



**THE
COMPASSIONATE
FRIENDS**

Linked Together

Newsletter for the Newly Bereaved
Special Edition 2008

"The mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive."

Atlanta Area Chapters Web Site

www.tcfatlanta.org

Atlanta Area Chapters

Atlanta (Tucker) Chapter

Cindy Durham 770-938-6511
Tamie Dodge 770-982-2251
Joseph Hobbs 770-879-0023

Atlanta (Tucker) Siblings Group

Nina Florence 404-484-2618
Jim Durr 770-729-2816
(Ages 12 and up)

Ben Hill

Jackie Lloyd 404-346-4217

Lawrenceville

June Cooper 770-995-5268

Marietta

Karen Chambers 770-565-8360
Kathy Kelcourse 770-579-3512

McDonough

Freddie Saye 770-957-6610

Sandy Springs

Mary Natelli 404- 563-1047

Walnut Grove

Genie Lissemore 770-464-9385

Georgia Regional Coordinator

Muriel Littman
404-603-9942

TCF National Office

Oakbrook IL
1-877-969-0010

We of **The Compassionate Friends** are very sorry to learn of the death of your child or sibling and extend our sympathy to you.

The Compassionate Friends is an organization offering friendship and understanding to bereaved families following the death of a child. There are no membership dues. The purpose of the group is to promote a positive resolution of grief by our willingness to listen and to share through our chapters. As bereaved parents ourselves, we know how very important it is to realize that you do not walk alone and that there are others who truly do "know what it is like and who are willing to listen" and to give hope for the future.

The Compassionate Friends is not affiliated with any religious denomination.

You may feel hesitant about attending for the first time. However, we would like to assure you that most parents find mutual support and understanding. Confidentiality is something we stress, so bereaved parents and siblings can speak from mind, heart, and soul in a safe place where no one passes judgment on anything said. We as parents and siblings who have survived the death of a child share insights and experiences that can help others cope with their grief.

All chapters are interactive with each other and many parents go to more than one meeting a month. During the winter holidays the Metro Atlanta Area Chapters hold a candlelight remembrance service where we can remember our child during those hard times. We have a new daily e-newsletter available online as well as a regular newsletter where we share with each other our feelings about our children and gain strength from reading what others have shared. If you would like more information, please call one of the chapter leaders listed or visit our Atlanta Area Chapters web site at <http://www.tcfatlanta.org>.

Each chapter also maintains a library consisting of books, audio tapes and videos.

We send our warmest wishes for peace and love. Know that there ARE people who care and who understand

Members of the Atlanta Area Chapters

How The Compassionate Friends Began

The family was engaged in the usual early morning hassle as they washed, dressed, ate and finally shared a moment as the children left for school. They were four - Iris and Joe, Angela and Kenneth - the younger, nearly twelve. The youngsters departed and then, minutes later, as the parents prepared to leave too, the telephone rang. There had been an accident and Kenneth was taken to the hospital with fatal brain injuries.

Elsewhere in the hospital was another boy, Billy Henderson, suffering from cancer. His parents nursed him through a long illness, at his bedside day and night until he died.

The Compassionate Friends was founded in Coventry, England in 1969, following the deaths of these two young boys, Billy Henderson and Kenneth Lawley. Billy and Kenneth had died just three days apart in the Coventry and Warwickshire Hospital where Rev. Simon Stephens was Assistant to the Chaplain. Simon mentioned Billy's death to Iris and Joe Lawley, and the Lawleys decided to send flowers to Billy's funeral. They signed the card simply, "Kenneth's parents," realizing that the Hendersons would know who they were.

Bill and Joan Henderson then invited the Lawleys over for tea, and an immediate bond was formed as the two couples spoke freely about their boys, sharing their memories and the dreams that had died with Billy and Kenneth. They continued to get together regularly, and young Rev. Stephens, then only 23, encouraged them to invite other newly bereaved parents to join them. In 1969 another grieving mother accepted their invitation to meet with Simon and the two couples. They decided to organize as a self-help group and actively begin reaching out to newly bereaved parents in their community. Because the word "compassionate" kept coming up, this new organization was called "The Society of the Compassionate Friends."

