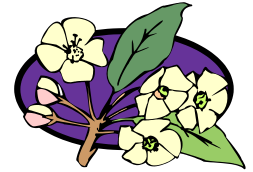




**THE
COMPASSIONATE
FRIENDS**

**MAY and
JUNE 2014**



Seattle-King County Chapter P.O. Box 66896 Seattle, WA 98166 206-241-1139

Ten Hard Truths About Grief

By Thom Dennis

At first glance, this list of ten hard truths of grief won't offer much comfort. It might even feel like pouring salt into an open wound. You may be wondering, "What's the value in reminding me that grief is hard? That point has already been made abundantly clear!"

At the risk of re-stating the obvious, I suggest that giving voice to the groaning of the heart can promote healing. You've heard the saying, "The truth hurts." No doubt you've also heard, "The truth can set you free." By naming these truths you have got the first tool to start dealing with your heartaches creatively. By naming them, you can also enter into a dialogue with others and learn some new strategies to cope.

1. Some things are beyond our control.

We would all prefer to live with the illusion that we are in control of our own lives, but a sudden change in the weather, an unwelcome diagnosis or a random act of violence reminds us that no one is the master of their fate. The truth is: In this life there is very little of real consequence that we can control. The challenge is to accept this reality and refocus attention on what is within our power to change. We can acknowledge our feelings and choose how we will respond to whatever life has thrown in our direction.

2. There are consequences to being mortal.

In our office there is a beautifully illustrated book called, *Lifetimes*, by Bryan Mellonie and Robert Ingpen. We use it to explain death to children. When it comes to grief, we are all little children needing comfort, reassurance and gentle age-appropriate explanations. The sad truth is that people die. In fact, everything dies. Death is a natural part of life. As much as we would like to believe our parent, spouse, sibling, child, friend or loved one will live forever, they will eventually die. In the end, even you and I will die. It's not fair, but it's part of being mortal.

3. It's supposed to hurt!

Leo Buscaglia, the "Love Doctor," once said, "the opposite of love is not hate: the opposite of love is apathy." To say it another way, apathy means, "I don't care." The reason grief hurts so much is because we care deeply for the person who died. If we didn't care, it wouldn't hurt so much. The more we love, the more it will hurt. The two seem to be unalterably linked. To look at it in a slightly different way, the pain we feel is love's testament to the bond we shared. Should we guard our hearts against the depths of loss, we would never have the opportunity to experience the lofty heights of love.

4. Life will never be the same.

The death of a loved one not only leaves a hole in our hearts that can't be filled, it also impacts practically every other aspect of our lives. Widows and widowers report changes in their social relationships. Adults whose parents have died say they also lost their best friend or most trusted advisor. Family dynamics invariably shift when one person in the equation is taken away. The economic impact of a death can also have lasting effects. Even when we feel like we've adjusted to an environment without the deceased and life has returned to some degree of "normal," life will never be the same again. Living always requires adapting to some sort of change, so finding a reason to embrace life after the death of a loved one may be challenging. Acknowledging that life will never be the same doesn't mean that the future will be all bad.

5. The rest of the world doesn't share our grief.

Beyond the circle of our acquaintances, the rest of the world won't know our loved one has died. The people we encounter on a daily basis will be focused on their own wants, oblivious to our needs and concerns. Our creditors will still require us to meet our financial obligations. Our bosses and customers will still require a certain level of job performance. Our neighbors will still be annoying. Our children will still need every ounce of what remains of our patience and praise. On the flip side, it's a good thing that the stock market, oil prices, and the weather do not depend on the rise and fall of our moods. Even though we are grieving, it's good news that babies are being born, and the sun will rise tomorrow morning.

6. People will say dumb things.

My list of the top ten most shocking and outrageous things people say to the newly bereaved is worthy of the David Letterman Show. Except, in this case the response would be gasps not laughs. From coworkers suggesting that "things could be worse," to neighbors wondering if you plan to sell your house, I've come to the conclusion that most people simply don't think before they open their mouths. People just don't know what to say, so they try to "wing it." Either they say something inappropriate or they err on the side of not saying anything at all. (I'm not sure which is worse.) We have the right to educate them about the comments they make, but if we can see these blunders as fumbled attempts to offer comfort, then it is easier to experience the sympathy that underlies their misspoken comments.

