



# Bereaved Parents of the USA Anne Arundel County Chapter

AUGUST 2015

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## Unanswered Questions

You left us so suddenly that I think most of us just felt shock. Did you know of everyone's love for you? We used to have lots of fun playing basketball, talking about diesel trucks and dragsters, and playing videos. You lived for scouting, you lived for animals and nature – you lived for us all. I got to know your corny jokes, your adolescent fears (although for you they were understandably real), the simplest way with which you saw life, the joy you placed in others' hearts.



How could it be that you're gone now while others seemingly less deserving live on? I'm not sure. Life isn't fair – everyone has said it – but why? Why does the sun rise? Why are we here? What is the purpose of life? I haven't been alive very long, but the only response I can come up with is love. Love has to be the answer to this question.

I love you. We all love you. We shall meet again someday, and that day will be a day of joy for me – a day that we shall again be companions. By that time, we'll have a lot to share. It already seems a lifetime since you've gone. So it goes.

We live, we love, we learn. Our biggest task to learn is to let you go and never forget.



~Scott T. Anderson, Omaha, NE from "This Healing Journey An Anthology for Bereaved Siblings" published by The Compassionate Friends, Inc.

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

Bob and Sandi Burash  
In memory of their son

**Paul John Burash**

**January 18, 1972 - August 8, 1992**

Paul — our 'yellow rose of Texas' — your time with us was brief. But your influence on innumerable hearts has not been brief. You are remembered today and every day for your caring kindness and for your light heartedness. We love you -- Mom, Dad, Andrea, and all the hearts that you have touched.



## **I Need Your Help...Please!**

Being a bereaved parent, trying to slog through your grief each day, is probably the hardest thing you have ever done. How can I help you? How can you help yourself? Or your spouse? Or your surviving children? What can each of us do to survive and move forward may be an individual response to our grief. But our actions will also affect those around us, and others we meet along the way.

There are a handful of us who have learned that one way to help us work through our grief, is to reach out to others and show them the way ...and carry them forward ... and sometimes push them along. If you come to our monthly meetings, you will know who we are because we have kept coming back year after year. I hope you will keep coming back also and continue to share your child's story with us.

Our tragedy has given us a new purpose in life, as a way to honor our children and their lives. By helping others, we are actually helping ourselves. I didn't realize it at the time when I was first asked to coordinate the meeting refreshments. But now I realize I was being shown a path to follow that would one day result in providing hope and encouragement to others, and at the same time began to heal my broken heart.

***So I ask you to help me, ...to help you, ...to help others. Volunteer to support our Chapter.***

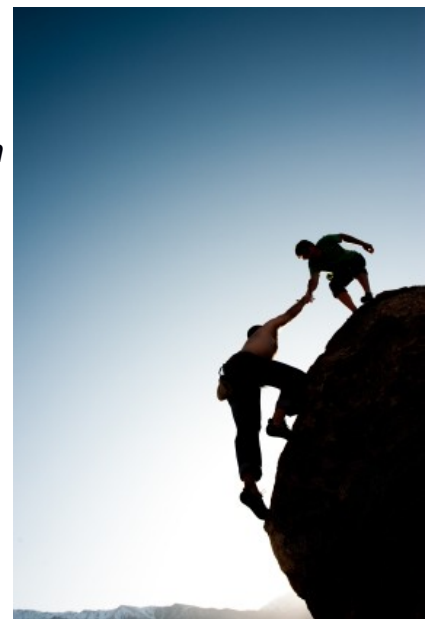
*There are many things that can be done in the comfort of your home, like sending thank you notes, submitting newsletter articles, or sponsoring the newsletter or website. And let me know what has been meaningful to you, what speakers or programs interest you, what information would be helpful.*

*Some help is for one-time only, like providing meeting refreshments, helping with our Memory Walk in October, or Service of Remembrance in December. If you plan to attend the Walk... and I think you should... new volunteers are needed to help with registration, or lay out the pictures along the paths, etc. Help with small things that make the day, and the memories, special for everyone.*

