



Bereaved Parents of the USA Anne Arundel County Chapter

FEBRUARY 2015

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Symbols of Love

THE ROSE: A symbol of love that cannot be separated by death.

THE HEART: Broken, bruised, and banded, but not defeated.



And now, there's one more symbol:

THE HAND: As we offer our hands to each other in friendship, in understanding, in strength, we are saying:

"We need not walk alone."

May your Valentine's Day be filled with roses that will encourage your broken heart and give you strength to offer a helping hand to others who are grieving.

~ TFC Atlanta, GA ~



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

Paul and Claudia Balasic
in memory of their daughter

Bethany Anne Balasic

February 13, 1981-April 5, 1996



Happy Birthday Bethany. We love you, Mom & Dad

Read a poem chosen by

Bethany's parents on page two.

Jed and June Erickson
In memory of their daughter

Jenna Leigh Erickson

January 12, 1988 - February 5, 2011



From Jenna's memorial bench in Steamboat Springs, CO. "Bend with the wind like a bamboo tree, and above all keep smiling – Mai Pen Rai". You always had a beautiful smile and spirit. We share your smiles with

the world, always and everywhere.

Mary and Joe Redmiles

In memory of her son

Thomas H. Redmiles

February 22, 1985-March 14, 2011



"Loved with a love beyond telling - Missed with a grief beyond all tears." Somehow we have managed to put one foot in front of the other, but nothing is the same and never will be. Tommy, keep sending us

love and strength, until we meet again.

For Bethany Balasic
Continued from Page One

In the long, sleepless watches of the night,
A gentle face-the face of one long dead-
Looks at me from the wall, where round its head
The night lamp casts a halo of pale light.
Here in this room she died: and soul more white
Never through martyrdom of fire was led
To its repose; nor can in books be read
The legend of a life more benedight.
There is a mountain in the distant West
That, sun-defying, in its deep ravines
Displays a cross of snow upon its side.
Such is the cross I wear upon my breast
These eighteen years, through all the changing
scenes
And seasons, changeless since the day she died.
~ Henry Wadsworth Longfellow



Like our Credo says, "We realize death does not discriminate against race, creed, color, income or social standing." That's also true of 24 of the 44 Presidents of the United States. We often forget how many people have suffered the same loss as each of us. It is especially interesting to realize that many of our American Presidents and their wives have lost one or more of their children. Since February 16th is President's Day, here is a listing of them. (Note: List below up-dated 1/25/09)

John Adams: Daughter, Susanna, age 2; Elizabeth, stillborn daughter; adult son, Charles, an alcoholic who died of cirrhosis at age 30. Charles died in 1800, shortly after the president lost his reelection bid.

Thomas Jefferson: Jane, one and a half years old; and a stillborn son; Lucy (I), 5 months old; Lucy (II), 2 years old; Mary, who died in 1804 as an adult from complications from child-birth. Thomas Jefferson carried a hair from one of his deceased children in a locket until the day he died.

Continued on next page

James Monroe: Lost a son, age 2.

John Q. Adams: Lost an adult son, of suicide; and a one year old daughter.

Martin Van Buren: Lost an adult son.

William Harry Harrison: Lost 5 adult children, one child, age two (6 children total). President Harrison outlived his five grown children before himself dying a month after taking office, in the shortest presidency.

John Tyler: Had 15 children in all (!), and lost three, two adults and one infant.

Zachary Taylor: Lost three daughters: one 21, one 3, one 1.

Millard Fillmore: Lost his 22 year old daughter.

Franklin Pierce: Franklin and Jane Pierce lost all three of their children -- one infant, one four year old, and his eleven-year-old son who was hit by a train. Pierce's wife blamed his involvement in politics for the deaths, so he left public life to practice law. Later, he was encouraged to return to save the Democratic Party, and he went on to win the White House. Their eleven-year-old Benny, his only surviving child, was killed in a train accident in January 1853, two months before Pierce's inauguration.