Simon became a chaplain in the British Royal Navy in the 70's. He was met by bereaved parents at ports around the world, and he helped them to develop their own chapters. TCF had become well-known through U.K. and

U.S.A. editions of such magazines as Time and Good Housekeeping. Paula and Arnold Shamres of Florida read Simon's interview in Time Magazine and invited him to visit them in Florida and speak to bereaved parents there. He did, and the Shamres subsequently founded the first U.S. chapter in 1972. Word of the organization spread rapidly through interest generated by the Phil Donahue Show and the columns of Dear Abby and Ann Landers.

The Compassionate Friends was incorporated in the United States as a non-profit organization in 1978. In 1989 The Compassionate Friends of Great Britain dedicated a plaque commemorating the founding of the organization, at the Coventry and Warwickshire Hospital where TCF had begun. The plaque was unveiled by their patron, Countess Mountbatten, herself a bereaved parent.

Then in November, 1994 Queen Elizabeth presented Iris Lawley with a medal, The Most Excellent Order of the British Empire, in recognition of her work on behalf of TCF.

There are now Compassionate Friends chapters in every state in the United States—almost 600 altogether—and hundreds of chapters in Canada, Great Britain and other countries throughout the world. In the United States, chapters are open to all bereaved siblings and other family members who are grieving the death of a child of any age, from any cause.

"Human pain does not let go of its grip at one point in time. Rather, it works its way out of our consciousness over time. There is a season of sadness. A season of anger. A season of tranquility. A season of hope. But seasons do not follow one another in a lock-step manner, at least not for those in crisis. The winters and springs of one's life are all jumbled together in a puzzling array. One day we feel as though the dark clouds have lifted, but the next day they have returned. One moment we can smile but a few hours after, the tears emerge...It is true that as we take two steps forward in our journey, we may take one or more steps backward. But when one affirms that the spring thaw will arrive the winter winds seem to lose some of their punch.

"A Gift of Hope" How we Survive Our Tragedies
Robert Venigna, 1985 (Provo Chapter TCF Newsletter)

A GRIEF SHARED

Lynda Boucugnani-Whitehead, Ph.D.
TCF Atlanta

This will not be the typical article you often see in a professional publication. There will be no references to scholarly works, no discussion of what has been gleaned from years of research, no statistics, no methodology. Rather, this will be a story from the heart, one that I hope may help psychologists first understand, and then do what they do best. I had the inspiration to write this article just a week or so before the tragedy in New York. In my frame of reference, following the horror at the World Trade Center and Pentagon and in Pennsylvania, perhaps this is divine inspiration - this is something I just have to do.

What is it like to live through such a profound grief, to have your whole life changed in an instant, to have much of your future taken away, and to find yourself in a world that you don't recognize? We have all had at least a taste of this, as Americans, our lives have been changed by these events. There is a loss of a sense of security and for what we thought our future would be. But what about those people who have sustained a more profound and excruciating loss - the loss of a loved one who was treasured and so much a part of the fabric of your very life. What is it like to have that person taken away so abruptly, to one minute have that loved one beside you as a part of your dream, and the next to have that love ripped away from you? What do psychologists and other helping professionals need to know in order to help those who have sustained such a loss?

This story is very personal for me and, therefore, somewhat difficult to tell. As many of you know, my daughter, Maria-Victoria, was killed in an automobile accident just three blocks from my home as her brother was driving her home from school. A speeding driver ran through a red light and smashed into their car killing Maria-Victoria instantly. She was 13 years old. It was a normal day, bright and sunshiny and my life was going along as normal. My daughter was a beautiful, intelligent and accomplished person known for her extraordinary kindness and compassion for others. She was innocence and pure love blossoming into a leader of others and she was building the confidence that could have taken her very, very far in this life. In one second she was here, in one second she was not. The fifth anniversary of her death was just 2 days after the New York tragedy.

Within a few months of her passing, I joined a group called Compassionate Friends, which is a self-help group for parents who have lost children. It was a very good move. It is said that the most profound loss a person can

have is the loss of a child – I can tell you that this is the truth. However, for those who have not lost children, the most profound loss is the one they have experienced or are experiencing at the present time. Those of us in this group frequently lament about how ill-equipped others who have not experienced such pain and grief are in dealing with it. Ministers are often the focus of such discussions for example and we have often discussed how we can let others, especially professionals, know how it really is - what helps and sometimes, more importantly, what doesn't help. This is the purpose of this story - this Dialogue - to let my fellow psychologists know some things that in the future will help them be able to help. It is based on my own personal experiences as well as the numerous Compassionate Friends who have come into my life.