*And I invite you to come to our Core Group Meeting on August 11. There are about 10 people who come together to discuss all aspects of our Chapter administration. We discuss everything from meeting programs, sharing groups, finances, special events, to community outreach. If nothing else, will you allow me to add you to our Core Group email list, so you will receive the Core Group Meeting minutes and other relevant emails?*

**I look forward to hearing from you. Please see me at the meetings, email me at [chapterleaderaacountymd@gmail.com](mailto:chapterleaderaacountymd@gmail.com), or call 410-519-8448.**

~Carol Tomaszewski



## Going Back to School

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Going back to school after the death of your brother or sister is a hard thing to go through. At first there are three groups of people to deal with: people who give you a lot of support, people who don't know what to say, and those who give you weird looks and stay away from you. This lasts for a little while.



After a short time, changes with each group occur. Those who did not know what to say start to speak or begin to talk. Those who kept away stop ignoring you. The people who gave you a lot of support slowly return to their own affairs. After awhile, everything goes back to normal, and it is over to everyone except you. This is very difficult to accept and makes you feel all the more alone.

After a long while, the shock for you goes away, and it is then that you need the support from your friends, peers, and teachers. This month is the first anniversary of the death of my brother. Most people will have forgotten, and everything is right with the world. But it is not! Certainly not for my mother and me.

Jordan Ely, TCF, Albany/Delmar, NY

### Reminiscing

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I thought about you today  
 As I bade farewell for school  
 I thought about you today  
 When I heard a certain song.  
 I thought about you today  
 As the teacher passed the test,  
 I thought about you today  
 When the kids jumped in the leaves.  
 I thought about you today  
 As a stranger passed my way.  
 I thought about you today  
 When I got drenched in the rain.  
 I thought about you today  
 As I sat in church and prayed.  
 I thought about you today  
 When I embraced an old friend.  
 I thought about you today  
 As the day turned into night.  
 I will think about you again  
 When I close my eyes and dream.  
 ~Lori Phillips, TCF, Scranton, PA

### Remembrance

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In the light of day  
 I awake with thoughts of you.  
 In the dark of night  
 I sleep with thoughts of you.  
 Is it grief or disbelief?

~Evan Fillmore, Huntington UT

*"Even hundredfold grief is divisible by love."*

~Terri Guillemets

### Next Meeting: Thursday, August 6, 2015 at 7:30 p.m.


Doors open at 5:00 for a drop-in craft session. Join us to make TU-TUs, a SCRAPBOOK page, a T-SHIRT, and/or a BUTTON. Please see page 10 or contact Carol at [chapterleaderaacountymd@gmail.com](mailto:chapterleaderaacountymd@gmail.com) for further information.

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 September newsletter are due to the Newsletter Team by August 15th.  
 Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).

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 Hospitality: Tawny Stitely  
 Librarian: Bob and Sandi Burash  
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#### **Do You Use Amazon.com?**

If you enter Amazon through our Chapter's website ([www.aacounty-md-bereavedparents.org](http://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](http://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](mailto: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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## Dancing in the Rain

By Julie Short

The word dance seems to be etched into my mind. Recently, a friend shared a quote she had come across: “Life isn't about waiting for the storm to pass... It's about learning to dance in the rain.”

Wow – what awesome words! The image of a storm is a good analogy in understanding our grief. Storms come from nowhere, like a tornado, seemingly destroying everything in their path and leaving our lives in complete and utter shambles. The darkness and dreariness stay while lightning continues to flash, stabbing our hearts with pain. Thunder clamors constantly, reminding us that our children are gone. We can walk in fog for what seems like years as the sleet and frigid cold freeze us in our tracks. The wind howls, imitating our screams and wailing. The rain seems to be endless.