Abraham Lincoln: Abraham and Mary lost three year old Edward, and eleven-year-old Willie (while in office). Abraham Lincoln once told his former law partner William Herndon that the death of his son Eddie prompted his return to public life. Lincoln lost his son William ("Willie") in 1862 in the middle of the Civil War. His death devastated first lady Mary Lincoln's psyche and furthered the president's empathy toward the nation's tremendous suffering.

Andrew Johnson: He lost two adult sons: one from a horse accident, and one from suicide.

Rutherford Hayes: Lost 3 sons under the age of two

James Garfield: Lost a 3 year old daughter, and a 2 year old son.

Chester Arthur: Lost a 2 year old son

Grover Cleveland: Lost a twelve-year old daughter Ruth, while in the White House.

President McKinley: He lost both of his children: three year old Kate and infant Ida. The only two children of William McKinley died before he took office. His wife, Ida, suffered from epilepsy and was prone to seizures, living much of her adult life as an invalid. Yet the affection McKinley showered on her was part of the charm that helped elect him. When McKinley was shot by an assassin, before he died he reportedly said, "Please don't tell Mrs. McKinley."

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Next Meeting: Thursday, February 5th, 2015 at 7:30 p.m.

Paul Balasic will give a presentation in February on Music and Grief.

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.**

INCLEMENT WEATHER POLICY: Calvary Church follows the closings and delays of AA Community College – www.AACC.edu and AAC Public Schools – www.aacps.org. When the office and building are closed, groups are not to meet.

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 March newsletter are due to the Newsletter Team by February 10th.
Send an email to: newsletter@aacounty-md-bereavedparents.org.



Chapter Leader: Carol Tomaszewski, chapter-leaderaacountymd@gmail.com
Newsletter Team:
June Erickson, Linda Khadem, Katie Redmiles
Treasurer: Fran Palmer
Correspondence & Hospitality: Tawny Stitely
Librarian: Bob and Sandi Burash
Programs: Mary Redmiles
mary.redmiles@gmail.com

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!

REPRINT POLICY: Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

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Theodore Roosevelt: His twenty-year old son died during WWI.

Calvin Coolidge: His sixteen-year-old son died, while in the White House.

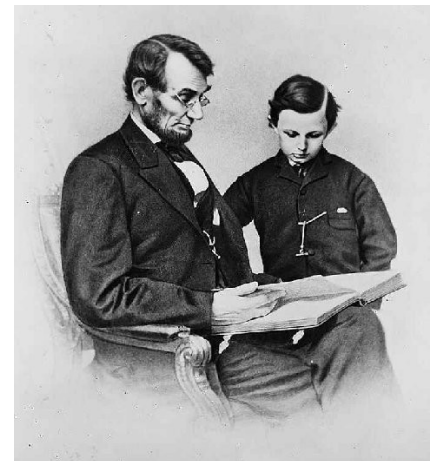
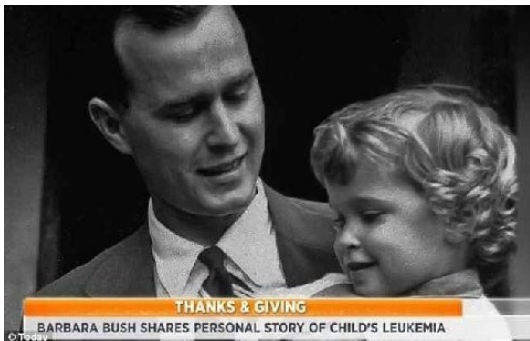
Franklin D. Roosevelt: Franklin and Eleanor lost an infant son

Dwight Eisenhower: He lost a three-year-old son

John F. Kennedy: He and Jacqueline had a stillborn daughter; and Patrick, died on August 7, 1963 when he was two days old while Kennedy was still in office, and four months before the assassination.

Ronald Reagan: He lost a daughter, one day old

George H. W. Bush: George and Barbara Bush lost their daughter when Robin died of leukemia at age 4, an event that also had a profound impact on her older brother, President George W. Bush.