7. Friends and family will disappoint us.

If you have friends and family who love and support you, consider yourself blessed. There are ...*Article continued on page 4*



The Compassionate Friends

Seattle-King County Chapter



The Compassionate Friends (TCF) is a *non-profit mutual assistance, self-help* organization offering *friendship, understanding, and hope* to bereaved parents and families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings provide an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, but to support bereaved parents, grandparents and adult siblings in the positive resolution of the grief feelings and issues that revolve around the death of their loved one and support their efforts to achieve physical and emotional health.

TO OUR NEW MEMBERS

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not TCF will work for you. At the next meeting you may find just the right person or just the right words that will help you in your grief work. Try to attend three times before deciding if TCF is right for you.

TO OUR MEMBERS WHO ARE FURTHER DOWN THE "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF 'veterans' to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

INFORMATION REGARDING OUR MEETINGS

PLEASE come to a meeting. We are here to discuss whatever is on your mind. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group, but it is not a requirement. Coming to listen to the other members is okay, too. Our meetings are open to parents, grandparents, adult siblings, or other adult family members.

WE NEED YOUR HELP

This group belongs to you and cannot survive without assistance. Areas of help needed are refreshments, setting up before a meeting, being a phone friend for those who may be having a particularly difficult day, help with the newsletter, send thank-you notes, become a facilitator, volunteer to help with Chapter activities or serve on the steering committee.

Part of getting better, is being there to assist others, too, through this journey.

If you'd like to help, please contact us.

Chapter Co-Leaders: Mike McLeod: 206-369-7366 and Marge Tomlinson: tcfmarge@aol.com



KEEPING IN TOUCH



Seattle-King County Chapter **Phone: 206-241-1139** (TCF Line)

Seattle-King County Chapter **Mailing Address: P. O. Box 66896 Seattle, WA 98166-0896**

Seattle-King County Chapter **Website: www.tcfseattle.org**

Seattle-King County Chapter **Facebook: The Compassionate Friends, Seattle King County Chapter**

Phone Support: Having a rough moment? Need someone to talk to? Call Robyn at 360-259-8006 ♥

Western Washington Regional Coordinator: position vacant

TCF National Office Phone: 877-969-0010

TCF National Mailing Address: P. O. Box 3696 Oak Brook, IL 60522-3696

TCF National Website: www.compassionatefriends.org (website has link to Facebook)

TCF Online Support - Please visit the National website to get the session schedule for the following groups:

- ♥ Parents/Grandparents/Siblings
- ♥ No Surviving Children
- ♥ Bereaved Less than Two Years
- ♥ Pregnancy / Infant Loss
- ♥ Survivors of Suicide
- ♥ Bereaved More than Two Years

TCF National Magazine 'We Need Not Walk Alone' Available Free Online!

To sign up for a free electronic version of TCF's **We Need Not Walk Alone** magazine, go to TCF's national website at www.compassionatefriends.org and click on "Sign up for National Publications" at the top of the Home (or any inside) page. Fill out the information and when each issue of the magazine is published, the National Office will send you a special link so you can be among the first to read its great content. It can be read online or downloaded to your computer for personal use. When you sign up for *We Need Not Walk Alone*, you also have the opportunity to sign up to receive the monthly national e-newsletter which provides information about what is currently happening within the organization.



Our Chapter's Sharing Group Location:

FEDERAL WAY

~2nd Wednesday evening of each month~

Our Upcoming Meetings:

**May 14, June 11, July 9, Aug. 13, Sept. 10,
Oct. 8, Nov. 12, Dec. 10**

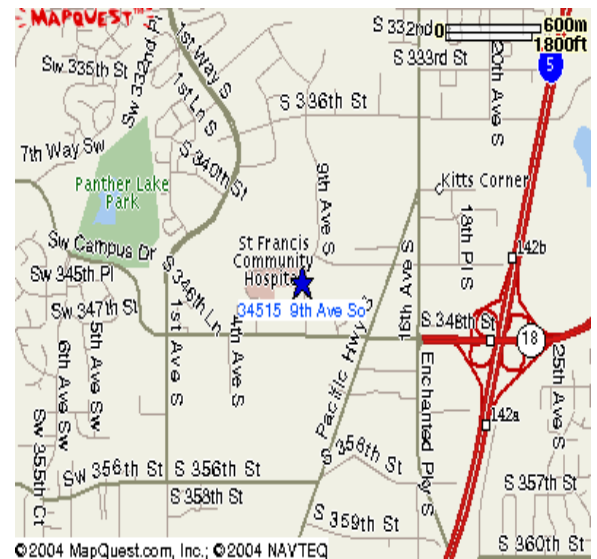
6:30pm – 8:30pm

St. Francis Hospital

34515 9th Ave. So.