You have all heard or read about the stages of grief. The work that was done in this area by pioneers such as Elizabeth Kubler-Ross is very valuable in understanding the emotions of grief. Some professionals may feel that they can help people with grief because they have studied these stages and know the sequence by heart. Throw it all away. People who have sustained profound loss do not want to hear about the stages of grief - it's almost an insult. They do want to know that what they are feeling is normal, that they are not "crazy", that others have felt or done the same things. There is no sequence of grief - it is a constant, evolving journey with many diversions into emotional peaks and valleys along the way. It is a journey and it is never over.

It is true that at the time of the event you are in a state of shock and numbness. In my case after a telephone call, I made my way to the accident site. It was eerily quiet with cars backed up in four different directions at the intersection, so that I had to drive on the wrong side of the road to get there. When I got to the scene I was no longer within myself, I must have dissociated. I felt like I was observing everything as if I was in a movie. The people in all the cars were watching me. I imagined they were saying "that's the mother". I was aware that I was playing this "role". I imagine that many of the relatives looking for loved ones in New York must have felt this way too. At the hospital I was placed in a special room - meant to be a comfort but cut off from others. It did allow me to get out of the movie. What helped? Friends coming to be with me. You need to hold and touch people - you need them to hold you and just "be there" for you. What didn't help? Waiting 1½ hours to be told whether my children were alive or dead. I already knew in my heart and soul that Maria-Victoria was gone from this life but to have a doctor finally come in and say in a cool and dispassionate manner that "your daughter is deceased" made me angry. A simple "I'm so sorry", a touch on the hand and some semblance of compassion would have endeared this doctor to me for life. Why is that so hard to do?

A GRIEF SHARED (continued)

We are blessed with this state of shock that comes almost immediately after suffering a traumatic loss. It allows us to do the things we have to do. For many of us this is very, very important. I needed to make sure that Maria-Victoria had a wonderful, up-lifting funeral service that told the world about the wonderfulness of my little girl. I needed to write an obituary that would touch the hearts of Atlanta. I needed to comfort her teachers and students at her school, thereby comforting myself. I needed to be there for the hundreds of people who came to show they cared. Some people criticized the news coverage in New York of friends and relatives showing flyers of their missing loved ones saying it was exploitation. I spoke to them through my TV set saying - "you just don't get it - they need to do this - they need to let others know about the one they love - they need to feel like they are doing something to take care of them."

What helped me so much in the initial weeks after the accident were touches from the hearts of other people. I savored all the cards, the incredible amount of food from individuals and whole schools, letters and phone calls from people I had never met who were touched by my daughter's story and the physical presence of people I was close to. Such heartfelt gestures give life when life has gone out of your existence.

There is a time when you have to go back to work and start to live this new life. I was fortunate to have such a wonderful, supportive staff that literally carried me through that first year. Others are not so fortunate. Some have to go back to work just days after the funeral and are expected to perform as if nothing has happened. When a traumatic loss has struck you, you are amazed and perhaps a little bit angry that the world has gone on. You say to yourself, "how can these normal things still go on - how can people laugh - don't they know the world has ended?" You think to yourself that you will never laugh again, that you will never feel joy again - it's incomprehensible to think that you could.

During that first year (time will vary among folks) you are literally "out of your mind". Believe it or not, there is actually a "physical pain", usually in your heart and chest area and all over your body at times, experienced by many that is excruciating and you think will never go away. Mine lasted about 2 months and then just floated away. It was a relief to say goodbye to that constant companion. You are "out of your mind" because you think about your loved one constantly - probably a million times a day it certainly seems. That doesn't leave much room for concentration and memory. Those who have experienced such loss need to know that this is perfectly normal. It is perfectly normal to put the iron in the refrigerator. At work if you don't have support, you will certainly not be

able to function like you used to. You may be able to do some things on "automatic pilot" but this is not the time to be making major decisions and you - and the business you work for - need to give you leeway for your memory lapses and perhaps loss of drive. Every day is a struggle just to get up and live. Every day you get up and live is an accomplishment. So be supportive and tolerant - make it a point to know about these cognitive disturbances, help the person you are helping to understand them. And - if you can - help their employers to know what to expect and how to give support.