"In this sad world of ours, sorrow comes to all; It comes with bittersweet agony. Perfect relief is not possible, except with time. You cannot now realize that you will ever feel better. And yet, this is a mistake. You are sure to be happy again. To know this, which is certainly true, will make you less miserable now. I have experienced enough to know what I say."

~ Abraham Lincoln ~

Our Children Remembered

Bethany Anne Balasic
Daughter of Paul and Claudia Balasic
February 13, 1981 - April 5, 1996

Susan Lawrence Barr
Daughter of Bryant and Missy
Lawrence
July 14, 1961 - February 16, 1991

Christopher Ryan Boslet
Grandson of Carol N. Boslet
October 23, 1985 - February 20, 2003

Amber Marie Calistro
Daughter of Patti and John DiMiceli
February 28, 1976 - October 30, 1980

Chrystal Marie Clifford
Marilyn Mabe's son's fiancé
July 16, 1978 - February 17, 2001

John Mario DeMichiei Jr.
Son of John and Linda DeMichiei
February 24, 1979 - October 23, 2008

Zachary Lee Dukes
Son of Cindy Dukes
February 12, 1989 - March 31, 2010

Jenna Leigh Erickson
Daughter of June and Jed Erickson
February 12, 1988 - February 5, 2011

Manuel Junior Esparza
Son of Dianna McKinnon
March 20, 1987 - February 14, 2012

Melissa Ireland Frainie
Daughter of Kathy and George Ireland
December 12, 1971 - February 12, 2007

Katie Fritz
Daughter of Carol Fritz
October 29, 1977 - February 27, 1993

Kimberly Judith Gardner
Daughter of Joan F. Gardner
February 6, 1968 - August 16, 1992

Carolyn A Griffin
Daughter of Rick and Jan Griffin
February 15, 1983 - June 1, 2011

Richard Arland Jackson
Son of Margaret Jackson
February 9, 1990 - October 22, 2010

Timothy Jarrett Mabe
Son of Marilyn Mabe
October 29, 1977 - February 18, 2001

Jolene Dawn McKenna
Daughter of Charlene Kvech
February 8, 1967 - November 22, 1971

Casey Lynn McMahon
Granddaughter of Nanette Wilson
February 11, 1987 - August 24, 2006

Graham Kendall Miller
Son of Ken and Abby Miller
February 3, 1981 - May 4, 1999

John David "JD" Openshaw
Son of David and Lily Openshaw
November 9, 1994 - February 21, 1997

Adrian Bernard Andrew Ortega
Son of Rachael Hand
August 28, 1964 - February 17, 2005

Brian James Para
Son of Joan Para
February 19, 1970 - March 19, 1991

Marco Pena
Nephew of Dianna McKinnon
November 28, 1989 - February 14, 2012

Thomas H Redmiles
Son of Mary and Joe Redmiles
February 22, 1985 - March 14, 2011

Tanager Rú Ricci
Son of Kathy Franklin
October 19, 1977 - February 16, 2004

David C. Schmier
Son of Gordon and Virginia
Schmier
June 26, 1964 - February 10, 1992

Michelle Inez Scott
Daughter of Charlotte and
Donald Scott
February 1, 1969 - May 1, 1987

Patrick F. Smith
Son of Fran Smith
February 20, 1978 - June 23, 2000

Adam Christopher Sutton
Son of Janet Sutton
February 1, 2009 - October 1, 2009

Jacob Stephen Sutton
Son of Janet Sutton
February 1, 2009 - March 1, 2009

Jason William Tarr
Son of Lorraine A. Tarr
July 8, 1969 - February 20, 2012

David William Tomaszewski
Son of Richard and Carol
Tomaszewski
September 4, 1974 - February 6, 2001

Timothy Allen Umbel
Son of Richard and Mary Ann
Umbel
February 16, 1982 - September 15, 2002

