



Bereaved Parents of the USA Anne Arundel County Chapter

OCTOBER 2015

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13th Annual Memory Walk: Saturday, October 3, 2015

Quiet Waters Park, 600 Quiet Waters Road, Annapolis, Maryland
8:30 a.m. Rain or Shine

We are sponsoring our 13th Annual Memory Walk on Saturday, October 3rd at Quiet Waters Park. Whether you walk a hundred yards or the whole two miles, what matters most is that you join us as we all travel the same difficult journey together. Please go to our website at

<http://www.aacounty-md-bereavedparents.org/HTML/MemoryWalk/MemoryWalk.htm> for information and registration forms.



It's a great venue for everyone to gather and remember. On the morning of the walk, we could always use a few extra hands to help with set up. If you would like to help, or have questions about the walk, please contact Barbara Bessling at aacountymemorywalk@gmail.com. If you would like your child's picture posted on the trail, please contact Barbara at the same email, so we can ensure that we have the picture.

If you would like a picture button of your child made, please bring a copy of the picture. You do not need to cut the picture out. We have a machine that can do that. The only requirement is that the picture just fit within a 2 1/3 inch circle. The buttons are \$2 each. Hope to see you there.

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

Holly and Alli Enders
In memory of their daughter

Christine Kelly Enders

September 26, 1986 — October 15, 2008

Dear Christy, Life goes on here without your presence, but your presence at times, is known to be near. We miss you more than can be expressed in words. Can't wait to be united in Eternity with you someday but for now, we keep you in our hearts and minds everyday and our love for you grows. We will celebrate your life's memories always with family and friends, you will never be forgotten! All our love forever and always, Mom, Dad, and Drew XOXOXO



Yoosef and Linda Khadam

In memory of their son

William Mirza Khadem

October 24, 1984 - April 6, 2012

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.



The Power of Permission

By Lexi Behrndt



Take a deep breath with me, sweet friend.

I need you to hear this.

It's okay.

It's okay to miss them.

It's okay to say their name.

It's okay to cry.

It's okay to laugh.

It's okay to breathe deeply.

It's okay to smile when you think of them.

It's okay to function.

It's okay to have days where you can't function.

It's okay to be angry.

It's okay to be thankful.

It's okay to love again.

It's okay to remember.

It's okay to hope.

It's okay to be honest.

It's okay to trust again.

It's okay to pray.

It's okay. It's okay. It's okay.

Give yourself permission.

Give yourself permission to feel.

Give yourself permission to love.

Give yourself permission to ache.

Give yourself permission to live.

They would want that.

They would want the best for you.

They would want you to live fully.

They would want you to love deeply.

They would want you to laugh.

They would want you to change this world with love.

They would want you to give that love to others,
because they know the power of it.

You— their hero.

You— the love of their entire life.

You— the one who will never stop saying their name.

You— the one who is braving each day, putting one foot in front of the other, and living, even
when part of you is worlds apart.

You— the one who loves them, endlessly.

