

# The Compassionate Friends

*The Modesto Area Chapter of The Compassionate Friends*

Supporting Families After a Child Dies

A self-help organization offering friendship, understanding and hope to bereaved families that have experienced the death of a child.

[www.modestoriverbanktcf.org](http://www.modestoriverbanktcf.org)

July 2024

[tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com)

## MONTHLY MEETING

7:00 PM

**Community Hospice  
4368 Spyres Way  
Modesto, CA 95356**

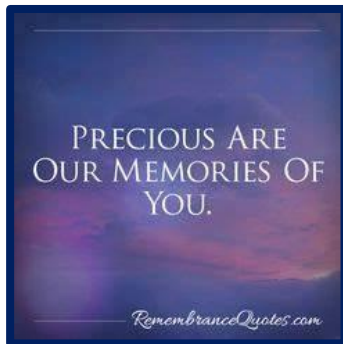
*Please join us at our  
next meeting on*

***Monday, July 8<sup>th</sup>***

*\*Please arrive by 6:50 p.m.  
We begin promptly at 7:00  
p.m.\**

## Upcoming Meetings

**August 12<sup>th</sup>  
September 9<sup>th</sup>  
October 14<sup>th</sup>**



**Are you taking a vacation?  
Visiting family? Moving?  
Helping someone new to  
TCF to find a chapter?**

*Use the link below to find TCF  
chapters in other cities and  
states*

**Chapter Meeting Locator -  
Compassionate Friends**



## Our Mission

***The mission of  
The Compassionate Friends:***

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister or a grandchild, and helps others better assist the grieving family.



## MESSAGE LINE

(209)622-6786

*Please leave a message and a  
steering committee member will  
return your call.*

## 2024 Steering Committee

**Suzanne Casity  
Chapter Co-Leader**

**Kris Leitner  
Chapter Co-Leader**

**Nelda Anaya  
Secretary**

**Elsie Freeman  
Treasurer**

**Janet Neal  
Outreach Coordinator**

**Kathleen Irizarry  
Library**

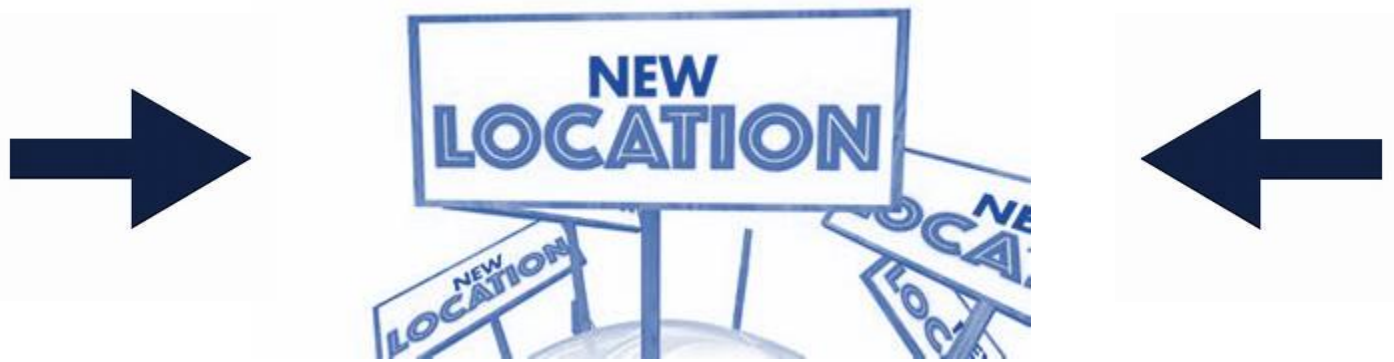
**Michelle Bulman  
Public Relations/Social Media**

**Kris Leitner  
Newsletter Editor**

**Mike & Suzanne Casity  
Website**

**Heyam Khacho  
Hospitality**





We have a new meeting place.  
It will be our permanent location beginning in July.  
Please note the change.



4368 Spyres Way  
Modesto, CA 95356

*We are very thankful to have a new place to meet each month!*

*We hope to see you at the July monthly meeting.*

*Please enter from the doors located off of the parking lot.*

*Our chapter sign will be out front to help you find us!*





## 47th TCF National Conference - Compassionate Friends

Click on the link above for more information about this event.



We are very pleased to announce The Compassionate Friends (TCF) 47th Annual National Conference in New Orleans! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of our conference include our heartfelt Saturday evening Candle Lighting Program, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

This year's conference will be held at the New Orleans Marriott. Reservations can now be made online at TCF's dedicated reservation link. Our discounted room rate with the Marriott is \$144 per night plus applicable taxes and fees. Please note that each attendee can reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in New Orleans!

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Get a photo button made of your child, grandchild or sibling with our button machine!