Evyn Bryce Wygal
Son of Pam and Bill Wygal
February 15, 1991 - February 24, 1994

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

Maria N. Sims in memory of her son Joshua Dale

Katherine Lawrence in memory of her daughter Susan Lawrence Barr



Book Review

Catching the Light: Coming Back to Life after the Death of a Child

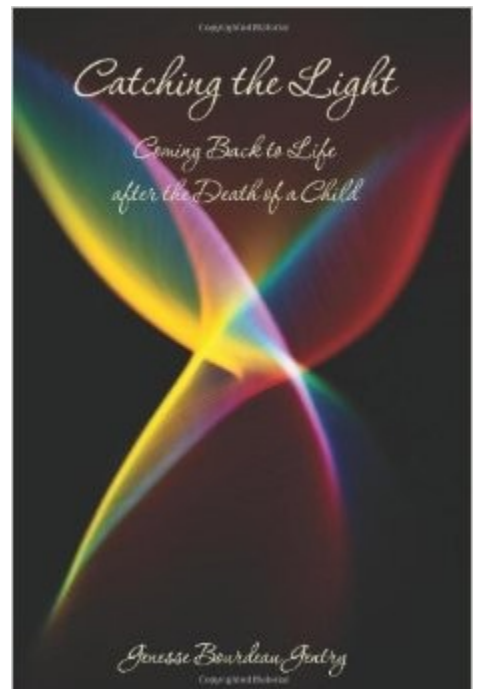
by Genesse Bourdeau Gentry

This is a collection of poetry and musings depicting one mother's long journey back to a life of contentment, peace and connection after the death of her beloved child. The book is unique in that it describes a bereaved mother's gamut of emotions from the first years after her daughter died, to seventeen years after her death. The book covers the subjects of grief, guilt, the most difficult days, as well as the healing gifts that have helped her and how she has stayed connected with her daughter and other loved ones who have died.

After tragedy huge enough to break us, to shatter the pieces of beautiful glass that were our lives, we have a choice. Let the glass stay broken on the ground, covering the graves of our dead hopes and dreams forever, or pick up the fragments really look at them, put them together in a new way so we may heal and grow. And since it can never be put back exactly the way it was, the glass now has the potential to become a prism. Instead of light shining straight through us, it is captured by all our facets, each finely polished by our deepening into grief. And as the fragments catch the light, more colors are revealed, and rainbows are formed, reflecting the pools of deep love and renewed hope we find inside.

Genesse Bourdeau Gentry is the author of *Stars in the Deepest Night - After the Death of a Child*. She lives in Marin County, California with her husband Bill. She is the mother of Lori (1970-1991) and Megan. She has served as Northern California Regional Coordinator for The Compassionate Friends (TCF) and presents workshops on writing at TCF National Conferences as well as for local TCF chapters. She is a contributing author for the Open to Hope Foundation.

Amazon.com: http://www.amazon.com/Catching-Light-Coming-after-Death-ebook/dp/B00RPU7OCA/ref=sr_1_4?s=books&ie=UTF8&qid=142229397&sr=1-4&keywords=catching+the+light



Untitled

By Heather Blair

January 23, 2015

Reprinted with permission From Still Standing

A few months ago I realized that, by this point, I could be a grandma. And when the weight of my loss duplicated in souls never to meet, I sobbed. A pull-over-to-the-side-of-the-road-ugly cry sob. Grief for loss known – and unknown. For a title I don't get to have. For generations that never got to be.



In my line of work, I see expectant and new moms every day. Having lost a teenager, I never imagined this age bracket bothering me. What's not to love about babies? They've never been a trigger for me, only immediate joy. It wasn't until I met with a girl who is the age my son would now be, pregnant, that it hit me. **My baby would be old enough to have babies now...**

When we first lost Austin, there was a popular song on the radio called "Who You'd Be Today" by Kenny Chesney:

**It ain't fair: you died too young,
Like the story that had just begun,
But death tore the pages all away....**

Then, I grieved for what could've been. What didn't get to be. I imagined the faces of grandbabies, with my son's jet black hair and puppy dog eyes. Those babies I'd never get to hold.