Federal Way, WA 98003

Ask at the information desk in the main lobby for directions to the meeting room.



Books on Grief Available

We have quite a large selection of grief books at our monthly meetings. We invite you to look over the books from our library. We hope you can find something that may help you and your family. If you have a book you would like to donate and share with other bereaved parents, please bring it with you to the meeting.



Birthday Table

In the month of your child's birthday, a Birthday Table is provided where you can share photos, mementos, your child's favorite snack, a birthday cake, a bouquet of flowers – anything you'd like to bring to share. We want to know your child better, so please take advantage of this opportunity to celebrate the wonderful day of your child's birth and for us to become better acquainted.

Grief, Darkness and Light

By Deb Kosmer, Oshkosh, Wisconsin debkosmer@new.rr.com

Grieving is a lot like being lost in the dark, being unsure of the way before us and unsure of the illusion of the safety and security we once thought we had. The anchors and footholds we once believed existed simply are no more; the path we were on, the dreams that we had, the projects not yet finished-all seem to have disappeared, and all that remains is the darkness.

It's not easy to find our way in the dark, especially when the ground we are on is unfamiliar and foreign. When someone we love dies, no one asks us if it is okay or if the time is right. The death just happens, and we are left to navigate the aftermath without any rules or direction, at least none that make sense to us.

If we are very lucky, someone will enter into the darkness with us, and as they do, the darkness will begin to lift a bit as it takes on the light of their presence.

Each of us has the capacity to be a light in the dark to someone. More than anything, the person who is grieving needs to feel as if they matter and what they are going through matters to someone else. They need to be shown that in tangible ways that can be seen and felt.

Being a light for another may mean sitting with them while they tell their story one more time and really listening without giving advice or hurrying them through. It may mean holding their hand while they cry and being comfortable, allowing them the expression of what they feel inside. It may mean listening without judgment while they rail at the doctors, the one who died, or even God for their aching heart and shattered dreams. It may mean not just dropping off dinner, but staying and sharing the meal with them. It may mean being comfortable with their silence.

It is seldom about saying the "right thing." It is not our words the grieving and broken-hearted hunger for; it is our acceptance of them as they are now rather than our insistence that they be as they were. It is our sincerity and kindness and patience as they make their way through the darkness on their timetable, not ours. It's being a light on their path, not seeking to direct or control their path.

Reprinted with permission from **Grief Digest**, Centering Corporation, Omaha, Nebraska, 402-553-1200 www.centering.org



7. Friends and family will disappoint us.

If you have friends and family who love and support you, consider yourself blessed. There are lots of folks who don't have a built-in support network and when their loved one dies, they have to start from scratch. One of the most common laments I hear in support groups is the failure of family and friends to offer the kind of support that we need. I encourage people to consider the temperament of each of the people in their circle of support. Are they generally a good listener? If not, is it fair to expect them change now? Remember that each family member had a different relationship with the deceased. Consequently, their grief will look different than yours. If your spouse hasn't lost a parent, they may not "get it" when your parent dies. Best friends may not know how to react, so they might pull away. You may feel like a third wheel at social gatherings. You may need to be more direct when it comes to expressing your needs. It may also take some time, but you will gravitate toward people who have experienced a similar type of loss. You will find additional sources of support. You will hear from old friends, or an acquaintance may step forward to fill the void.

8. We have to be assertive.

It's not easy to ask for help, but that is exactly what we have to do if we want our needs to be met. Whether it's legal, financial or cooking, we have to ask for advice. Whether its respect, intimacy needs or driving directions, we have to be more assertive. What is the alternative? Also, we will have to mention our loved one's name at the family or holiday gathering, because most people will be afraid to say it out of fear that it might upset us. Little do they know that our departed loved one's name is sweeter to us than our own.

9. Decisions still have to be made.

Immediately following a death in the family, certain decisions have to be made. Hopefully there are people around to share the burden, but more often than not, the sale responsibility falls on our shoulders. As time passes the business of life requires that other decisions be made. Our loved one may have been our most trusted advisor or decision- making partner; and yet we still have to make important decisions. We will make some mistakes, but we will learn from them. If we choose to accept the challenge, we will grow from this experience and become stronger and wiser.

