had to put our little dachshund, Princess Leilani Hokulele, affectionately known as Lani, to sleep. She joined our family 14 years ago, just 6 weeks after Dave died. It was our youngest daughter, Lara's 14th birthday. I didn't know what to get Lara, I didn't feel like shopping, and none of us felt like celebrating anything. I struggled to know how to help her understand our loss and grief.



Continued on Page 2

Sponsorship of this newsletter has been made by the following families:

Linda and Yoosef Khadem
In memory of their son
William Khadem
October 24, 1984 – April 6, 2014

Someone once wrote: "You can complain because roses have thorns, or you can rejoice because thorns have roses,". Your death is like a thousand thorns, your life like a million roses. We miss you terribly, but are so very blessed to have had you.

Much, much love, Mom,
Dad, Seyed, Qiao,
Grandma and precious,
baby Hayden
May your soul soar on
wings of joy



Judy and Buzz Bolly
In memory of their daughter
Wendy Jean Bolly
April 6, 1977 – October 11, 2002

"To live in hearts we leave behind, is NOT to die"
~ Thomas Campbell



Wendy, you will
NEVER die in our
hearts or those of
your friends!

Continued from Page 1

I followed what I heard in my heart, and surprised her with a little puppy. I thought I was helping Lara, but it turned out that Lani helped all of us. For the first time in months, laughter was heard in our home. Lani was a gentle soul who endeared herself to everyone. And for 14 years we all enjoyed the unconditional love she offered.

When I think back to the early years of our grief, I remember trying to find ways to help Lara. Perhaps you have asked, as I did, how can you help your surviving children when you can barely help yourself? I don't believe there is ever any one answer that is right for everyone. There are resources available if you search for them.

But my experience has shown me that sometimes you should just listen to your heart.

And most of all, give the gift of love.... to your family and to yourself. The love you give will come back to you a hundred fold.

**An Article Written by Chapter Member Linda Khadem
William's Mom**

I have been having a difficult time believing William was real and that he ever existed. I have been wondering the same about myself, as well. Those of you who have been in my sharing groups know that my therapist says this is because the trauma of losing him is too hard for me to bear. I just cannot envision a world that could have had a precious soul, like William, and then not have him, as being any good at all.

Since William died, I tend to see the world with him never having existed as being fine, beautiful even, full of life and color. Somehow that makes sense. I would then think of what that world would look like had he existed and then been taken from me.

That second world is vastly – almost infinitely – different. That world is full of death and dying. There is nothing but pain, misery and decay. The only colors are darker grays and black. That is my world if William existed and was taken from me. It's easier to live in the first world.

I was contemplating this most fervently one night and thinking more along the lines that probably William had existed. I thought about how a God could ever expect me to live in a world without my beautiful William. How could I live in a world colored only in black, grays and death?

I felt possessed to turn the radio on. I am not sure if I had to scan the stations or if it was the first one, but William's favorite song "Viva La Vida" came on. That was, to me, a beautiful sign. I smiled broadly as it played. But that wasn't the end of my experience.



As soon as it finished, or just shortly thereafter, I switched the station and Louis Armstrong's "What a Wonderful World" came on. "Viva La Vida" is a hit song from about 7 years ago. We all know that "What a Wonderful World" is a hit from much longer ago than that.

Whilst I do know that this could be just a coincidence, I choose to believe it's a sign. At least right now I believe; at least for the time being. After all, what is the likelihood that these two songs – or either one of them – would have played at that time?

William - If he ever truly existed here on Earth – seems to be telling me that this world, even with him gone, is still a beautiful place.

Thank you, sweet William...that is, if you, indeed, exist.

Spring

The Spring holiday seasons are upon us. They are special family times that make it more obvious that one is missing. Some parents are struggling with what they believe. The pretty dresses and hats don't seem to matter as much as they did. There are more important things on our minds now. We are facing the renewal of life all around us - and yet the missing child's life is not renewable.

We hurt because life is going on and his or hers is not. These are normal reactions for some when grief is fresh, for the changing of seasons is a poignant time for many. Those of us who have had the necessary time, wish to convey to those who have not that it won't always be this painful. When your grief softens (and it will), so will many of the hurtful responses.

Get out in the sunshine, go for a walk, smell the fragrance of the flowers and allow the warmth and beauty of the season to permeate your being. It just may make your day a little lighter.



Next Meeting: Thursday, April 2, 2015 at 7:30 p.m.

Because the March Meeting was cancelled due to inclement weather, our new Chapter Leader, Carol Tomaszewski will speak on her grief journey through the years since her son David's death.

Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401
Sharing groups, a key part of each Chapter meeting, will be held as desired for first-time attendees, and the newly and non-newly bereaved. **Meetings are held on the first Thursday of every month beginning at 7:30 p.m. and are open to anyone grieving the death of a child. Come around to the back of the church -- there is parking and an entrance directly into our meeting room. Doors open at 7:15 p.m.**

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong," and offer us hope that together – we can make it.

WHAT TO EXPECT AT OUR CHAPTER MEETINGS: Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups. Sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time, the issues that are discussed—particularly for the newly bereaved—focus on the issues facing participants today.



Submissions for the May newsletter are due to the Newsletter Team by April 10th.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

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Correspondence & Hospitality: Tawny Stitely
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Do You Use Amazon.com?

If you enter Amazon through our Chapter's website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's activities. Go to the Chapter's home page, click on the butterflies on the welcome page, and scroll down the first page to the bottom where there is an Amazon.com graphic that takes you to Amazon's site. Entering Amazon's site through the Chapter's website credits the Chapter with the 5% commission on any purchases that follow. Thanks in advance for your help!

Would you like to sponsor the Chapter's newsletter or website (www.aacounty-md-bereavedparents.org) for one month in memory of your child? It's a wonderful way to honor your child's memory – to say his or her name for all the world to hear -- while providing financial support to the Chapter and its many activities offered to all those mourning the loss of a child. Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Mary Redmiles (mary.redmiles@gmail.com) or call her at 410-721-6671, or sign up at a monthly meeting. Say Their Names!!! And help the Chapter, too!

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Planting a Remembrance Tree

National Arbor Day is always the last Friday in April. It is April 24th this year and is a Tree Planter's holiday, and has been celebrated since 1872. It began in Nebraska, a largely treeless plain back in the 1800's. It is a day to plant and dedicate a tree to help nature and the environment. Millions of trees are planted on this day.

The National Arbor Day Foundation provides millions of trees for planting. It is estimated that 18 million trees are planted each year on Arbor Day. A tree planted in memory of a loved one is a great way to honor them.