But times passes and we forget, or rather maybe, push it away to heal and move forward. Six years later, life has a way of reminding us what we could've had.

**Would you see the world? Would you chase your dreams?
Settle down with a family.
I wonder what would you name your babies?...**

Then, it was only the midst of dream. When losing a 14 year old son, it is hard to imagine fully what the future may have held.

**An' sometimes I wonder,
Who'd you be today?**

Now, time has fast forwarded and it is real, present tense, tangible. It is easier to grieve the loss of what might have been and didn't get to be. Surprisingly, a loss that not just I feel, but also our youngest, Austin's brother, feels as well.

I never mentioned the 'grandma moment' to my family. It was too raw, too emotional and difficult to share. Yet the other day, out of the blue, my now fourteen-year-old said, "I wish I could be an

uncle.”

And my heart broke all over again.

He'll never get to be...Not in the truest sense. Not the uncle he would've been to his brother's babies. Another title our family won't experience. At least not yet.

Time passes and wounds heal but sometimes the passing of time opens new pains you never even expected to have.”



Someday

Someday, it won't hurt so bad and I'll be able to smile again

Someday, the tears won't flow quite as freely whenever I think of what might have been.

Someday, the answer to “why” and “what if” won't be quite as important.

Someday, I'll be able to use what your death has taught me to help others with their grief.

Someday, I'll be healed enough to celebrate your life as much as I know dwell on your death.

And someday, maybe tomorrow, I'll learn to accept the things I cannot change.....

But for today....I think I'll just be sad.

~Steven L. Channing, TCF, Winnipeg, MD

A Valentine

And if I go, while you're still here...

Know that I live on,

Vibrating to a different measure

Behind a thin veil you cannot see through

You will not see me, so you must have faith.

I wait for the time when

We can soar together again,

Both aware of each other.

Until then, live your life to its fullest

And when you need me,

Just whisper my name in your heart...

I will be there.

~ Emily Dickinson ~

It Takes Courage

It takes courage to smile when the world is dark and the sun just refuses to shine.

When you've lost your way and your heart is sad and the path is an upward climb.

It takes courage to hope when your hope is going and nothing just seems to be right.

Today's just an echo of yesterday's going with naught but the darkness of night.

It takes courage to dream when your mind is adrift and a weariness enters your soul....

When you long for contentment and peace in your heart but can't seem to conquer your goal.

It takes courage to smile; it takes courage to hope... A courage when all else is gone.

When the clouds overshadow the sun in your sky, it takes courage to smile and go on.

~ Anonymous ~

How to Deal With Losing a Loved One: The Anniversary Date

By Maureen Hunter, New York Times, October 27, 2011 - 3:41pm

(Ms. Hunter is the founder of Esdeer. As an author, grief coach and bereaved parent, she is widely known for providing comfort, hope and inspiration through her writings and Stepping through Grief programs.)

The anniversary day of a loved one's death brings you face to face with reality. Their physical presence has gone and it becomes a very painful reminder of your loss. It marks the moment when life as you knew it changed forever and for many approaching that fateful date it can be a near crippling and overwhelming experience.

For so many, this "approaching" can range from months to weeks prior to the actual day itself. It slowly builds up to a crescendo. The calendar is the first reminder of what awaits you. As the date comes closer, dread starts weighing down your heart with the awakening of each new dawn. Next to join in is the horrendous thundering of thoughts racing wildly through your mind. The forerunners being "I'm dreading it" and "How am I going to cope?" Naturally your anxiety levels are increasing like a thermometer on a hot summer day and you just wish you could go to sleep and wake up when it's all over!

For so many of you it is an intensely painful experience. It was for me too but now the pain of my grief has shifted into something else. Yes there are still tears. Yes there is the missing and a longing to touch that which I cannot feel. But it is a day where now my sadness has become sacred.