There is no timetable for grief. It is highly offensive to the grief-stricken to hear things like, "you need to move on", or to receive messages that you are expected to be back to normal and "over it" in a certain time frame. I once had a principal come up to me about three months after Maria-Victoria died and say, "well, have you gotten over the death of your lovely daughter?" I swear this is true. My response was, rather curtly, "I will never get over it". This kind-hearted man had no clue about how much that remark hurt. Let me tell you that you never get over it. You are a changed, different person from the one you were before the death of your loved one. We don't want to get over it because that suggests that we can somehow let that love go. That brings me to the dreaded "C" word. A word hated by the bereaved and one especially pertinent to those people who have loved ones missing in New York. The dreaded C word "closure". I hate that word. I am offended by that word. Most of the bereaved I know hate it too. There is no such thing as closure - you never get over it and quit expecting us to do it. People need to learn to say something else to describe people who need to have something happen before they can continue with their personal grief. Something like "relief from uncertainty" is more like it.

There is usually a lot of support and attention paid to the bereaved at the time of the loss and for a short time afterward. But after a while that support fades and contacts drop off. Many, if not all, of my Compassionate Friends report that this is a time when you know who your real friends are. Sometimes people don't know what to say and so avoid you. Especially in cases where children have died, people avoid you because they think it might be "contagious". If this most horrendous of nightmares happens to you, it could happen to me. I don't want to think about that so I'll stay away from you. You may be shaking your head in disbelief, but it is true. Many find that family members are the least helpful. They do not want to bring it up because they think it will cause pain to you - but especially to them.

A GRIEF SHARED (continue)

If you remember one thing from this story, remember what is in this paragraph. The most precious words a person who has lost a loved one can hear are their loved one's name. Say it over and over again. It will not bring pain - it has great potential to bring joy and to heal. MARIA-VICTORIA, MARIA-VICTORIA - hearing her name always lightens my heart. In the beginning, people need to tell their story - over and over again. Your job is to listen, to give a hug or show that you feel for them. It was important for those missing loved ones in New York or for those who knew their loved one had died, to "tell their story". This is a part of the grief process, and a way to validate the strength of their continuing love for their loved one. It is a way to honor them and, most importantly, to assure that they will not be forgotten. That is the greatest fear of those of us who have lost our children (and probably for other bereaved persons as well). We do not want our loved ones to be forgotten. You are doing the bereaved a wonderful favor when you bring up their loved one's name and when you reminisce about something that they did or something special about them. It is a very, very special gift and so easy to give.

There can come a time when the bereaved person starts to refrain from bringing up their loved one's name or talking about them because they are afraid of making the other person uncomfortable. A lot of people don't know what to say and so they say nothing. You quickly learn who you can trust and who you can't to spill your heart to. People are afraid that what they might say will sound awkward or mistakenly think it will bring pain. This then can be misinterpreted by the bereaved person as a sign that you don't care. Never say "I know just how you feel" because you don't - you have no idea. Never say, "I don't know how you do it - if it was me I'd just die". My goodness, that implies that I must not have loved my child enough because I didn't die. What helps? A hug and saying "I think about you often" - Just a heartfelt hug - "I was thinking about Maria-Victoria today" - "I know this is a hard time for you" - "I am so sorry".

I went to see a therapist for about a year after Maria-Victoria died. What I liked about her the most was that she told me at the beginning that she knew very little about dealing with grief but felt that she was going to learn a lot by our time together. She did learn a lot and I got a chance to tell my story, to process how my life had changed and to run through ideas about how to redefine my life and redefine my relationship with my daughter. In essence, in the long term that is what we, as psychologists, need to do to help others. When you have experienced a traumatic loss you have to make a choice. You choose whether to retreat from life, to give up on life and what you held dear, or to grow from this horrendous experience. Making this choice is not easy, but it is a

choice. You also have to redefine your relationship with your loved one. You may not have a physical relationship anymore but you can choose to always have a strong and loving relationship. My feeling of connectedness with my daughter is very, very strong. She is very much a part of my life and will always be. I have redefined my relationship with her and do the things I want and need to do to keep our love and connection alive.