[Learn how to plant a tree](#)



Renewal

In the first warm days of springtime
when the winter chill is through,
each waking thought and closing prayer begins
and ends with you.

Like the daffodil and crocus that survive the bitter snow,

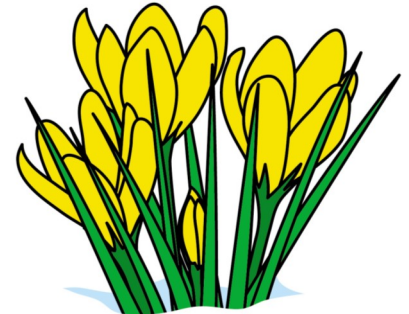
my soul is gently lifted up and is warmed by
sunlight's glow.

It's a time of fresh renewal, a beginning, not an end.

And, oh how much I miss you, my daughter and my friend.

So I'll take the warmth of springtime and hold it close to me,
to help me through the winter storms
till your face once more I'll see.

~Priscilla Kenney, TCF Northshore/Boston, MA



Connect With Us on Facebook

We are on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share postings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved within 24 hours. If you have any questions or problems, please contact June Erickson at JuneErickson@aol.com.



Our Children Remembered

Bethany Anne Balasic Daughter of Paul and Claudia Balasic February 13, 1981 - April 5, 1996	Joseph Fredrick Errichiello Jr. Son of Susan and Joe Errichiello April 6, 1979 - May 29, 2004	Dennis Richard Rohrback Son of Dennis and Joan Rohrback April 8, 1964 - July 3, 1988
Jeff Baldwin Son of Aurelia Ferraro April 27, 1967 - April 26, 1991	Joseph A. Esterling Jr. Son of Joe and Michelle Esterling June 7, 1967 - April 27, 1990	André Marc Sanders Son of Karen Sanders April 8, 1968 - November 27, 2002
Stephanie Noell Banchemo Daughter of Bill Banchemo December 16, 1985 - April 9, 2012	Galen Andrew Harig-Blaine Son of Clare and Stephen Blaine November 14, 1989 - April 22, 2007	Joseph (Joey) Scott Sudo Son of Joe and Suzanne Sudo December 3, 1999 - April 23, 2012
Joey E Belcher Son of Joseph and Irene Belcher April 21, 1975 - December 17, 2012	Brian Michael Hendricks Son of Jeannine Hendricks March 4, 1991 - April 22, 2012	Shardeh Danielle Callis Watkins Daughter of Lori Norris April 30, 1989 - March 2, 2013
Alexandra Elizabeth Bolander Daughter of Tom and Susan Bolander April 1, 1996 - April 1, 1996	William Mirza Khadem Son of Yoosef and Linda Khadem October 24, 1984 - April 6, 2012	Albert Wallace Whitby, Jr. Son of Rita and Albert Whitby Sr. Brother of Susan Lovett April 25, 1951 - June 2, 1981
Wendy Jean Bolly Daughter of Judith and Louie Bolly April 6, 1977 - October 11, 2002	David A Lombardo Son of David D. and Maryann Lombardo April 11, 1976 - April 9, 2011	Alisa Joy Withers Daughter of Jan Withers July 7, 1976 - April 16, 1992
Paul Shane Brough Son of Theresa and Steve Bleemke May 18, 1982 - April 4, 2003	Walter H. Maynard IV Son of Rose Marie Carnes and Walter Maynard III January 2, 1965 - April 14, 2006	Maraki Yemane Daughter of Patrizia Giorgio and Menelik Yemane April 1, 2006 - November 21, 2010
Faith Campbell Daughter of John and Cathi Campbell April 5, 1994 - April 5, 1994	Craig Steven Nelson Son of Karen Coulson April 2, 1974 - January 31, 1994	
William Frederick Carter Jr. Son of Dot Carter Brother of Janet Tyler Brother of Lisa Beall April 24, 1959 - August 16, 1992	Solymar Rodriguez Torres Daughter of José Rodriguez and Vanya Torres August 27, 1993 - April 13, 2007	

This is for all the caterpillars that never became butterflies. All the butterflies that never caught the wind in their wings. And all the hearts that had hopes and dreams of a wondrous flight together.

Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made recently:

Kenneth Smith in memory of his niece Tracy Fotino

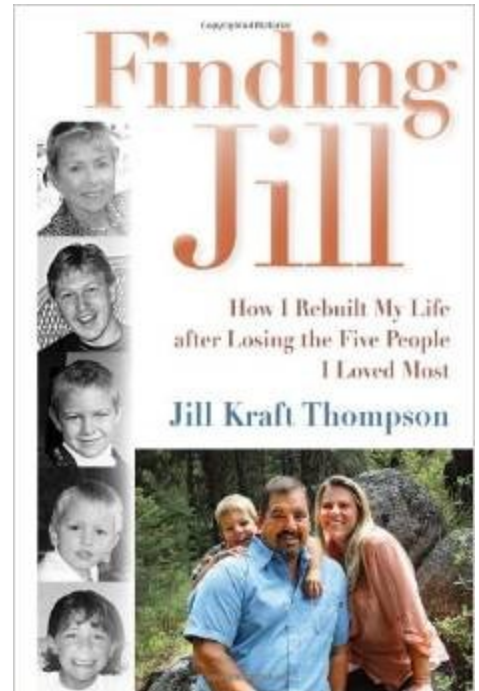
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Book Review

Finding Jill: How I Rebuilt My Life After Losing the Five People I Loved Most

By Jill Kraft Thompson

Jill Kraft Thompson had a life filled with love: an adoring husband, two young precious sons, a devoted mother, and a close extended family. Jill's story begins as everyone's worst nightmare. In 2002 she lost five close family members in a car crash that she survived. Her beloved young sons, husband, mother and niece were gone. In telling her tale, Jill pulls no punches. She describes how she endured raw grief, rage, despondency, and eventually, attempted suicide. The reader travels with her as she slowly and painfully learns to move forward while still honoring the family she lost, as she finds the strength to continue living, and finally as she musters the courage to risk romance, marriage and motherhood again. Quite simply this is a true tale of the triumph of love and hope over unspeakable tragedy.



Find this book on Amazon.com: http://www.amazon.com/dp/0989425207/ref=rdr_ext_tmb

Twinkle of Hope

Submitted by Lee Ann | March 4, 2013 - 3:02pm The Grief Toolbox

My son, Greg, age 13, died by suicide on September 19, 2005. The following May, I was online looking for grief information. I came across the Bereaved Parents of the USA website, I read about the National Gathering being held in St Louis the following July. We love St Louis and St Charles we had spent a couple weekends there with Greg sightseeing, riding bikes on the Katy Trail and enjoying all there was to offer about the Lewis and Clark Expedition.