10. There is no time frame and no road map for grief.

If grief were on a time clock, we could punch in and punch out at our own convenience. That way we could schedule our *teats* to fit neatly into daily life. If someone offered a roadmap for grief, we could take a short cut or bypass the tricky spots. Everyone grieves in their own way and at their own pace, so don't let other people project their discomfort with grief onto you. Stop and take a break when you need it. This is not a race. Linger along the back roads of memory; it is there that treasures will be found.

Your personal hard truths:

This list of the ten hard truths of grief is certainly not exhaustive. There must be other truths that you have learned on your own grief journey. I invite you to add to this list or create your own list of hard truths. What are the truths that have helped you cope with your loss, make decisions and enter into this new phase of your life?

*Reprinted with permission from **Grief Digest**, Centering Corporation, Omaha, Nebraska, 402-553-1200 www.centering.org*



Our Annual Retreat in Seabeck, WA ~ May 31 - June 2, 2013

For over thirty years bereaved parents have been crossing the wooden bridge into the quiet serenity of Seabeck Conference Center. The majestic Olympic Mountains rise to the west, scenic Hood Canal lies between you and the Olympics and wooded hills slope up from the beach which set this place apart from being just another conference center.

Our retreat is just that...a *retreat*. We leave behind the busyness of our everyday lives and enter a relaxed and safe haven to work on our grief and bond with other bereaved parents. The retreat is a place where we share our thoughts, feelings, and precious memories of our children. The weekend includes workshops, sharing groups, a reflection room, burden basket, crafts, Children's Memorial Garden and a candle lighting ceremony on Saturday night.

The retreat is low-key and there is no pressure to attend every scheduled session. The weekend is yours to use however you need to take care of yourself. If it's time for an activity and you want to take a nap or take a walk, do it. Do what YOU need to do.

Some people choose to not participate in sessions and yet do a lot of grief work because they have the opportunity to be in a safe and supportive setting that allows them the time and space to work on their grief away from the distractions of a busy daily life. It's a nurturing environment and you are with people who understand what you are going through.

Our TCF chapter works with WICS - Widowed Information and Consultation Services – to plan the retreat. We share the main speaker and workshops, but TCF and WICS have separate sharing groups, memorial ceremonies and housing.

Together, TCF and WICS provide a children's program for those who want to bring their children (ages 5-17). The children's group has their own program with their own activities and ceremonies. All three groups share the dining room at meal time, but each group has designated tables, so each is with their own group. *(For information about the Children's Program, contact WICS at 206-241-5650.)*

About 60 bereaved parents from Washington, Oregon and British Columbia attend our retreat. At Seabeck you will find bereaved parents with caring hearts who can relate to you and your grief.

Please join us at our Seabeck Retreat this year!! For more info call 206-241-1139 or email: tcfmarge@aol.com.





The Compassionate Friends ~ Walk To Remember

Saturday, July 19th, 2014

10:00AM ~ 1:00PM

Marymoor Park in Redmond

Sponsored by Eastside TCF in Kirkland, WA



The Eastside chapter's "Walk to Remember" is a two-mile walk open to everyone who wants to join "Hands and Hearts" in remembering our children who have died too soon. It will be a reflective, peaceful Walk at a comfortable pace along a relatively flat path followed by a short remembrance ceremony, live butterfly release and lunch. Please put Saturday, July 19th, on your calendar as one of the "don't miss" events of The Compassionate Friends. Plan to participate with family and friends to make the Walk a huge success.

***Location:** Marymoor Park in Redmond. The two-mile walk is planned on the Park's Connector Trail, which consists of paved asphalt (wheelchair accessible within reason). Our Walk will begin and end at Lot I. There is a shelter to the right of the parking lot. Please look for the Registration Table to check in prior to the walk.

***Participation:** Anyone can participate and be present at the Walk, Remembrance Ceremony, and lunch activities, but the lunch food line will be open only to those who have purchased a lunch ticket (ticket located in packet you'll receive at check-in).

Please invite family and friends to join us in this event.

***Remembrance Ceremony and Lunch:** After a short Remembrance Ceremony and Live Butterfly Release, lunch will be at 12:15PM ~ 1:00PM. Bottled water will be available for the Walk and Lunch. The \$10.00 lunch fee will include your choice of a deli-sandwich, chips, fruit, and bottled water.