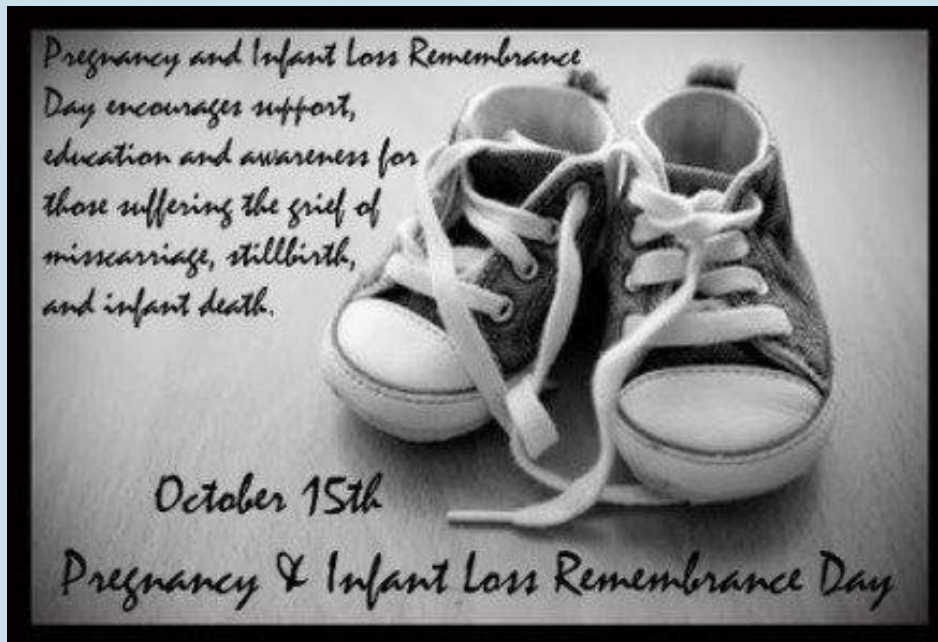
You— you're still standing.

You— you're still breathing.

You— you're making them proud, my friend.



October is Pregnancy Loss and Awareness Month



*They never left footprints
In this world...
But they left forever
footprints in our hearts.*

On the Echo of Love

Andy Gillette, Still Standing Magazine

Love comes before grief.

Love comes before grief.

It's an easy thing to forget, that love comes before grief.

During those first horrible days...during those early numbing weeks...during those initial months where there seems to be no bottom to the depths of your pain, it seems that desperate sadness has always been with you, and always will be with you. It's hard to imagine a world in which grief isn't all encompassing.

But, love comes before grief.

It seems that the pain of grief is the strongest emotion you've ever felt. It's not.

Grief is merely an echo of the louder love that came before. Grief is no more than a paler reflection of the vivid love you felt initially.

Grief is but a shadow. Sometimes an infinitely dark, black shadow with sheer edges that cut you from the rest of the world. But remember, there is no shadow without light, and the brighter the source the more defined the line of shade. The initial bright love inside of you for your son, for your daughter, was there first, and is still there now.

A child came before death; love — between two people — came before our children, and brought them into this world however briefly; and the love of our parents brought us here before.

As Tolstoy said, "Only people who are capable of loving strongly can also suffer great sorrow; but this same necessity of loving serves to counteract their grief, and heals them."

Know that as painful as the grief may be at a given moment, that emotion can never be stronger than the love that was there first; that love is still there, and can be a source of strength. It's proof that you're a loving parent.

Love comes before grief...

Next Meeting: Thursday, October 1, 2015 at 7:30 p.m.

The speaker will be Sheila Gudiswitz, a bereavement group facilitator and bereaved sibling will be discussing sibling 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.**

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



Chapter Leader: Carol Tomaszewski,
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June Erickson & Katie Redmiles
Treasurer: Fran Palmer
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.

When Nurses See More Than Birth and Babies

By Shelly Lopez Gray

Registered nurse behind the blog, "Adventures of a Labor Nurse: the Highs and Lows of Labor and Delivery"

Perinatal nursing is sweet and magical and everything you think it would be. But everyone only thinks of the birth and the [babies](#). No one ever thinks or talks about the pain of [pregnancy](#), the heartbreak of [infertility](#) or the difficulty of death.

One day, I was working triage and I seemed to be seeing patient after patient. By lunchtime, I had finally cleared all the beds in triage and was finally going to eat breakfast when a patient walked through the door with a slew of family members.

The patient was very tiny. As I walked behind her, I couldn't even tell she was pregnant. As I put her in the triage bed, she told me that she hadn't felt her baby move since the night before. Tomorrow was her due date. I put the monitor on her belly and heard nothing. Even though I knew at that moment that her baby was dead (she was so tiny, I should have been able to put that monitor anywhere on her and picked up her baby's heartbeat), I moved the monitor around and around, hoping to hear something. But the patient already knew. I knew. She began crying and her husband sat in the chair next to her with his head in his hands, not knowing what to say or do. She asked between sobs for her mother, who was in the waiting room.