Others, who haven't lost their children, who are living in sunshine, cry out to us, “Come in out of the rain.” They don't understand that often we're just not able to move. The storm has become our world, for however long we need or choose to live there. My own experience of grief tells me that our lives will always be stormier than they were before the hurricanes came and took what was most precious to us. But, we do have a choice. We can stay hunkered down under the false protection of denial. We can lock ourselves up in a protective shell and never come out. Or, we can learn to dance in the rain. However, each bereaved parent must decide what feels best to them.



I find myself thinking, “It's hard to crawl, walk or breathe without her and she wants me to dance? She must have forgotten all those times I tried and she said, 'Mom, you can't dance!' Then I realize that she's not referring to my ability when I hear, “Dance Mom, dance. Dance in the rain. Dance because you can't change what has already been done. You have the choice to sit it out or dance. Listen for the music, keep your eyes wide open, go forward, follow the music and dance. Follow me. I am not behind you. I am in front of you. I'm free and I am dancing.” She taught me to hear the music and her song continues on. Without it, I couldn't dance.

I believe if we allow our children to lead us to dance in the rain that they will eventually dance us out of the storms of pain and into the sunshine of peace.

Published in the BP/USA National Newsletter *A JOURNEY TOGETHER*, Fall 2010.  
Found at [www.bereavedparents.org](http://www.bereavedparents.org).

## Our Children Remembered



Douglas Lee Baer III Grandson of Shirley Baer August 21, 1983 - November 14, 2006	Andrew Thomas "Drew" Gawthrop Son of Brenda Gawthrop May 25, 1990 - August 12, 2002	Scott Thomas Palmer Son of Frances Palmer Grandson of Ethel Cleary August 3, 1983 - September 1, 1996
Cortney Michele Belt Daughter of Terre and John Belt Sister of Eryn Belt August 26, 1979 - July 9, 1996	Lahna Lynn Gordon Daughter of Tiffany and Daniel Gordon July 3, 2007 - August 30, 2007	Joshua Aaron Prosper Son of Terre Prosper August 30, 1986 - December 16, 2011
Traci Lynn Boone Daughter of Bonita Boone-Adamecz September 17, 1964 - August 17, 1986	Kurt Willard Johnson Son of Willard and Marian Johnson December 9, 1963 - August 11, 2003	Solymar Rodriguez Torres Daughter of José Rodriguez and Vanya Torres August 27, 1993 - April 13, 2007
Paul John Burash Son of Robert and Sandra Burash January 18, 1972 - August 8, 1992	Roger Wallace Johnson Brother of Leroy and Jeanne Jones July 10, 1947 - August 23, 1986	James Ryan Rohrbaugh Son of Doug and Donna Rohrbaugh August 30, 1983 - September 5, 1983
Sherry Crouch Burford Daughter of Jerry and Lorraine Crouch June 4, 1954 - August 21, 2014	Jeremy Scott Jones Son of Leroy and Jeanne Jones August 4, 1976 - August 21, 1986	Michael Edward Shannon Son of Karen Shannon September 10, 1965 - August 13, 2013
Bryan Ray Cannon Son of Ray and Barb Cannon August 14, 1984 - August 11, 2011	Scott Andrew Katsikas Son of Linda Snead June 9, 1980 - August 13, 2004	Brittany Nicole Tyler Daughter of Janet and Dan Tyler Granddaughter of Dot Carter October 12, 1986 - August 23, 1992
William Frederick Carter Jr. Son of Dot Carter Brother of Janet Tyler Brother of Lisa Beall April 24, 1959 - August 16, 1992	Eric Eugene Maier Son of Gene and Marlen Maier August 8, 1961 - July 5, 1984	Daniel Alfred Whitby Son of Rita and Albert Whitby Sr. Brother of Susan Lovett January 10, 1959 - August 15, 1974
Joshua "Josh" William Sims Dale Son of Jody and Bill Dale August 30, 1980 - August 30, 2007	Brian Richard Melcher Son of Norma and Donald Melcher Brother of Cheryl Lewis August 30, 1960 - June 14, 2002	Andrew Wilcox Son of Peter and Margaret Wilcox August 30, 1985 - August 30, 1985
Barbara Jean Fennessey Daughter of Ray and Kay Fennessey August 30, 1960 - August 4, 1989	Ryan John Mulloy Son of John and Suzanne Mulloy August 19, 1975 - August 12, 1993	
Tracy Ann Fotino Niece of Kenneth Smith May 14, 1971 - August 25, 2000	Michael Henry O'Malley Son of Margie and John O'Malley August 25, 1971 - December 7, 1991	
Kimberly Judith Gardner Daughter of Joan F. Gardner February 6, 1968 - August 16, 1992	Adrian Bernard Andrew Ortega Son of Rachael Hand August 28, 1964 - February 17, 2005	