***Recommended Attire:** Dress comfortably (shorts, t-shirt and comfortable walking shoes). A long-sleeved white t-shirt with the "Walk to Remember" logo is available for purchase @ \$10.00 each (see registration form for details). We will also be offering a sweatshirt with the "Walk to Remember" logo @ \$25.00 each. Orders will be available for pick-up at Eastside TCF July meeting and also the day of our walk. **T-shirt/Sweatshirt orders are due no later than June 25st, 2014.**

*Times:	Check-In	10:00AM ~ 10:30AM
	Remembrance Walk	10:30AM ~ 11:30AM
	Remembrance Ceremony	12:00PM ~ 12:15PM
	Lunch	12:15PM ~ 1:00PM

***Parking:** There will be "The Compassionate Friends" signs at the park entrance off of West Lake Sammamish Parkway NE from Highway 520. We will be located on the left side. Parking Lot I is about a 1/2 mile from the entrance. **A \$1.00 cash parking fee is required.**

***Registration:** Please fill out and return the registration form. You must sign and include the Liability Waiver with your registration form. Each participant must sign this form. We must have this in order for you to participate in the Walk. We also need to have a good idea of how many will be attending, so please let us know if you plan to attend.

If you are planning to participate with no lunch or t-shirt orders, a REGISTRATION FORM IS STILL REQUIRED. Simply fill out the forms, sign the Liability Waiver and mail to Juli Lund.

If you have any questions, contact Juli Lund at **425-765-1382** or **julilund@comcast.net**

**Eastside TCF "Walk to Remember" Registration Form
Saturday, July 19th, 2014 10:00AM – 1:00PM**

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Telephone Number _____ Email _____
 Child's Name _____

T-Shirt Order: (Shirt orders must be received by July 25th, 2014.)

T-SHIRT (indicate # desired) S ___ M ___ L ___ XL ___ XXL ___ x \$10.00 each = \$ _____
 Sweatshirt (indicate # desired) S ___ M ___ L ___ XL ___ XXL ___ x \$25.00 each = \$ _____
 _____ I will pick up my T-Shirt/Sweatshirt order at the July meeting prior to the event.
 _____ I will pick up from the Information Desk the day of our WTR.

Lunch Order: (includes sandwich, chips, fruit and bottled water)

I will attend the lunch following the walk: Yes _____ No _____
 How many? Club _____ Turkey _____ Veggie _____ x \$10.00 each = \$ _____

Total Payment Due (payable to Eastside TCF): TOTAL = \$ _____

Please send your **Payment**, completed **Registration Form**, and signed **Liability Waiver** to:

Juli Lund
17532 NE 160th St.
Woodinville, WA 98072

- ▶ **Shirt orders must be received by July 25th, 2014.**
- ▶ Early registration is highly encouraged and greatly appreciated.

If you are planning to participate with no lunch or t-shirt orders, a REGISTRATION FORM IS STILL REQUIRED. Simply fill out the form, sign the Liability Waiver and mail to the address above.

If you have any questions contact Juli Lund at **425-765-1382** or julilund@comcast.net

LIABILITY WAIVER MUST BE SIGNED BEFORE MAILING:

Each person participating must read and sign. (Parent or Guardian must sign for children under 18)

In consideration of being accepted as a participant in the TCF Inc., Walk to Remember, I hereby affirm, acknowledge and agree to the following: 1) That I assume all responsibility for any and all damages to, or theft of, my personal property or any bodily injury (including death) that may occur to me, and further, I assume responsibility for property damage and bodily injury (including death) that I may cause to others, in each case arising or resulting from, incidence to, or as a consequence of, my participation in the TCF Inc., Walk to Remember; 2) That I, for myself, my heirs, my executors and administrators, release and hold harmless from and waive all claims, damages, and rights of action, present or future, whether the same be know or unknown, anticipated or unanticipated, foreseen or unforeseen, arising or resulting from, incident to or as a consequence of, my participation in the TCF Inc., Walk to Remember, which I may now or hereafter have against The Compassionate Friends Inc., any business or companies along the route and any and all sponsors and volunteers for said event, and the respective directors, employees and agents of all of the fore-going; 3) That I grant the permission for use of my name and/or picture in any broadcast, photograph, video, or other account of The Compassionate Friends Inc., Walk to Remember; and 4) That I am aware of the physical demands and hazards of participating in a two mile walking event such as The Compassionate Friends, Inc., Walk to Remember.