I went to get her mother, and when she saw me she immediately said "he's gone, isn't he?" Of course, as a nurse, I'm unable to say anything. I held her arm as I led her into the triage room, and only told her that the provider was on his way to speak to them. My heart ached for a mother who lost her first child, a dad who lost his first son and a grandmother who lost her first grandchild. When her provider arrived, he pulled an ultrasound machine to the bedside to visualize the still and silent heart of her baby. Everyone cried again, because this time they could see his heart not beating. And the only thing I could be thankful for at that moment was that she had the support of her partner, she had the support of her mother and that the rest of my triage beds were empty and that no other mother had to hear the cries of a patient who had just been told her baby was dead.

Not every nurse can labor a patient with a full-term [intrauterine fetal demise](#) (IUFD). We have all shared this same story in one way or another, and after this kind of work day, we will leave physically and emotionally drained. You have to watch your patient and her family crumble in front of you, with no words to ease their pain or to provide any type of comfort or closure. On top of that, they have to experience every pain and emotion that comes with labor. As nurses, we walk a fine line of wanting to medicate them until they are almost out of their misery, and encouraging them to be present for a time in their life that they will eventually want to remember. There is no other patient that we want to see have a vaginal delivery more than her. As we labor her, we pray that she doesn't leave the hospital with a [lower-uterine transverse scar](#) as a daily permanent reminder of what she went through. They may not remember everything we said, or everything we did. They probably did not know that we cried for them, alone in an empty room where no one else would be able to see us. And even though we all see all too many of these, I can honestly say that I still remember every single one.

So for any mother out there who never got to carry her baby to her due date, or to any mother who never got to bring her baby home, know that your nurse remembers you. And even though everyone else moves on, your nurse will always know that a part of you was left behind in that labor room. Until my next delivery ♥

Our Children Remembered

James "Jamie" William Henry
Alexander
Son of Dave and Sue Alexander
October 12, 1970 - October 26, 1998

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

Wes Paul Boone
Son of Eve Boone
October 9, 2008 - January 19, 2015

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

Hannah Lindley Campbell
Daughter of John and Cathi Campbell
October 10, 1992 - October 10, 1992

Tria Marie Castiglia
Daughter of Noel and Ann Castiglia
Sister of Carla Castiglia
July 6, 1963 - October 14, 1984

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

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

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15,
2008

Brandon Robert French
Son of Rhonda and Norman French
October 8, 1983 - July 29, 2006

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

Romana Alice Hale
Sister of Bobbi Remines
October 8, 1948 - November 5,
1976

Traci Jeanne Heincelman
Niece of Terre and John Belt
Cousin of Eryn Belt Lowe
October 6, 1980 - March 10, 2002

Madison (Maddy) Bailey Hilbert
Daughter of Kati Borchelt
July 16, 2007 - October 14, 2007

Charles "Chip" Marshall Hodges
Son of Betty and John Hodges
October 24, 1954 - March 14, 2005

Andrew Scott Hoffman
Son of Donna and Bryan Hoffman
March 6, 1986 - October 27, 2013

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

William Mirza Khadem
Son of Yoosef and Linda Khadem
October 24, 1984 - April 6, 2012

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

Kevin Michael Morris
Son of Gayle and David Morris
October 7, 1982 - March 30, 2007

Matthew Joseph Morrow
Son of Carla and Ed Morrow
November 13, 1990 - October 13,
2012

Krystal Brooke Pearce
Daughter of Douglas Pearce
June 1, 1995 - October 3,
2013

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September
24, 2001

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October
2, 2003

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

Zachary Daniel Robertson
Son of Mary Ellen and Jim
Young
March 3, 1978 - October 26,
2006

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 - September
14, 2013

Thomas "Tommy" Richard
Short
Son of Karen Short
September 25, 1997 - October
16, 1997

Kelsey R Silva
Daughter of Francisco Mar-
tins Silva
Daughter of Kristen Silva
October 28, 1991 - June 16,
2011

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.