*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.*

### A STORM OF GRIEF

When a storm of grief grows in the heart,  
Reach back for yesterday  
To catch onto your memories.

The storm will calm, and for a brief moment  
The lost feeling of happiness  
Will shine through and through.

~Lori Pollard  
TCF, Montgomery, AL

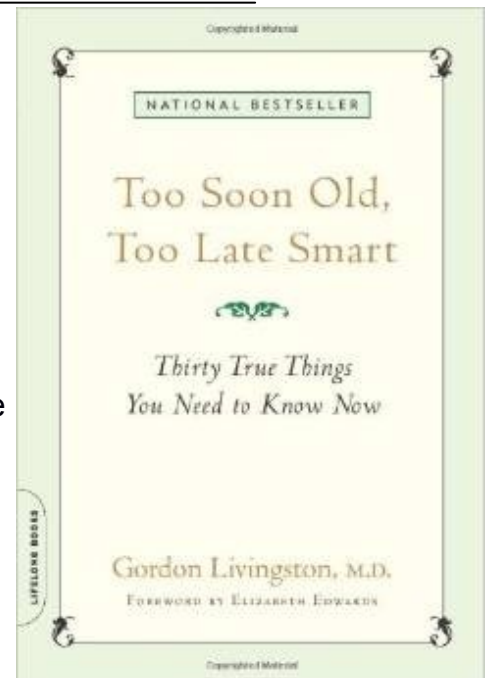


### Book Review

#### **Too Soon Old, Too Late Smart Thirty True Things You Need to Know Now**

Gordon Livingston, M.D.  
Marlowe and Company, 2004

As a Vietnam War surgeon, a practicing psychiatrist and twice bereaved parent, Dr. Gordon Livingston approaches life with candor and perspective. His earlier book, Only Spring, deals with his personal tragedies. In Too Soon Old, Too Late Smart, he delivers thirty essays on various aspects of life. He shares with the reader what life has taught him. Subjects such as: 'We are what we do,' 'Happiness is the ultimate risk,' 'Only bad things happen quickly,' and 'Love is never lost, not even in death' are dealt with. Each essay ends with a message of understanding, or with reasonable advice. His writing is short, affecting and touching. Although not a grief book, it is very helpful, especially if you have been on this journey for more than two years.



Dr. Livingston has been published in a variety of magazines and newspapers, including the Readers Digest, the San Francisco Examiner, The Washington Post and the Baltimore Sun. He is the father of four grown children and lives with his wife in Columbia, MD, where he continues to practice psychiatry. For more information, visit <http://www.gordonlivingston.com>.

### 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](mailto:JuneErickson@aol.com).



### For Siblings: When a Sibling Dies

The death of a child is a family crisis no less for the siblings than for the parents. Surviving siblings may feel abandoned because grieving parents no longer have the emotional energy to care for them. They may feel unloved as they experience family friends putting the deceased child on a pedestal. They may feel incredibly guilty, remembering every bout of sibling rivalry, every unkind word, and every slammed door. They may feel unworthy to be alive, longing for answers to explain why their brother or sister died and they didn't. And they may, therefore, seek conscious or unconscious ways to self-destruct: running away from home, using alcohol and other drugs, taking on characteristics of the dead siblings and thus diminishing their own image.