St. Louis got my attention on the website and then the workshops. I showed it to Daryl and with little discussion we were signed up. We were reaching out for anything. Little did we know what that weekend would bring to both of us.

We had no idea what we were walking into. There were so many people. They had on shirts with pictures

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of kids on them, buttons with pictures of kids and they were laughing. We had to be in the wrong place. We met several people through the evening as we were walking around. We made little conversation.

We registered at the Bereaved Parents table, got a welcome bag and headed to our room. We spent the rest of the evening reading through the Program guide. WOW. Are they going to answer all of our questions? So many workshops were being offered, how were we to choose which ones to go to, there was not the time to go to all of them. We knew we would attend all of the suicide workshops.

The next morning we got up, put on our nametags, pinned on our buttons with Greg's picture and headed downstairs to the dining room for breakfast. As we walked down the hall, there were many with the same nametags on, even more in the line waiting for the elevator. As we approached the dining room area, a line, a long line. All with name tags and picture buttons. I don't remember Daryl and I even speaking to each other, just looking in amazement, so many people. I thought to myself, all of these parents have had children die. We found a couple seats at a table that already had six people sitting at it. I sit looking at each of their nametags and pictures. To this day, I truly believe we were put at that table for a reason. Every couple at the table had a child die within the last 12 months. We all immediately became friends. Stories of our children were shared. We were sitting in a room with 400 other people whom, knew exactly how I felt. It was like a huge relief had been lifted off our shoulders. We could feel what we needed to feel and not have to explain ourselves.

During the four hour drive home, we reflected on everything we had learned, with the most important being, you do not have to do this alone, there are so many others. Sharing, talking and listening had help in our healing. We knew we had to bring something to our rural community, for other bereaved parents.

We held our first BP/USA support group meeting the following October. Not knowing what to expect, we had a full room. As we watched the bereaved parents come into the room, we could see the sadness on their faces and the tired in their eyes. They each looked at us, hoping we had the answers. They had come with heart in hand. Their eyes were saying "Can you mend it? Can you make the hurt go away?" By the end of the evening, those tired eyes were glistening with twinkles of hope.

Never in a million years would I have thought I could have survived this long without seeing my Greg. I remember thinking on Sept 19th 2005, just how was I going to make it to the 20th. Then it was a week, then a month. Next thing you know it had been a year. I still can't imagine getting to 10, 20 or 30. Because of our family, friends and other bereaved parents, we are getting there. Because of our attending National Gatherings, we are getting there. Beginning this BP group, we are getting there. We have brought to ourselves and others a place where we can go and it is a safe haven, a place we can talk about our children and our new lives that are forming in front of us. Because of this, we are getting there.

During the first year after Greg's death, I would have never dreamed, I would have been able to start a support group for others, be a part of the National board of directors of BP/USA and still be helping other bereaved families 8 years later.

So here I am on my journey. What to do next? It is a daily question. I pray every morning asking God to show me the path I need to take. I then ask him to help me open my eyes to see it. I find it humbling when people say thank you for doing what I am doing to help others. I just listen. I share the sadness. I share kind words. I am just there. I grieve with them.

Lee Ann Hutson, Greg's mom

After Loss: We Are Our Own Evidence

Written by [David Roberts](#) on Friday, February 20, 2015 From Open to Hope

Validation Comes From Within

If we need validation or proof of our own transformation after loss or other life altering events, we need look no further than ourselves. We can only assess for ourselves the progress we have made on our journeys. The validation from others regarding our progress is important but in reality it is a byproduct of the work we are doing from the inside out to change our perspectives after loss. The work we do is an authentic representation of what we believe and where we are in our journey. We are a product of our beliefs, which we adopted because of the influence of, among others, our parents, teachers and peers. It is easy to judge someone else's experience as invalid or not applying to us. It is a way for us to stay safe, to dare not risk venturing into unknown territory and to keep people of different beliefs and ideologies at bay. Our refusal to witness perspectives that are different without judging them is not an innate skill but one, which I believe, is acquired through experience.

A Limited Worldview

Prior to my daughter Jeannine's death in 2003, I tended to be closed off to the possibilities of life after death, reincarnation and continued bonds with our loved ones. My deceased mother Sadie believed in all of the above. Despite her best efforts to open my eyes up to a different world, my eyes remained shut. Even when her spirit appeared to me in the bedroom of my house, a month after she died, that event itself did not change my empirical view of the world. I viewed her visitation as an isolated incident. The impact of her visit did nothing to change my beliefs.

I loved my mother, but resented the fact that she didn't marry again after my father left us, when I was five. I also was angry because of her need to overprotect me. But as I approach my sixtieth birthday, I realize that those resentments prevented me from opening myself up to my mother's world, a world of endless, multidimensional possibilities. I now realize that the world was not a safe place for my mother after my father left, and she had to do what was necessary to make it safe for the both of us. I know longer have resentments towards my mother, but only a deep and infinite love that transcends my physical world. I am also thankful that resentment was present in my life, because it revealed to me what I needed to subsequently embrace, in order to open myself up to the possibilities of life and life after death.

Empowering Discoveries

I have also learned that the outward emotions or states of mind that drive our interactions with others may be an expression of more comprehensive patterns of behaviors and/or life themes that unconsciously prevent us from transforming our worldview. If, for example, I constantly generalize a setback in one area of my life to all areas of my life, it may be because of a general lack of safety that I experience about the world a general lack of mistrust in others, or lack of faith that the universe will fulfill my needs. My experience of rejection, in this case, is illusion posing as truth. Embracing this discovery empowers me to change how I relate to the world and to myself. Feeling safe and secure in who I am and how I represent who I am to the world plays a significant role in how I see others.

I recently heard a line in an episode of [Cold Case](#), which is as follows: "*I am my own evidence.*" How we experience the world is unique to us. The interpretation of beliefs or events that shape that experience is unique to us. We know better than anyone, the unique impact of our experience, and if we are open to the teachings revealed to us, our interactions with others become both enriched and nonjudgmental.

"Unless you learn to face your own shadows, you will continue to see them in others, because the world outside you is only a reflection of the world inside you."

David J. Roberts, LMSW, CASAC, became a parent who experienced the death of a child, after his daughter Jeannine died of cancer on 3/1/03 at the age of 18. He is a retired addiction professional and is also an adjunct professor in the psychology department at Utica College, Utica, New York.

Getting Grief Right

Originally Printed in *The New York Times* Opinionator

By Patrick O'Malley

January 10, 2015



By the time Mary came to see me, six months after losing her daughter to sudden infant death syndrome, she had hired and fired two other therapists. She was trying to get her grief right.