Our Children Remembered

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

Brandon Michael Sisler
Son of Laura Sisler
May 7, 1993 - October 15, 2011

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

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
Granddaughter of Dot Carter
October 12, 1986 - August 23, 1992

Charles E Valentine, III
Son of Cathy Valentine
November 29, 1974 - October 21, 2011

Richard C. Watts
Son of Tom and Fran Cease
December 28, 1966 - October 28, 1998

Samuel Mark Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

Grant Alan Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

Tracy Woodfork, Jr.
Son of Jennifer Woodfork
Grandchild of Julie Bergmeier
November 28, 1989 - October 8, 2012

Ashley Jayné Younger
Daughter of Stephanie Younger
October 12, 1990 - September 28, 2008

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.

Book Review

Invisible Mothers: When Love Doesn't Die

by Emily R. Long, LPC

I see you. I know that you love. I see your motherhood. You are not alone.

We are mothers.

Our lives may not look like those of a typical mother. You cannot see our children though we carry them with us always. We are mothers who have loved and lost that which we loved the most. We have no living children. To the world, it often seems we are invisible.

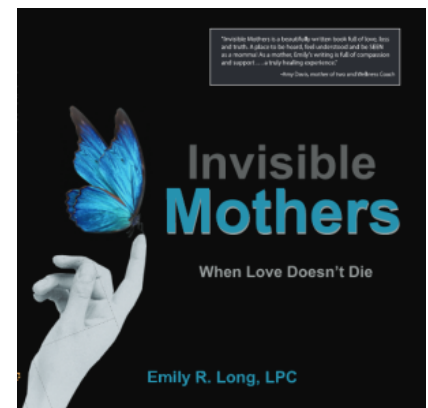
But we are here. Our babies lived. We are mothers. We love with a love that grows beyond the boundaries of life and death.

This is our story of a love that doesn't die.

This book gives voice to the thousands of mothers living after loss without any living children to hold. Readers will have the chance to see and learn about the raw truth of our experience of love and loss. The author, and the many mothers interviewed for this book, also share simple strategies and real tips for how to support a mother grieving her child that are truly nurturing and healing.

NOTE: Read about Emily's grief journey here - <http://emilyrlong.com/about-emily/>

To purchase this book visit <http://emilyrlong.com/books/>



Why We Should Talk About Our Children Who Have Passed

By Lexi Behrndt
Scribbles and Crumbs

It was a dark, cold day in October. At least that's how it felt from my son's dimly lit hospital room. In my mind, I imagine it raining outside, the fog lining the windows and obscuring our view of college dorm rooms, sidewalks, the arboretum across the street. I don't remember many of the details of the day. I just remember holding my son's hand, weeping as I sit by his hospital crib, watching the clock, praying and hoping for answers, and sitting with his doctors as we discussed the end of Charlie's life... His lungs were tired, and he was ready to go.



I've laid awake replaying those conversations, and replaying what happened only hours after, when a hand knocked loudly on our door in the parents' sleep room, and a nurse's voice told me to come quickly. I ran to his side only in time to be sat down in a rubbery hospital recliner and have my son disconnected from his oxygen support and placed in my arms. His heart gave out. He was done, and my wish was to hold him when it was time.

Before the death of my son, I didn't want to think about death. I didn't want to talk about it. As a mom, talking to other parents who had a child that died made me nervous, as if I could "catch" the bug, and something tragic would happen to my child.

I am not that person anymore. I have changed, and I have seen things from shoes that I never wanted to be in. No one wants to be in the shoes of the parent whose child died.