If I had to describe a sacred anniversary day to you it would look like this:

- A day dedicated completely to your loved one and reserved wholeheartedly for them.
- A day devoted to remembrance and connection, founded on the unique bond and love you have and always will share.
- A day where you give yourself immunity from the pressures of the everyday world.
- A day belonging to comfort, gentleness and self-compassion.
- A day where you recognize the power of you in having lived the previous year through your loss.
- A day that honors what your loved one has brought to your life. Who you are and who you are yet to be as a result of your love and your experience.

There are many ways you can plan this day in a way that feels right for you and in ways that honors the unique relationship you shared.



Chapter Notes: Upcoming Meetings & Announcements

Inclement weather policy for all meetings - Calvary Church follows the closings and delays of AA Community College – www.AACC.edu and AAC Public Schools – www.aacps.org. When the office and building are closed, groups are not to meet.

Angel Gown Project – The next sewing group will meet at 5 p.m. right before the regular February 5th meeting at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD. Special thanks to Nancy DiMauro who has made 20+ Angel Gowns in remembrance of Jenna Erickson. Tawny Stitley and June Erickson will be making another delivery to the NICU at Anne Arundel Medical Center.

Newsletter Submissions – 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 next month's newsletter. That includes those sponsoring the newsletter in memory of their child that coming month. 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.

February Chapter Meeting – Thursday, February 5, 2015

7:30 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD. The Angel Gown group will meet at 5 p.m., prior to the main February meeting. Paul Balasic will give a presentation on Music and Grief.

Core Group Meeting – Tuesday, February 10, 2015

7:00 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD. Enter through the front of the church and find room number on electronic board.

March Chapter Meeting – Thursday, March 5, 2015

7:30 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD. Our new Chapter Leader, Carol Tomaszewski will speak on her journey through the years since her son David's death. PLUS **How to Make Blankets for Project Linus** -- Vickie Rankin will demonstrate how to make blankets for the Linus Project (www.projectlinus.org). Attendees wishing to participate should bring two pieces of fleece fabric, each 1 ½ yards. Take a look at the Project Linus website for more information about the mission of this non-profit organization. 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.

Chapter Notes: Upcoming Meetings & Announcements

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

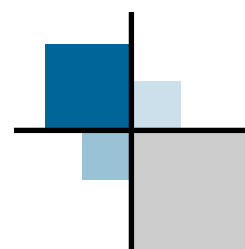
Rochester, MN “Hope and Healing for Our Broken Hearts” Kahler Grand Hotel, Rochester, MN
Speakers Mitch Carmody, speaker, author and bereaved dad and sibling; Executive Director of TCF and bereaved dad, Alan Pedersen; Dr. Heidi Horsley, TCF National Board Member and Executive Director of “Open to Hope” and bereaved sibling; and 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 tcfeastrc@yahoo.com if you would like to volunteer, be a sponsor or send a donation. More details to 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 Grievers

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>

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.



Resources

Gilchrist Grief Services

Registration is required for all services - Online at gilchristhospice.org/grief_registration
 For Hunt Valley, Gilchrist Center, Forest Hill and Dundalk events call 443-849-8251 or email GHC_bereavement@gilchristhospice.org
 For Howard County events call 443-539-4086 or email GHC_bereavement@gilchristhospice.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

Workshops:

Understanding Grief

TBA

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 Workshops:

Understanding Grief

Tuesday, TBA

Finding Hope as the Journey Continues

Thursday, TBA

In Dundalk:

Mosaic Community Services in the Dundalk Professional Building, near the intersection of Dundalk Avenue and Center Place.

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

www.aacounty-md-bereavedparents.org

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.



As we release the spirit...
We hold onto the love...
May love be what you remember most.

Happy Valentine's Day to Our Children

One of my greatest fears is that the world will forget her. And I can't let that happen.

So she shows up in the world through me.

When I help another or act in love or choose kindness, I bring her humbly back into the world and remind others that she lived, she died, and she matters. Still.

**From the blog of Dr. Joanne Cacchiatore
KindnessProjectDay.org**

www.aacounty-md-bereavedparents.org