Mary was a successful accountant, a driven person who was unaccustomed to being weighed down by sorrow. She was also well versed in the so-called stages of grief: denial, anger, bargaining, depression and acceptance. To her and so many others in our culture, that meant grief would be temporary and somewhat predictable, even with the enormity of her loss. She expected to be able to put it behind her and get on with her life.

To look at her, she already had done so. The mask she wore for the world was carefully constructed and effective. She seemed to epitomize what many people would call “doing really well,” meaning someone who had experienced a loss but looked as if she was finished grieving. Within a few days of the death of her daughter she was back at work and seemed to function largely as before.

The truth of her life was something else. Six months after her baby’s death she remained in deep despair. She was exhausted from acting better than she felt around co-workers, friends and family. As is so often the case, she had diagnosed her condition as being “stuck” in grief, believing that a stubborn depression was preventing her from achieving acceptance and closure.

Was she in denial, she wondered. She also wondered if she was appropriately angry. The bottom line was that she knew she was depressed — a psychiatrist had prescribed an antidepressant — and that is what she wanted me to treat.

Earlier in my practice, I would have zeroed in on that depression. Was there a family history? Had she been depressed before? Was the medicine helping? What were her specific symptoms? Knowing the answers might suggest why she was stuck. Or I would have reviewed the stages of grief, as she had, looking for one in which the work remained incomplete.

But I had begun to operate differently by the time Mary showed up, which was 10 years after my own loss. My firstborn child had also died before he was a year old. It was why Mary had chosen me.

In our first session I put Mary’s depression aside. I asked her to tell me the story of her baby rather than describe the symptoms of her grief. Though she was resistant, she eventually started to talk.

Like most other things in Mary’s life, the baby, whom she named Stephanie, was planned. Mary was delighted with her pregnancy and had wonderful dreams for her daughter. After a routine delivery, Mary stayed home with Stephanie for the first three months. Returning to work had been difficult, but Mary was comfortable with the child-care arrangement, and managed to balance motherhood with her busy professional schedule.

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Then Mary told me about the Saturday when she went to check on her napping daughter and found that Stephanie wasn't breathing. She began C.P.R. as her husband called 911. There were moments of surreal focus as she and her husband tried to save their baby. Then this woman, so accustomed to being in control, had to surrender her daughter to an emergency crew. Her husband drove as they followed the ambulance to the hospital.

She described the waiting room in great detail, down to the color of the furniture. When the hospital chaplain walked in with the doctor she knew her baby was gone. She and her husband were taken into a room where they held the baby for the last time.

At this point in her story Mary finally began to weep, intensely so. She seemed surprised by the waves of emotion that washed over her. It was the first time since the death that the sadness had poured forth in that way. She said she had never told the story of her daughter from conception to death in one sitting.

"What is wrong with me?" she asked as she cried. "It has been almost seven months."

Very gently, using simple, nonclinical words, I suggested to Mary that there was nothing wrong with her. She was not depressed or stuck or wrong. She was just very sad, consumed by sorrow, but not because she was grieving incorrectly. The depth of her sadness was simply a measure of the love she had for her daughter.

A transformation occurred when she heard this. She continued to weep but the muscles in her face relaxed. I watched as months of pent-up emotions were released. She had spent most of her energy trying to figure out why she was behind in her grieving. She had buried her feelings and vowed to be strong because that's how a person was supposed to be.

Now, in my office, stages, self-diagnoses and societal expectations didn't matter. She was free to surrender to her sorrow. As she did, the deep bond with her little girl was rekindled. Her loss was now part of her story, one to claim and cherish, not a painful event to try to put in the past.

I had gone through the same process after the loss of my son. I was in my second year of practice when he died, and I subsequently had many grieving patients referred to me. The problem in those early days was that my grief training was not helping either my patients or me. When I was trained, in the late 1970s, the stages of grief were the standard by which a grieving person's progress was assessed.

THAT model is still deeply and rigidly embedded in our cultural consciousness and psychological language. It inspires much self-diagnosis and self-criticism among the aggrieved. This is compounded by the often subtle and well-meaning judgment of the surrounding community. A person is to grieve for only so long and with so much intensity.



To be sure, some people who come to see me exhibit serious, diagnosable symptoms that require treatment. Many, however, seek help only because they and the people around them believe that time is up on their grief. The truth is that grief is as unique as a fingerprint, conforms to no timetable or societal expectation.

Based on my own and my patients' experiences, I now like to say that the story of loss has three "chapters." Chapter 1 has to do with attachment: the strength of the bond with the person who has been lost. Understanding the relationship between

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degree of attachment and intensity of grief brings great relief for most patients. I often tell them that the size of their grief corresponds to the depth of their love.

Chapter 2 is the death event itself. This is often the moment when the person experiencing the loss begins to question his sanity, particularly when the death is premature and traumatic. Mary had prided herself on her ability to stay in control in difficult times. The profound emotional chaos of her baby's death made her feel crazy. As soon as she was able, she resisted the craziness and shut down the natural pain and suffering.

Chapter 3 is the long road that begins after the last casserole dish is picked up — when the outside world stops grieving with you. Mary wanted to reassure her family, friends and herself that she was on the fast track to closure. This was exhausting. What she really needed was to let herself sink into her sadness, accept it.

When I suggested a support group, Mary rejected the idea. But I insisted. She later described the relief she felt in the presence of other bereaved parents, in a place where no acting was required. It was a place where people understood that they didn't really want to achieve closure after all. To do so would be to lose a piece of a sacred bond.

"All sorrows can be borne if you put them in a story or tell a story about them," said the writer Isak Dinesen. When loss is a story, there is no right or wrong way to grieve. There is no pressure to move on. There is no shame in intensity or duration. Sadness, regret, confusion, yearning and all the experiences of grief become part of the narrative of love for the one who died.

Patrick O'Malley is a psychotherapist in Fort Worth. This is an essay from Couch, a series about psychotherapy at nytimes.com/opinionator. Some details have been altered to protect patient privacy.

You can read the original article here: <http://mobile.nytimes.com/blogs/opinionator/2015/01/10/getting-grief-right/?referrer>

The Death of Common Sense: When Love and Grief Become "Disordered"

By Joanne Cacciatore, PH.D

March 22, 2015

There is some hullabaloo going on about "prolonged grief disorder," AKA "complicated grief disorder." Yep, another grief-related 'mental illness.' According to an *NEJM* blog the "condition is characterized by intense grief that lasts longer than would be expected according to social norms and that causes impairment in daily functioning."