As you go on this grief journey, you do whatever feels right to do. There are no rules. In the beginning I would go to the cemetery and lay on a blanket and stroke the grass over her grave as if it was her hair. Imagine the sight of that to one that does not know. I still, after five years, have not washed the clothes from her clothes hamper (I probably never will). Before I moved, I would go into her bedroom at night, smell her sheets or sleep in her bed. I talk to her aloud every day. These are all perfectly normal things to do. As a psychologist, it is important to validate to the bereaved person that anything they want to do that brings them comfort is okay. We all have different ways of grieving and we all need to respect these different ways.

I am a very different person from the one I was before my daughter died. I think I'm a better person (a lot of my friends think so too). What often comes out of tragedy is growth, often spiritual. I and everyone I know in Compassionate Friends no longer have any fear of death. Death is the door to where my daughter is. When fear is gone (the worst that could happen, has already happened), it is a very freeing experience. You are less afraid of change, you are less tolerant of arrogant, insensitive people or of doing things that don't have meaning for you anymore and you put your energy toward the things that are truly meaningful in this world. That doesn't mean you don't go through periods of sadness and despair and have to pull yourself up time and again - of course you do -. You are not necessarily suffering from depression, but profound sadness and there is a difference. When you are depressed you don't want to do anything and you don't grow. When you are experiencing profound sadness, you still want to grow, to do things that will make a difference; you often feel compelled to do so.

As psychologists, and as friends or colleagues of those who have experienced a traumatic loss, we can help by supporting them on their own personal journeys, not by telling them where and when to go, but by being a friendly landmark along the way. We help by realizing there is no destination, not even an itinerary. At five years after my daughter's death, I probably think about my daughter about 500 times a day, rather than a million. Some would call that progress. I call it evolution.

Monthly Support Group Meetings

Monthly support group meetings are the heart of The Compassionate Friends. These gatherings provide a safe and caring environment in which bereaved parents and siblings can talk freely about the emotions and experiences they are enduring. Parents and siblings receive the understanding and support of others who have "been there."

Through the years, the hope for the future that is provided through these sharing sessions has been more helpful than anything else in resolving the grief of bereaved parents. Siblings, grandparents and other adult family members are also welcome at TCF meetings.

Sibling Support Group Meeting

The Atlanta Chapter also offers a Sibling Group at the same time as our regular monthly meeting. Ages 12 and up.

Chapter Libraries

Each Chapter maintains a separate lending library. We are always in need and accepting donations of books you would like to donate in Memory of Your Child. If you have books at home and would like to donate them, simply take them to your chapter meeting and give them to the person who maintains the library.

Chapter Newsletters

Most chapters have a chapter newsletter that announces TCF activities and includes articles that are helpful to families following the death of a child, and also includes original writings by bereaved parents and siblings from throughout the world.

Newsletters are mailed free of charge to TCF members and other interested individuals.

Online issues

www.tcfatlanta.org/news.html

Chapter Birthday Tables

Chapters have a "Special Birthday Table" at their monthly meetings. There will be a special table set up. If your child's birthday is in the month of a meeting, bring a photo and/or other memento and you will have the opportunity to share some of your special memories of your child. We hope you will take this opportunity to share your child with us.

TCF Atlanta Web Site

About 1,000 people per day have been visiting the TCF Atlanta web site. www.tcfatlanta.org

TCF Atlanta Online Sharing

TCF Atlanta Daily E-Newsletter and Online Sharing is an online sharing group available to anyone with Internet access. The Online Daily Sharing is a wonderful daily resource to remind everyone "They Need Not Walk Alone". We share articles, poems and messages from other bereaved families.

www.tcfatlanta.org/TCFOnline.html

Currently we have 2,000 active members and are growing at a rate of 2-4 per day.

To Join go to the following link:

www.tcfatlanta.org/SharingSubscription.html

Chapter Candlelighting and Remembrance Services (various dates)

National Children's Memorial Day World Wide Candle lighting

2nd Sunday of December at 7:00 p.m. world wide

The Compassionate Friends Atlanta Area Chapters Meeting Schedule

Chapters Meet Monthly at the following locations:

Visit our website for other chapters in Georgia <http://www.tcfatlanta.org/times.html>

Atlanta (Tucker) Chapter - 7:30 PM on the second Tuesday of every month.