*Close-up photos usually work the best.*

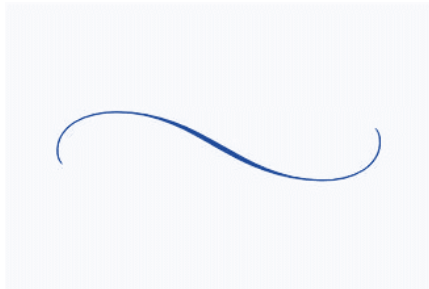
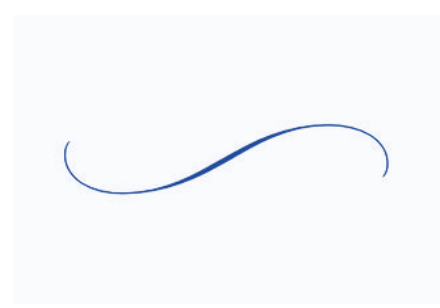
Buttons can be made at 6:30 pm on our meeting nights. Bring an extra copy of a photo that can be cut into a circle 3" in diameter.

OR

You can email a copy of your child's photo to Suzanne at [scasity@comcast.net](mailto:scasity@comcast.net) and one will be made for you and brought to the next meeting.

This is a wonderful way to share their sweet faces!!





## ♥ LOVE GIFTS ♥

Love gifts can be made in memory of your child, sibling or grandchild in any amount. Donations received are used for our annual Candle Lighting Program each December, for sending our monthly newsletter via US mail and for community outreach. We are here to reach out to other bereaved families who may not be aware we are here to lend our support after the death of a child. Please send your tax-deductible donation to the PO Box below.

### *In loving memory of all our beloved children*

#### If you wish to make a Love Gift Donation

Please fill out the information below and send with a check to:

The Compassionate Friends  
Modesto Area Chapter  
PO Box 578713  
Modesto, CA 95357

☐ Child, ☐ Sibling or ☐ Grandchild \_\_\_\_\_

Date of Birth\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Date of Passing\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Donation amount \_\_\_\_\_

Your Name \_\_\_\_\_

Telephone\_\_\_\_\_ Your email address \_\_\_\_\_

Your address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Would you like your gift listed in our monthly newsletter in memory of your child, grandchild or sibling?

The amount will remain anonymous Yes \_\_\_ No \_\_\_

The Compassionate Friends is a 501 (c) (3) non-profit organization. Donations are tax deductible.



# What it means to ‘Change your relationship with grief’



[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

There are things that you get over in life. For example a cold, your first breakup, or an argument with a good friend. More often than not, these things happen, they cause temporary misery, maybe you learn from it, and then you let bygones be bygones. Many experiences follow a similar pattern and with good reason. There are things we can and should leave in the past for the benefit of everyone, just imagine how much pain and negativity we'd all carry around if we could never forget and move on.

That said, it is a mistake to think that *all painful experiences* can and should be gotten over. There are times when such a shift simply isn't possible – people can't always change the way they think, feel, and behave simply because they want to. It's common to think that, in these instances, one can go to therapy or take medication and be cured of these problems, but many people who've experienced things like serious hardship, trauma, addiction, and psychological disorder will tell you that healing isn't about putting these experiences in the past, rather it's about changing their relationship to the related thoughts, memories, behaviors, and emotions that exist in the present.

There are also times when 'getting over' something or 'forgetting' isn't even desirable, such as getting over or forgetting about a deceased loved one and their ongoing absence. Still, many people mistakenly think that grief is something that can and should end at some point. Those who understand grief in hindsight may think this is a foolish mistake, but I would argue it's common and understandable considering how little people know about grief before experiencing it. Especially those who live in societies where people are quick to believe that grief runs a linear and finite course and, as a consequence, encourage grieving people to push forward and let the woes of the past disappear like water under the bridge.

The reality of grief is that it often stays with you until the day you, yourself, die. For those who think of grief as being all negative emotion, I can see where this may seem unmanageable, but rest assured the impact of grief changes over time. As you change your relationship with grief – by changing how you respond to, cope with, and conceptualize grief – you will likely also find hope and healing. If you think about it, grief is one instance where there is a strong benefit to accepting its ongoing presence in your life because doing so creates more room for comfort, positive memories, and an ongoing connection with the person who died.

Below is how the author of this article felt her relationship with grief changed over time. Perhaps as we begin to move forward through our own grief it would be beneficial to break down our process, as the author has, and think about the progress we are making.

At first I tried to outrun, wait out, hide from, and ignore grief



Eventually, I realized my grief wasn't going anywhere so I could either run from it forever or give in and experience it. Once the cloud of grief consumed me, it was hard to see or feel anything else. This sucked (but only slightly more than the running).



In the early days of grief, it felt like all the light had been drained from the world and everything was dark. But as the fog of acute grief thinned, a little bit of light crept in and things started to look a little less scary and a little more manageable.