Ha! Social norms? Around grief? Talk about pathology! Western culture's "social norms" and expectations around grief, especially when traumatic, are as abnormal and avoidant as any society could get. The average bereavement leave is three days, many bereaved parents are medicated within days or weeks after a traumatic loss (even in the presence of data to suggest these medications can be harmful and iatrogenic), and mourners are expected, and then pressured, to get back to 'life-as-usual' often within weeks or mere months, [even after traumatic death](#). And our social networks often fail as others' tolerance wanes in the

months and years that follow. Here are some words from mourning clients of mine who note they feel: "lonely," "avoided," "ostracized," "grief is trivialized," "abandoned," "like no one understands," "disconnected," "pushed to heal," "like no one remembers." These are pathologies of our culture, not of individuals.

The same blog continues:

"The hallmark of complicated grief is persistent, intense yearning, longing, and sadness; these symptoms are usually accompanied by insistent thoughts or images of the deceased and a sense of disbelief or an inability to accept the painful reality of the person's death... the urge to hold onto the deceased person by constantly reminiscing or by viewing, touching, or smelling the deceased person's belongings... often feel shocked, stunned, or emotionally numb, and they may become estranged from others because of the belief that happiness is inextricably tied to the person who died. They may have a diminished sense of self or discomfort with a changed social role and are often confused by their seemingly endless grief"... "for more than six months after the death of a loved one."

I believe certain groups are at risk of - *again* - being diagnosed and "treated" for absolutely normal feelings and experiences after an excruciatingly painful and traumatic loss.

For example, I worked with a mother who lost her three children in a fire. Why would she not have persistent and intense yearning? Why would she not long for her children? Feel sadness? Experience an inability to accept their deaths? Why would she not feel shocked ... emotionally numb? Why would she not experience a diminished sense of self? And let's not underestimate the power of being surrounded by cruel and insensitive others while in our grief.

Please consider that when others promote 'treatment' for a 'disorder' related to grief, they are asserting that these are aberrant - somehow abnormal - reactions. They are medicalizing what it means to be human, to love and to, rightfully, mourn. Um, sorry, no.

When the overwhelming majority of a population feel the same way, experience the same emotions, and contradict what others, on the outside looking in, assert are "normative," then I'm going to defer to the *real* experts to establish the Gaussian curve for that particular population.

I reject this idea that, somehow, a mother whose three children die in a fire or a mother whose two children are murdered or parents whose baby dies during birth or whose son died at three of cancer or whose daughter is raped and murdered are "disordered" for feeling the aforementioned symptoms. No way will I be convinced of that. Rather, a world wherein those horrific events can occur is deeply flawed and the tendency for our culture to pathologize the pain and suffering they expectedly would endure is a sickness. Of *course* they experience an 'impairment in daily functioning.' No shit Sherlock. This is a NORMAL reaction to ABNORMAL tragedies. Come on, let's use our hearts and our minds about this. Is common sense dead? Of course [grief is complicated](#). So is love. Heck; life is complicated. But none of the aforementioned are 'disorders.'

So here's the question: Do some people need support through traumatic grief? Oh yes, yes, indeed. Many do. And here's the next question: Need we medicalize and pathologize traumatic grief in order to provide aid? No, nope, no we don't. And we shouldn't. It is trivializing and dismissive and an offense to our humanity.

The best support and care we, as providers and as a community, can offer is nonjudgmental loving, compassionate space to be with what is ... others to remember and speak their

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names ... unconditional respect for our emotional state ... a place of safety ... time to mourn a profoundly important and utterly irreplaceable

relationship ... time and space and kindness as we integrate the loss ... and eventually, support without coercion as we find meaning and purpose in life again if and when we are ever ready.

Grieving for Grief: *Joanne Cacciatore, PhD, is an Associate Professor at Arizona State University and founder of the [Center for Loss and Trauma](#). She writes and researches on traumatic grief and does extensive provider training on 'green' mental health care. Her latest book, [Selah: An Invitation Toward Fully Inhabited Grief](#), is being used as a tool by grief therapists around the world.*

West County: Local woman copes with loss by serving those who grieve

From *The Capital*

By Sharon P. Schultz, Correspondent

March 6, 2015

Imagine the worst thing that has ever happened to you and times it by infinity. That's what it was like for Carol Tomaszewski when her son David's heart stopped beating, and her heart shattered.

"February has been a hard month for me," Tomaszewski said. "Not only the winter cold, ice and snow, but the cold claws of grief reach into my heart and soul."

David Tomaszewski died in February 2001 at age 26. Some people think that the Severn mom should be over the loss of her son by now.

"Losing a child is a very different kind of grief, one that I won't ever get over," she said. "However I continue to learn to live with it and incorporate my grief into my life, along with the memories of my son."

Tomaszewski has been instrumental in helping other parents with their grief. She recently became a chapter leader for the Anne Arundel County Chapter of Bereaved Parents of the USA.

"This is a group that no one would choose to belong to, but for grieving parents, it is a blessing that offers healing, encouragement and hope for the future," Tomaszewski said.

The Angel Gown Project is another opportunity for Tomaszewski to help ease the grief of others and herself. She and other mothers take donated wedding gowns and make them into infant gowns donated to local neonatal intensive care units. The gown is used for final photos and for burial services for infants lost through miscarriage, stillbirth and other complications.

"Creating these gowns is truly an act of love," said Tomaszewski.



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She established the David W. Tomaszewski Memorial Fund which has provided scholarships for 22 seniors from Meade and Old Mill High Schools and purchased library books donated to area elementary and middle schools.



"As bereaved parents, many of us look for ways to honor our children, to find purpose in our lives once again, and to help others," said Tomaszewski.

The high point for Tomaszewski and her family is their annual art auction fund raiser.

"Our family makes most of the food and all of the cookies. It's an evening of good entertainment with many unique art works to purchase, from original oils and watercolors to etchings, prints and one-of-a-kind music and sports memorabilia."

In 2012, two artists from Italy, Guido Borelli and Danka Weitzen, attended the auction and featured their work. In 2014, a guitar autographed by Paul McCartney was sold.

"I think every child's death leaves the parents with questions that have no answers," said Tomaszewski. "Moving forward with my life, incorporating my grief, and cherishing memories with Dave are more healing than any answers."

This year's art auction, sponsored by David W Tomaszewski Memorial Scholarship Committee, will be held at 8 p.m. March 28 at the Jessup Community Hall, 2920 Jessup Road. Tickets are \$10 in advance or \$15 at the door.