Following are suggestions children have shared about how parents can help them when a brother or sister has died:

1. Allow siblings to participate fully in funeral plans and memorial activities. Let them choose whether or not they want to see their sibling at the funeral home. Let them choose some of the music, write and/or read a memorial to their brother or sister, go with you or alone to cemetery visits.
2. Share with the siblings all factual information as it becomes known. Being "left out" only enhances a growing sense of not being important to the family.
3. When you see children who remind you of your child, point them out to the siblings and explain the grief spasm it has caused. Mysterious behavior enhances the sibling's fear of being left out.
4. Ask the siblings to be with you occasionally as you grieve. If you always grieve in private, the emotional distance between you will widen.
5. Talk with siblings both about pleasant memories and unpleasant memories of the dead child. This prevents pedestal placing.
6. Don't tell sibling to "be strong" for someone else. That is too great a burden to carry.
7. Understand that it may be easier for siblings to talk to friends, or another trusted adult, than to parents. They desperately do not want to add to their parents' devastation so may seek counsel and understanding elsewhere.
8. Remember that you can't change the past. But you can face the present and guide the future. Your family will forever be changed – it does not always have to remain devastated.

~Janice Lord, TCF, Anne Arundel County, MD

## For Siblings

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### TO MY BROTHER

Wherever we look,  
You are there.  
You are the light  
On the water.  
You are the blossom  
On the tree.  
You are a thought,  
And you are a feeling.  
Wherever we are,  
You are.

~Martha Dubinsky, Chappaqua, NY



## Love Letter to my Children

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You are great kids. You have always been great kids, although I haven't always been a great mom. After your brother died, I was hardly any kind of mom at all. I was so lost in my own grief, I wasn't there for you. You were bewildered, scared, and hurt, but I couldn't seem to reach out to you beyond my own pain. I was like a day-old helium balloon drifting along, not sure whether my place was with you or with your brother.

I didn't drift for long. You grabbed my string and yanked me back! The yowls and shrieks still ring in my ears. "Mom, all my underwear is dirty!" or "Mom, I'm starved!" or "Mom, he punched me!" Your brother was being cared for by his heavenly Father, but you needed your earthly mother. It was your need for me that saved my life.

I'm sorry that your brother's death robbed you of your childhood. While other kids fretted about what to wear or which movie to see, you wondered when the tears and sadness would ever end and if we would be a family again. If I could have shielded you from such great sorrow, I would have; but I couldn't.

Your lives were changed forever, and the future was uncertain, but you kept going. You supported and inspired me as we traveled that rocky road of grief together. You talked about your brother when no one else would say his name. You kept his picture in your rooms and proudly pointed out to friends, "This was my brother." You used his things, but gently. You reminded me of the cute, funny things he said and did. You included him in your bedtime prayers. You still do. Some day I believe you will tell your own children about your brother. Thank you for keeping his memory alive.

Because of the tragedy you experienced, you are more mature than other kids your age. You possess strength and courage beyond your years. You are resilient; little things don't get you down. Best of all, you are kind, sensitive, and compassionate to others, I adore you. You are my life.

Love, Mom

## Chapter Notes: Upcoming Meetings & Announcements

### Newsletter Submissions – by August 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](mailto:JuneErickson@aol.com).

### August Chapter Meeting – Thursday, August 6, 2015

7:30 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

Our regular meeting will begin at 7:30 with opening and sharing groups.

However, in August, the doors will open at 5:00 for a drop-in craft session prior to the regular meeting. Come when you can. We will have several creative crafts available for you to choose to work on:

- TU-TUs: We will be making tu-tus from the netting found in the wedding gowns used in our Angel Gown Project. This is a cut & tie project, so they are not complicated to make. We plan to donate these to a worthy cause.
- SCRAPBOOKing: The scrapbook supplies will be there for you to create a page in memory of your child. You can make a page for our Chapter Scrapbook, or one for yourself to take home. So bring your photos and ideas.
- T-SHIRTS: If you would like to create a T-Shirt with your child's photo, these can be completed at the craft session. Prior to the meeting, please email your photo to [chapterleaderaacountynd@gmail.com](mailto:chapterleaderaacountynd@gmail.com). The transfer will be printed and ready for you to iron-on. Other decorations will also be available to embellish your T-Shirt. You will need to bring your own T-Shirt.
- BUTTONS: Bring a copy of your favorite photo and we will make a button for you. The cost will be \$2 each to cover the supplies. Do NOT cut your photo, we have a template for that. The picture needs to fit in a circle that is 2.33 inches in diameter. Sample template to the right —>

### Core Group Meeting – Tuesday, August 11, 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.

### September Chapter Meeting – Thursday, September 3, 2015

7:30 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

The speaker for the Sept. meeting is Margo Murray. She is a certified yoga and meditation instructor, trained at the Himalayan Institute. She will speak on the benefits of yoga and meditation in healing. If you have a question for Margo that you'd like discussed at the meeting, please



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contact Mary in advance or email [chapterleaderaacountymd@gmail.com](mailto:chapterleaderaacountymd@gmail.com).

**October Chapter Meeting** – Thursday, October 1, 2015, 7:30 P.M. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD. A bereavement group facilitator will speak on sibling grief.

**SAVE THE DATE! October Memory Walk** – Saturday, October 3, 2015

Our annual Memory Walk will be held on Saturday October 3, 2015, at Quiet Waters Park, Dogwood Pavilion, Annapolis. A continental breakfast will be served, followed by a leisurely walk along the designated trail. Sometimes nature offers the utmost healing to our hearts and souls. Family and friends are welcome to join us, and sponsorships and/or donations are accepted. More information to follow in upcoming newsletters.



**In Loving Memory Conference – April 7 to April 10, 2016**

This four-day conference is for bereaved parents who have lost their only child or all their children. Glen and Linda Nielsen have organized these 'Now Childless' conferences for 12 years. Due to previous health problems, they had to quit planning these for the last few years, but they are ready to start again. Their tax exempt status has been reinstated and the first conference in 14 years will be held at the Hyatt Fairfax Hotel in Fairfax, VA. Mark your calendars now as this is the **ONLY GATHERING** that focuses **ENTIRELY** on the needs of parents who have no surviving children. Kay Bevington, from Alive Alone will be participating, as will many other speakers and workshops to be announced. Visit the Conference website at [www.InLovingMemoryOrganization.org](http://www.InLovingMemoryOrganization.org)



## Resources

### **Camp Nabi and Phoenix Rising Bringing Grieving Children and Teens Together August 7 - 9, 2015**

*For one weekend during August, Chesapeake Life Center staff and trained volunteers give grieving children and teens the gifts of hope and healing.*

**Camp Nabi:** For over 20 years, children, ages 6 - 13, have come to Camp Nabi to learn that they are not alone and share their stories in a safe environment while enjoying fun camp activities, such as swimming and canoeing. The camp is staffed with professionals and each child is partnered with a Big Buddy, a trained volunteer. As children play and work together as a team, they explore loss, find strength and realize that with time and help they will make it through.

Children entering 1st and 2nd grade will attend a day camp on Saturday, August 8, 2015. Children entering 3rd - 8th grade will stay the entire weekend from Friday night to Sunday afternoon (August 7 -9).

**Phoenix Rising:** A weekend retreat for high school aged teens who are grieving the death of a loved one. Together they discover resiliency, strength of character and explore coping strategies through team building activities, such as scaling the wall on the Initiative and Confidence Course. This past year, the teens had an opportunity to document and narrate their grief journey through a short documentary. Alison Harbaugh of Sugar Farm Productions is the film maker working on this project.

For additional information, visit <http://www.chesapeakelifecenter.org/camp-nabi> or call 888.501.7077.

#### **ADDITIONAL RESOURCES:**

For Grief Resources, please visit our Chapter website at:

<http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>

Also try this useful website at <http://grievingparents.net>



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