Standing on this side, I cannot think of anything more important than to talk about them. To say their name. **Charlie**. To talk about his favorite things. To talk about his personality. To smile and laugh and remember and never let his memory die. To talk about the impact he left, and how the echo of his life is still resounding in the hearts and lives he touched. His legacy is just beginning, and if I have anything to do with it, it will only grow from here.

There is something so important— so healing for myself and other parents who have lost children to be able to share that child's story. To be able to laugh at funny memories. To be able to mourn with another. To be able to celebrate and remember and value a little life that has gone too soon.

A few months ago, I met another mother, much older than myself. Her son was born still years ago. I asked her his name, and found out days later that **it was the first time in 35 years that anyone had asked her that question.**

This is not okay. We need to talk about these children. We need to brave the pain and talk about them for the sake of the parents and for the sake of that child's memory.

This is not the natural order. It isn't at all. Parents should not have to live on as their children die. Parents should not plan funerals or buy tiny urns or headstones for their child. Parents should not. *Of all the things parents whose children have died should not do, talking about that child is not one of them.*

For those who have no option, but to walk through the pain, I want to give you freedom today.

Freedom to talk. Freedom to share. Freedom to laugh and cry and remember and mourn and love that child openly, even in death.

You have freedom to say their name, even if you never had a chance to say it to them while there was breath in their lungs.

Say their name.
Tell their story.
Cry.
Laugh.
Celebrate.
Hope.



Let's move past the stigma. Though in the past it may have been taboo to talk about a child who died, let's move on. Let's move on for the children, who deserve to be remembered. And let's move on for the parents, who deserve a chance to tell their story.

For those who can be a friend and a listening ear. Please do today. Mention that child's name. Send a note and let that parent know you are remembering. Sit down for coffee and relive special memories with them. We are all in this together. Brave the pain together. Remember together. Celebrate together.
Let's do this together.

In Fall, things often are most beautiful before they leave us –
As autumn ends, she spends her final glory on us, who hurt
when we remember Spring.
~ Sascha Wagner

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.



Chapter Notes: Upcoming Meetings & Announcements

October Chapter Meeting – Thursday, October 1, 2015

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

The speaker will be Sheila Gudiswitz, a bereavement group facilitator and bereaved sibling will be discussing sibling grief.

13th Annual Memory Walk – Saturday, October 3, 2015

The Anne Arundel County Chapter of the BPUSA will host the 13th annual Memory Walk on Saturday, October 3, 2015 at the Quiet Waters Park in Annapolis. This 2-mile walk is to remember our children who died too soon, but still live on in our hearts. This is a wonderful event that brings some peace and comfort to our hearts. We use this event to raise money to help with various chapter projects and other events by getting sponsors for our walk. But you do not need sponsors, or even to walk, to participate, you can come just for the fellowship. There will be more information in emails and on the website. If you would like to help with this event, Please email Barbara Bessling at aacountymemorywalk@gmail.com. Also, if you would like your child's photo to be posted, please let us know using the same email address, so we can make sure we have it. Memory Walk Forms are included at the back of this newsletter. Hope to see you there!

November Chapter Meeting – Thursday, November 5, 2015

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

Speaker to be announced.

Newsletter Submissions – by November 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.

Core Group Meeting – Tuesday, November 10, 2015

7:00 p.m. to 9 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

Anyone who can help out with the December Memorial Service, please attend.

December Chapter Meeting – Thursday, December 3, 2015

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

We will have our 'Introducing Our Children' evening, through pictures and stories of our children, and gifts to be donated in their memory.

Annual Service of Remembrance – Sunday, December 6, 2015

3 p.m. at St. Martin's-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, Maryland 21146. Since its beginning in 1985, the Anne Arundel County Chapter's Annual Service of Remembrance has provided an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. Please join us in this celebration of our children's lives as we face the Holiday Season with Love, Compassion, and Hope for all. The Service is normally held on the first Sunday in December and Invitations go out in October.