You can read the original article on the Capital Gazette's website here: <http://www.capitalgazette.com/neighborhoods/ph-ac-gn-west-county-0307-20150306,0,5510673.story>



*I talked about my child
while my child was on
earth.. why would I
stop now that my child
is in heaven?*

"We bereaved are not alone.
We belong to the largest com-
pany in all
the world – the company of those
who have known suffering."
~ Helen Keller

Chapter Notes: Upcoming Meetings & Announcements

Angel Gown Project

Nancy DIMauro (June Erickson's cousin) has been very busy making angel gowns. She made all 21 dresses pictured below. (She even got a blister on her finger from sewing on embellishments. With just these gowns alone, we should be ready to make another delivery to AAC Medical Center's NICU again soon. Thank you so much Nancy!



**I will not hide my
grief,
As I did not hide my
love.
~ Unknown**

April Chapter Meeting – Thursday, April 2, 2015

7:30 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD. Because the March Meeting was cancelled due to inclement weather, our new Chapter Leader, Carol Tomaszewski will speak on her grief journey through the years since her son David's death.

Chapter Notes: Upcoming Meetings & Announcements

Newsletter Submissions – by April 10, 2015

If anyone has a story to tell, a poem to share, a bereavement book they read, an upcoming grief conference, a photo they took of an event, or an article they thought was particularly helpful in their grief journey, please pass them on to others through our Newsletter. These personal submissions will make the newsletter more interesting for everyone. NOTE: All submissions should be made by the 10th of each month for the following month's newsletter. That includes those sponsoring the newsletter in memory of their child. Sponsorship submissions should include a photo, poem/saying, parents' name, child's full name, birthday and angel date. Please email all of these directly to JuneErickson@aol.com.

May Chapter Meeting – Thursday May 7, 2015

7:30 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD Our speaker will be Sheila Gudiswitz, a Sibling Facilitator from The Compassionate Friends - DC Chapter who will talk about Mother's Day. She will be back at a later date to speak on Sibling Grief. Sheila lost her sister at a very young age.

Core Group Meeting – Tuesday, May 12, 2015

7:00 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD. Please come join us. Enter through the front of the church and find room number on electronic board. Topics to be discussed: Chapter positions open, Newsletter, Outreach, Spring Activity, Angel Gowns and Tu-Tus

June Chapter Meeting – Thursday, June 4, 2015

7:00 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

Susan Coale will be here to discuss loss through substance abuse. She is a clinical specialist with Chesapeake Life Center.

The Compassionate Friends National Conference – July 10 - 12, 2015

The 38th TCF National Conference, "Hope Shines Bright ... Deep in the Heart", is the theme of next year's event. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. Visit their website at ---> http://www.compassionatefriends.org/News/Events/Conferences/National_Conferences.aspx



Bereaved Parents of the USA National Gathering - July 24 - 26, 2015

Hartford, Connecticut

Visit their website at ---> <http://www.bereavedparentsusa.org/Gathering.html>

TCF Regional Conference - October 2 - 4, 2015

Rochester, MN

"Hope and Healing for Our Broken Hearts" Kahler Grand Hotel, Rochester, MN
Speakers Mitch Carmody, speaker, author and bereaved dad and sibling; Executive Director of TCF and bereaved dad, Alan Pedersen; Dr. Heidi Horsley, TCF National Board Member and Executive Director of "Open to Hope" and bereaved sibling; and



Chapter Notes: Upcoming Meetings & Announcements

Glen Lord; vice president of the TCF Board of Directors and The Grief Toolbox, and bereaved dad. Special Friday Night program with Carla Blowey of "Dreaming Kevin" and Mitch Carmody of: "Letters to My Son" on signs from our children and dream work. If you would like to further information, would like to volunteer or donate to our conference in some way, please call Cathy at 651.459.9341 or email at peachy3536@comcast.net or Mary and Darwyn at 651-923-4922 or Tri at dntri@sleepyeyetel.net

TCF Regional Conference - October 9 - 11, 2015

"From a Broken Heart....Emerges Hope and Healing"

Radisson Hotel Valley Forge, King of Prussia, PA

Please contact Bobbi Milne at mcfly423@aol.com or Ann Walsh at tcfestarc@yahoo.com if you would like to volunteer, be a sponsor or send a donation. More details will come later.

Resources

Hospice of the Chesapeake Life Center

90 Richie Highway
Pasadena, MD 21122
410-987-2129

Toll Free: 888-501-7077

Website: <http://chesapeakelifecenter.org/programs-and-services/groups>

1) Child Loss Group

Monthly support group for parents experiencing the loss of a son or daughter of any age.

2) Suicide Grievors

Monthly Support Group with a professional facilitator for those 18 years and over who are grieving the death of a loved one by suicide. Please call 410-987-2129 for further information.

3) Support Group for those Grieving a Loss Due to Substance Abuse

This monthly drop-in/open support group is designed for those who have lost a loved one due to substance abuse and will address issues common to this particular type of loss.

4) Perinatal Scrap-N-Share Group

This group is designed for individuals or couples coping with a difficult pregnancy diagnosis or infant loss. Participants can make a scrapbook, collage, or shadow box or just come for support with others who have experienced a similar loss. Group meets bi-monthly in the evening.

5) Career-Aged Widow and Widowers Support Group

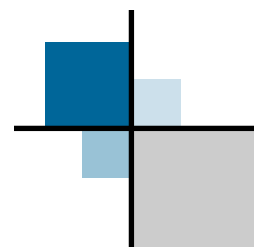
Groups for career-aged adults who are grieving the death of a spouse or a life partner.

Grief Counseling

Website: <http://www.chesapeakelifecenter.org/programs-and-services/ind-counseling>

Complementary Therapies

Website: <http://www.chesapeakelifecenter.org/programs-and-services/complementary-therapies>



Resources

Maryland Crime Victims' Resource Center

Website: <http://www.mdcrimevictims.org> or call 410-234-9885

Suicide Support Group

Meets the first Tuesday of each month in Severna Park, MD. Call 410-647-2550

MIS Support Group

(miscarriage, infant death or stillbirth)

Meets the first Monday of each month in Edgewater, MD. Call 443-481-6114

Grief Recovery After a Substance Passing (GRASP)

Website: www.grasphelp.com or call 843-705-2217

The Compassionate Friends of Prince George's County

Meetings are on the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchellville Road, Bowie, MD

The Compassionate Friends, Reston Satellite Group

(for parents with no surviving children)

North County Government Center, Reston District Police Station, 12000 Bowman Towne Drive, Reston, VA. Meetings on the second Saturday of each month from 2 p.m. to 4 p.m.