First Christian Church of Atlanta, 4532 LaVista Road, Tucker, GA 30084

Cindy Durham 770-938-6511 Cindy_Durham@bellsouth.net

Tamie Dodge 770-982-2251 Dodgecat2001@yahoo.com

Joseph Hobbs 770-879-0023 joe.hobbs@cox.com

Ghakarhi Btembke 678-291-9935 unicorngab@comcast.net

Atlanta (Tucker) Chapter Sibling Group- same time, ages 12 and up,

Nina Florence 404-484-2618 JamarrsMyAngel@aol.com

Jim Dirr 770-729-2816 dirr@lavista.com

Sandy Springs Chapter - 7:15 PM on the fourth Wednesday of every month.

Link Counseling Center, 348 Mt. Vernon Highway, Sandy Springs, GA 30328

Contact Mary Natelli 404- 563-1047 natelli@bellsouth.net

Southwest Atlanta Chapter (Ben Hill) - 7:30 PM on the first Thursday of every month.

Ben Hill United Methodist Church, 2099 Fairburn Road, SW, Atlanta, GA 30331

Contact Jackie McLoyd 404-346-4217 jbmclloyd@aol.com

Gwinnett (Lawrenceville) Chapter- 7:30 PM on the third Thursday of every month.

First Baptist Church of Lawrenceville, 165 Clayton Street, Lawrenceville, GA 30045

Contact June Cooper 770-995-5268 jc30044@flash.net

Meg Avery 770-932-5862 memoriesr4ever@hotmail.com

Marietta Chapter- 7:00-9:00 p.m. on the first Tuesday of every month.

Marietta First Baptist Church, 148 Church Street...3rd Floor, Marietta, GA 30061

Contact Karen Chambers 770-565-8360 karenmariettatcf@comcast.net

Kathy Kelcourse 770-579-3512 kathzkel@yahoo.com

McDonough Chapter - 7:30 - 9:30 pm, on the second Tuesday of every month,

Salem Baptist Church, 1724 Hwy 155 N, McDonough GA 30252 Come to back of church through the double doors.

Freddie Saye 770-957-6610 fcsaye@bellsouth.net

Walton County (Walnut Grove)- 7:00 - 9:00 pm, on fourth Thursday of every month,

Walnut Grove United Methodist Church, 915 Church Way Loganville, GA. 30052

Contact Genie Lissemore 770-464-9385. g.lissemore@att.net

Conyers Parent Support Group - 7:30 - 9:30 pm, on first Tuesday of every month,

First Baptist Church of Conyers, 2100 Hwy #138 N.E., Conyers, GA 30013

Contact Rachel Wooldridge 770-483-3925

Our Credo...

We need not walk alone. We are The Compassionate Friends.

We reach out to each other with love, with understanding and with hope.

Our children have died at all ages and from many different causes,
but our love for our children unites us.

Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.

We are a unique family because we represent many races and creeds.

We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh
and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source of strength;

some of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression;

others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends,
it is pain we will share just as we share with each other our love for our children.

We are all seeking and struggling to build a future for ourselves,

but we are committed to building that future together

as we reach out to each other in love and

share the pain as well as the joy, share the anger as well as the peace,

share the faith as well as the doubts and help each other to grieve as well as to grow.

We need not walk alone. We Are The Compassionate Friends

The TCF Sibling Credo

We are the surviving siblings of The Compassionate Friends.

We are brought together by the deaths of our brothers and sisters.

Open your hearts to us, but have patience with us.

Sometimes we will need the support of our friends.

At other times we need our families to be there.

Sometimes we must walk alone, taking our memories with us,
continuing to become the individuals we want to be.

We cannot be our dead brother or sister;

however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned,
and we feel the responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many others

the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are,
but to walk together to face our tomorrows as surviving siblings of

The Compassionate Friends.

Atlanta Sibling Website www.tcfatlanta.org/sibling.html

Honoring 29 Years of Support and Friendship for Bereaved Families in the Atlanta Area