Annual Worldwide Candle Lighting - December 13, 2015

7 p.m. local time - Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.



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

"Finding your Lifeline", Hyatt Fairfax Hotel, Fairfax, Virginia

This four-day conference is for bereaved parents who have lost their only child or all their children. Grandparents, bereaved parent support group chapter leaders, friends and the professionals, who assist parents in walking through their grief, are also encouraged to attend. Mark your calendars now as this is the only Conference 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. Register at <http://www.inlovingmemoryconference.org/>



Bereaved Parents of the USA 2016 National Gathering June 29 – July 3, 2016

"Crossroads of Your Heart"

Wyndham Indianapolis West, 2544 Executive Drive, Indianapolis, IN 46241

39th TCF National Conference July 8 – 10, 2016

"Hope Rises on the Wings of Love"

The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National Conference on July 8-10, 2016. "Hope Rises on the Wings of Love" is the theme of next year's event, which promises more of this year's great national Conference experience. The 2016 Conference will be held at the The Fairmont Scottsdale Princess. We'll keep you updated with details



Chapter Notes: Upcoming Meetings & Announcements

here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.

ADDITIONAL RESOURCES:

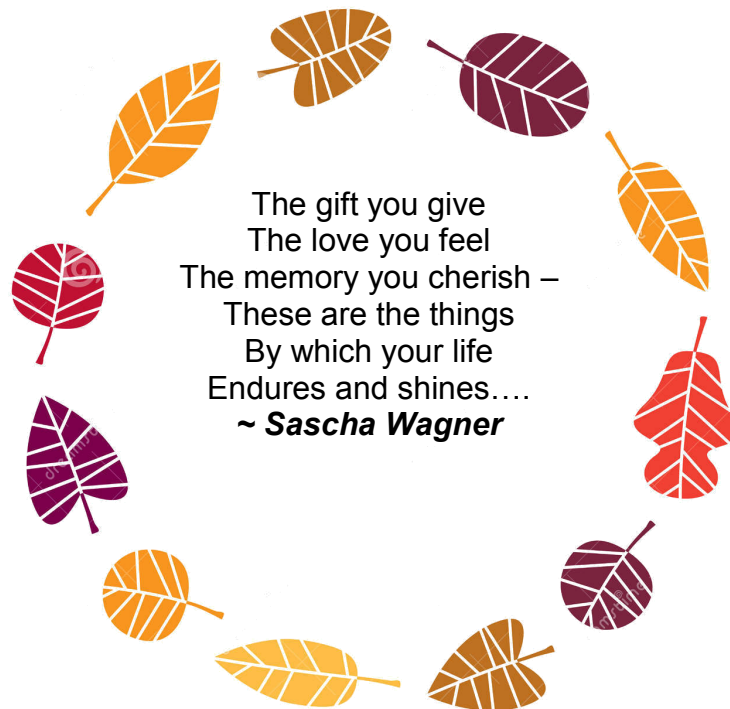
For Grief Resources, please visit our Chapter website at:

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

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

NEW SUPPORT GROUPS STARTING

Chesapeake Life Center, a program service of Hospice of the Chesapeake, 90 Ritchie Highway in Pasadena, is offering a variety of support groups for children, youth and adults this fall. Groups include Pebbles, a play-based support group for 4- and 5-year-olds who have experienced the death of a special person; Phoenix Rising, a group for teens ages 13 to 18, who are grieving the loss of a loved one; Stepping Stones, a support group for children ages 6 to 14 grieving the loss of a loved one; child loss support group; substance abuse support group; suicide griever support group; and sibling loss support group. For support group details and to register, contact Chesapeake Life Center at 888-501-7077 or visit www.chesapeakelifecenter.org.



The gift you give
The love you feel
The memory you cherish –
These are the things
By which your life
Endures and shines....
~ **Sascha Wagner**