Gilchrist Grief Services

Registration is required for all services - Online at gilchristospice.org/grief_registration

For Hunt Valley, Gilchrist Center, Forest Hill and Dundalk events call 443-849-8251 or email

GHC_bereavement@gilchristospice.org

For Howard County events call 443-539-4086 or email GHC_bereavement@gilchristospice.org

Hunt Valley:

11311 McCormick Road, Suite 350

Hunt Valley, MD 21031

Support Groups:

Widowed Persons/Life Partner Support Group (all Ages) evening

Tuesdays - TBA

Widowed Persons/Life Partner Support Group (all Ages) daytime

Adults with Parental Loss

Widowed Persons/Life Partner Support Group (ages 50 & under)

Workshops:

Craft Night: 6:30-8pm, Monthly

A social time of friendship, fun and creativity

Select Thursdays

In Forest Hill:

Hooper House

2007 Klein Plaza Drive

Forest Hill, MD 21050

In Towson:

Gilchrist Center - 555 W. Towsontown Blvd.

Towson, MD 21204

Support Groups:

Mother's Grief: 3-4:30pm, Monthly

For mothers who have lost adult children

In Columbia:

5537 Twin Knolls Road, Suite 434

Columbia, MD 21045

Support Groups:

Men's Support Group: Monthly

For men who have lost a spouse/significant other

Widowed Persons/Life Partner Support Group (all ages) morning

Thursdays, TBA

Adults with Parental Loss Widowed Persons/Life Partner Support Group (all ages) evening

In Dundalk:

Mosaic Community Services in the Dundalk

Professional Building, near the intersection of

Dundalk Avenue and Center Place.

40 S. Dundalk Ave, Dundalk, MD 21222



Resources

Mental Health Crisis Hotline Numbers

Maryland Hotline – Call 800-422-0009
Anne Arundel County Suicide Hotline – Call 911 (emergency) or 410-768-5522
Baltimore City – Call 410-931-2214
Baltimore County – Call 410-752-7272
Calvert County – Call 800-422-0009
Charles County – Call 800-422-0009
Frederick County – Call 301-662-2252
Howard County – Call 410-531-6677
Montgomery County – Call 240-777-4000
Prince Georges County Suicide Hotline – Call 911 (emergency) or 301-864-7130 / 301-429-2185
St. Mary's County – Call 800-422-0009
Veterans Hotline – Call 800-273-8255

Web Resources

WEEKLY WEB-RADIO SHOWS - To access the weekly "Open to Hope Show" on Thursdays at noon, go to <http://www.opentohope.com>. This show deals with the different aspects of grief. You can also pick up archives of this show at this site or go to <http://www.thegriefblog.com>. For archives of "Healing the Broken Heart" go to <http://www.voiceAmerica.com>

American Association of Retired People - AARP- A grief and loss program includes online articles, publications, support groups, and discussion boards on coping with the loss of a loved one. Website: http://aarp.org/families/grief_loss

American Foundation For Suicide Prevention - Dedicated to advancing knowledge of suicide and the ability to prevent it. Phone: 1-888-333-2377 Fax: 1-212-363-3500
Website: <http://www.afsp.org> E-mail inquiry@afsp.org Address: 120 Wall St., 22nd Floor, New York, NY 10005

Adult Sibling Grief - A support & resource community for surviving adult siblings.
Website: <http://www.adultsiblinggrief.com> E-mail author@adultsiblinggrief.com

Alive Alone - Designed to benefit bereaved parents whose only child or all children have died by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future.
E-mail alivalon@bright.net Address: 1112 Champaign Drive, Van Wert, Ohio 45891

Bereaved Parents of the USA-BPUSA - Offers support, care, and compassion for bereaved parents, siblings, and grandparents. Phone: 708-748-7866 Website: <http://www.bereavedparentsusa.org>
Address: PO Box 95, Park Forest, Ill. 60466

Break The Silence - Impatient safety for those in crisis or at risk for self-harm and suicide.

Web Resources

Website: <http://www.break-the-silence.org> E-mail BTSSaaveALife@aol.com Phone: 1800-Suicide (1-800-784-2433)

Address: 821 Landis St., Scranton, PA 18504

Center for Loss of Multiple Birth – CLIMB - By and for parents who have experienced the death of one or more children during a multitude pregnancy, birth, and through childhood. Phone: 907-222-5321

Website: <http://www.climb-support.org> E-mail: climb@pobox.alaska.net

Address: PO Box 91377, Anchorage, AK 99509

Children's Bereavement Support Group - Support group for children 7-14 who are bereaving the loss of a parent, grandparent, sibling or friend. Meets the first and third Thursday of each month from 5-6PM in the Cory Building, 599 Route 37 West in Toms River, Phone: 1-732-505-KIDS.

Comfort Zone Camp - For siblings and children (age 7-17) coping with loss of a sibling or parent.

Phone: 1-804-337-3430 Fax: 1-804-377-3433 Website: <http://www.comfortzonecamp.org>

E-mail: info@comfortzonecamp.org Address: 4906 Cutshaw Ave. 2nd Floor, Richmond, Va 23230

Compassion Connection - Contains articles and readings for all who have suffered a loss.

Website: <http://www.compassionconnection.org>

Good Grief Resources - Connects the bereaved and their caregivers with as many bereavement support resources as possible in one efficient and easy-to-use web directory. Website: <http://goodgriefresources.com>

GriefHaven - Provides loving support, hope, and hands-on for those who have lost a child, brother, or sister, or grandchild, and also provide education to professionals and others seeking to help bereaved family members rebuild their lives. Phone: 1-310-459-1789 Website: <http://griefhaven.org>

E-mail: hope@griefHaven.org

Address: The Erika Whitmore Godwin Foundation 15332 Antioch St. #147, Pacific Palisades, Ca 90272

GriefNet - offers e-mail support groups for the bereaved including parents, siblings and grandparents. It also offers a wide variety of bereavement related content including a comprehensive resource guide of bereavement organizations Website: <http://www.griefnet.org> Address: PO Box 3272 Ann Arbor, MI 48106-3272

and a sister website for bereaved children (**KIDSAID**) Website: <http://www.kidsaid.com>

Grief Speaks - Lisa Athan is a grief specialist who facilitates workshops and training programs on grief.