I grew less intimidated by my grief and increasingly confident in my ability to handle its ups, downs, twists, and turns. Once I was able to look grief head on, I realized it's made up of both good things and bad. Grief grows from the same seeds as love so after someone dies, one seldom exists without the other.



Over time my relationship with grief has changed. I see it now as something as nuanced, complex, and beautiful as my relationships with those who have died. Though its ongoing presence is sometimes challenging, I embrace it because it's a source of love and connection with those who have died.



# JULY BEREAVED PARENTS AWARENESS MONTH

July is annually recognized as  
**Bereaved Parents Awareness Month**

*This month is dedicated to raising awareness of the support necessary when one endures the loss of a child.*

Within the National TCF community there is a wealth of information to guide, assist, encourage and support you.

Under the Resources Tab [Resources - Compassionate Friends](#) on the website, [The Compassionate Friends Non-Profit Organization for Grief](#) you will find:

Crisis Hotline Information - [Crisis Hotline Information - Compassionate Friends](#)

Other Organizations - [Related Organizations - Compassionate Friends](#)

National Magazine - [We Need Not Walk Alone Online Magazine - Compassionate Friends](#)

Social Media - [Private Facebook Groups - Compassionate Friends](#)

The TCF Store - [Storefront \(visoexpress.com\)](#)

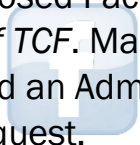
Reading Suggestions - [Books - Compassionate Friends](#)

Online Support/Live Chat - [Online Support - Compassionate Friends](#)

Weekly Web-Radio Series - [Open To Hope TV - Open to Hope](#)



Check out our closed Facebook page, *The Modesto Area of TCF*. Make a request to join the page and an Administrator will approve your request.



Join us on our Instagram account page. You can find us at – *modestoriverbankarea\_tcf*.



Our Steering Committee wants to provide the best possible support to each of our TCF Chapter members and friends. Please contact a member of the Steering Committee with any concerns you have or any ideas about how our Chapter can be of support to you and others. We're also available if you'd like to talk about your child or some aspect of the challenges of your bereavement journey. You can reach us by email at: [tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com) or by phone at 209-622-6786 or on Facebook.



Please remember to send in your child's photo so that it can be added to the new TCF Modesto-Riverbank website. Send photos to: [scasity@comcast.net](mailto:scasity@comcast.net)

Visit our website for information and to stay up to date on chapter events.

[www.modestoriverbanktcf.org](http://www.modestoriverbanktcf.org)



The vision statement of  
**The Compassionate Friends**  
is that everyone who needs us will find us  
and **everyone who finds us will be helped.**  
**PRIVATE FACEBOOK GROUPS**

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. Please note, all three questions need to be answered in order to be approved. If you are on a phone or tablet, you will need to scroll down before hitting "submit." If you are still waiting approval after three days, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.

[TCF – Loss of a Child](#)  
[TCF – Loss to Miscarriage or Stillbirth](#)  
[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)  
[TCF – Infant and Toddler Loss](#)  
[TCF – Loss of a Child 4 -12 Years Old](#)  
[TCF – Loss of a Child 13-19 Years Old](#)  
[TCF – Loss of an Adult Child](#)  
[TCF – Loss of an Only Child/All Your Children](#)  
[TCF – Grieving the Loss of a Child as a Single Parent](#)  
[TCF – Loss of a Stepchild](#)  
[TCF – Loss of a Grandchild](#)  
[TCF – Sibs \(for bereaved siblings\)](#)  
[TCF – Loss of a LGBTQ+ Child](#)  
[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)  
[TCF – Multiple Losses](#)  
[TCF – Men in Grief](#)  
[TCF – Daughterless Mothers](#)  
[TCF – Sudden Death](#)  
[TCF – Loss to COVID-19 and Other Infectious Diseases](#)  
[TCF – Loss to Substance Related Causes](#)  
[TCF – Sibling Loss to Substance Related Causes](#)  
[TCF – Loss to Suicide](#)  
[TCF – Loss to Homicide](#)  
[TCF – Loss to a Drunk/Impaired Driver](#)  
[TCF – Loss to Cancer](#)  
[TCF – Loss of a Child with Special Needs](#)  
[TCF – Loss to Long-term Illness](#)  
[TCF – Loss After Withdrawing Life Support](#)  
[TCF – Loss to Mental Illness](#)  
[TCF – Finding Hope for Parents Through TCF SIBS](#)  
[TCF – Grandparents Raising their Grandchildren](#)  
[TCF – Bereaved Parents with Grandchild Visitation Issues](#)  
[TCF – Inclusion and Diversity](#)  
[TCF – Grieving with Faith and Hope](#)  
[TCF – Secular Support](#)  
[TCF – Reading Your Way Through Grief](#)  
[TCF – Crafty Corner](#)