Child's Name _____
 Participant Name (please print) _____
 Signature _____ Date _____
 Participant Name (please print) _____
 Signature _____ Date _____
 Participant Name (please print) _____
 Signature _____ Date _____
 Participant Name (please print) _____
 Signature _____ Date _____

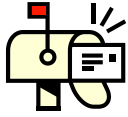
If additional room is needed please continue on another page.

TCF WTR Coordinator Use Only:

Child's Name _____
 Paid by _____ Amount Collected _____
 Lunches Club _____ Turkey _____ Veggie _____
 T-Shirts S ___ M ___ L ___ XL ___ XXL ___
 Sweatshirts S ___ M ___ L ___ XL ___ XXL ___



If you are looking for a tangible way to honor your child, grandchild, or sibling for Memorial Day, please consider making a contribution to Seattle-King County TCF. An envelope has been included with this newsletter for your convenience. All donations are tax deductible and will be noted in the next newsletter.



Love Gift Form



Love gifts are **tax-deductible donations** made to the Seattle-King County Chapter of TCF in memory of your beloved child, sibling, grandchild or loved one.

Send checks and forms to: Seattle-King County TCF
Love Gifts
P.O. Box 66896
Seattle, WA 98166-0896

Your name: _____

Address: _____ City _____ State _____ Zip _____

Phone Number (if we have any questions): _____

Amount Enclosed: _____

In memory of (name of child): _____

Date of Birth: _____

Date of Death: _____

Special Message: _____

Send checks and forms to: Seattle-King County TCF
Love Gifts
P.O. Box 66896
Seattle, WA 98166-0896



With Love, We Remember Them...

In Memory of ...
MELANIE
February 1982 – August 2013
"You are our shining star
and forever in our hearts."
From Roxanne and Chris Christianson

In Memory of ...
VERONIQUE
December 1981 – December 2013
From John and Deborah Linebaugh

In Memory of ...
MANDY
February 1976 – January 2008
"With love, in memory and
honor of Mandy."
From Robyn and Steve Rohwedder

In Memory of ...
AMBER
From Kevin Williams and family

I'm Beginning
Jack Brown, TCF, Louisville, KY

I'm beginning to know your children
From the things I heard you tell.
From the pictures that you've brought here
I think I know them well
Our hurt and sorrow are immense
I'm not sure where to start.
Compassion after all is
Your Pain in my heart.
My thanks to you for listening
To words wrung from my soul.
We are The Compassionate Friends
That's all I need to know.

Memorial Day by Sascha

For each grave
Where a soldier lies
At his rest

For each prayer
That is said today
Out of love

For each sigh
Of remembering
Someone who died

Let us also give thought to
The mothers and fathers
The brothers and sisters
The friends and the lovers
Whom death left behind.

Remembering the person I have loved
Allows me to slowly heal.
Healing doesn't mean I will forget.
Actually, it means I will remember.
~ Donna Morgan

**Our life is not just about mourning
our children's death, but also
celebrating their life.**

*"Recovering from suffering is not like
recovering from a disease. [P]eople don't
come out healed; they come out
different."* - David Brooks, columnist w/ NY Times

The Compassionate Friends
Seattle-King County Chapter
P.O. Box 66896
Seattle, WA 98166-0896



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MAY & JUNE 2014

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206-433-8811

If you wish to discontinue the newsletter, please email tcfmarge@aol.com or leave a message at 206-241-1139 or mail the address label to us.

Seabeck Retreat
May 30 – June 1, 2014
Contact us for a registration form.
Website: tcfseattle.org
Phone: 241-1139
Email: tcfmarge@aol.com



Annual Retreat at Seabeck, WA May 30- June 1, 2014

at Seabeck Conference Center on Hood Canal

"Compassion, Inspiration, and Hope"

Retreat Costs:

\$210.00 per person (shared room)
2 nights lodging & 6 meals
(Friday supper through Sunday lunch)



Registration begins Friday afternoon at 4:00pm

Friday evening supper is at 6:30pm

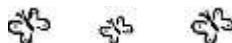
Orientation meeting at 6:00pm for first-time attendees



Workshops Candle Lighting Ceremony

Sharing Groups Reflection Room

Children's Memorial Garden Burden Basket



Contact us for a registration form:

Website: tcfseattle.org

Phone: 241-1139

Email: tcfmarge@aol.com

37th TCF National Conference

July 11-13, 2014

Chicago, Illinois



37th National Conference
Chicago, Illinois
July 11-13, 2014

For information and registration packet:
Call the TCF National Office 877-969-0010
or visit: <http://www.compassionatefriends.org>