Phone: 973-912-0177 Website: <http://www.griefspeaks.com> E-mail: lisa@Griefspeaks.com

Grief Work Center - Barbara Rivel is a grief speaker who specializes in helping those who have to deal with suicide and homicide and in general death, dying and bereavement issues by providing compassion

www.aacounty-md-bereavedparents.org

Web Resources

during a time of need. Phone: 732-422-0400 Website: <http://www.griefworkcenter.com> E-mail: griefwork@aol.com

GROWW - Grief recovery online offers wide variety of grief and bereavement resources. Phone: 800-854-3402 Website: <http://www.groww.org>

Hospice Foundation of America - Includes information about hospice care and programs including bereavement support for families using hospice. Phone: 1-800-854-3402 Website: <http://www.hospicefoundation.org>

Mothers Against Drunk Driving - MADD - Phone: 1-800 GET MADD (1-800-438-6233) or 1-877-MADD HELP (1-877-623-3435) Fax: 1-972-869-2206/7 Website National: <http://www.madd.org> Website Local: <http://www.madd.org/nj>

Address National: 511 E. John Carpenter Frwy. Suite 700, Irving, Texas 75062
New Jersey Chapter: P.O. Box 5085, Trenton, NJ 08638 Phone: 1-609-585-7233

Mothers In Sympathy and Support-M.I.S.S - Provides immediate and ongoing support to grieving families, empowerment through community volunteerism opportunities, public policy and legislative education, and programs to reduce infant and toddler death through research and education.

Phone: 1-623-979-1000 Website: <http://www.missfoundation.org> E-mail: info@missfoundation.org
Address: P.O. Box 53333, Peoria, Arizona 85385-5333

National Funeral Director's Association – NFDA - Provides many grief resources for coping with the death of a child within the family. Phone: 800-228-6632 Website: <http://www.nfda.org> E-mail: nfda@nfda.org

Address: 13625 Bishops Drive, Brookfield, WI 53025

National SIDS Resource Center - Provides information service and technical assistance on sudden infant death syndrome (SIDS) and related topics.

Phone for grief counseling: 1-800-221-7437 Information/resources 1-866-866-7437

Website: <http://www.sidscenter.org> E-mail: info@sidscenter.org

Address 2115 Wisconsin Ave. NW, Suite 601, Washington, DC 20007

Now I Lay Me Down to Sleep - When a baby or infant has died, Now I Lay Me Down to Sleep, through its nationwide network of professional photographers, will arrange a tasteful private setting at the hospital with no charges for service or pictures. Phone: 1-877-834-5667 Website: <http://www.nowilaymedowntosleep.org>

E-mail: headquarters@nilmdts.org

Address: 7800 S. Elati St. #111, Littleton, CO 80120

Parents of Murdered Children – POMC - To provide support and assistance to all survivors of homicide victims, while working to create a new world free of murder. Phone: 1-513-721-5683 Fax: 1-513-345-4489

Website: <http://www.pomc.com> E-mail: natipomc@aol.com

Address: National POMC 2200 East Eighth St. Suite 202 Cincinnati, Ohio 45202

Web Resources

SHARE - Support for those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth, or in the first few months of life.

Phone: 1-800-821-6819 Fax: 1-636-947-7486 Website: <http://www.nationalshareoffice.com>

Address: St. Joseph Health Center, 300 First Capitol Dr., St. Charles, MO 63301

SIDS - National SIDS Resource Center - Provides information service and technical assistance on sudden infant death syndrome (SIDS) and related topics.

Phone for grief counseling: 1-800-221-7437 Information/resources 1-866-866-7437

Website: <http://www.sidscenter.org> E-mail: info@sidscenter.org

Address 2115 Wisconsin Ave. NW, Suite 601, Washington, DC 20007

SIDS Alliance - For those who lost a child through sudden infant death.

Phone: 1-800-221-7437 Website: <http://www.sidsalliance.org> E-mail: njsids@yahoo.com

SIDS Network-Sudden Infant Death Syndrome Network - Offers latest information, as well as support, for those who have been touched by the tragedy of SIDS or other infant death. Website: <http://sids-network.org>

Spanish Resources (Los Amigos Campasivos) - For those needing assistance if Spanish you can go to www.compassionatefriends.org and go to En Espanol. For brochures go to resources (then go to available brochures and scroll down to bottom of page for brochures written in Spanish). Another webpage you can access is www.tcfatlanta.org/Spanish.html which offers a lot of information on their site and has additional links to other resources.

Sudden Unexplained Death in Childhood – SUDC - Program offers support, information, advocacy, and research opportunities for those touched by the sudden and unexplained death of a child (over 12 months of age)

Phone: 1-800-620-SUDC or in NJ 1-201-996-5080 Fax: 1-202-996-5326

Website: <http://sudc.org> E-mail: info@sudc.org

Address: SUDC Program c/o The CJ Foundation for SIDS

Don Imus Pediatric Ctr. 30 Prospect Ave Hackensack, NJ 07601

Suicide Prevention (American Foundation For Suicide Prevention) - Dedicated to advancing knowledge of suicide and the ability to prevent it. Crisis: 1-800-273-TALK (8255) Phone: 1-888-333-2377 Phone: 1-363-3500 Fax: 1-212-363-6237.

Website: <http://www.afsp.org> E-mail inquiry@afsp.org Address: 120 Wall St., 22nd Floor, New York, NY 10005

Suicide Prevention (National Suicide Prevention Lifeline) - Suicide hotline with free and confidential national network of crisis centers. Phone: 1-800-273-TALK (8255) In Spanish phone 1-888-628-9454

Website: <http://www.suicidepreventionlifeline.org>

Web Resources

Survivors of Suicide – SOS - To help those who have lost a loved one to suicide and to help resolve their grief and pain in their own personal way. Local chapter meets the second Wednesday of each month at 7:30 at St. Dominics, Church Rd, in Brick. Phone: 1-732-899-8483 Contact-Dave Thelen

Website: <http://www.survivorsofsuicide.com>

Survivors of Suicide Awareness of Education - SAVE- A suicide prevention hotline.

Phone: 1-800-273-8255 Website: <http://www.save.org>

Tragedy Assistance Program for Survivors – TAPS - Made up of and provides services to, all those who have lost a loved one while serving in the Armed Forces.

Phone: 1-202-588-8277 Website: <http://www.taps.org> E-mail: info@taps.org

Address: 910 17th St. NW Suite 800, Washington, DC 20006

Trauma and Loss in Children (National Institute) - TLC-Dedicated to helping traumatized children and families restore a sense of safety and reduce the effects of trauma; information available about trauma, resources and training for professionals. Phone: 1-877-306-5356 Fax: 1-313-885-0390

Website: <http://www.tlcinstitute.org> Address: 900 Cook Road, Gross Pointe Woods, Michigan 48236

Twinless Twins - Serves in support of twins (and all multiple births) who suffer from the loss of companionship of their twin through death, estrangement, or in-utero loss.

Phone: 1-888-205-8962 Website: <http://www.twinlesstwins.org> E-mail: contact@twinlesstwins.com



www.aacounty-md-bereavedparents.org

It's hard to forget someone
who gave you SO MUCH to
remember....

