

The Compassionate Friends

The Modesto Area Chapter of The Compassionate Friends

Supporting Families After a Child Dies

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

www.modestoriverbanktcf.org

October 2026

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, October 12th
Please arrive by 6:50 p.m.
We begin promptly
@ 7:00 p.m.

Upcoming Meetings

November 9th
December 14th
January 11th

Yes, you will grieve forever.

Not as a life sentence,
but as a love letter
you keep writing.

-Jameson Arasi

**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](#)

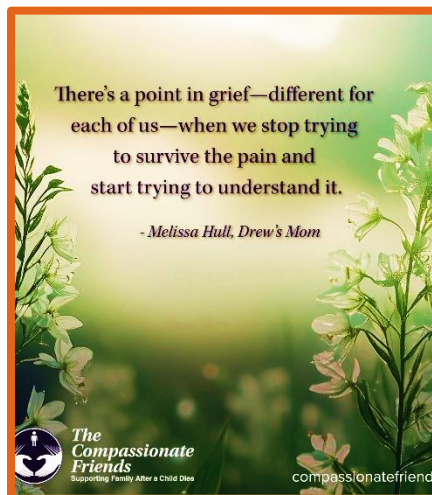


Our Mission

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.

2026 Steering Committee

Suzanne Casity
Chapter Co-Leader

Kris Leitner
Chapter Co-Leader

Melinda Lansberry
Secretary

Elsie Freeman
Treasurer

Janet Neal
Outreach Coordinator

Michele Mootz
Hospitality

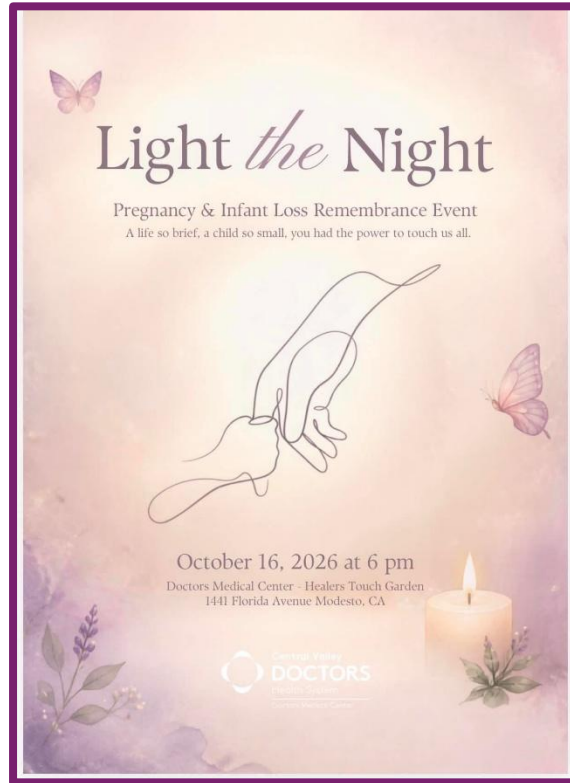
Lorie Boisse
Public Relations/Media

Kris Leitner
Newsletter Editor

Mike & Suzanne Casity
Website

"Memories saturate my heart
and the story of you
spills from my eyes."
- Grace Andren





The Compassionate Friends
VIRTUAL FALL RETREAT
Finding Comfort, Building Community, Nurturing Hope

OCTOBER 24, 2026

- 3 Keynote Speakers
- 14 Workshops
- Attend Virtually
- Watch Recorded Sessions for up to 90 days

There is **no charge** to attend.
Donations are appreciated and help TCF
continue providing support and hope to grieving families.

compassionatefriends.org

Please join us on October 24, 2026, for The Compassionate Friend's Fall Virtual Retreat. This special gathering will include workshop presentations on a variety of grief topics that have a Q&A opportunity at the end of each plus three keynote sessions. Whether you are newly bereaved or a more seasoned griever, a range of workshops will be offered on grief, loss, coping, and healing and will focus on support for bereaved parents, siblings, and grandparents. We invite you to join us for an informative, caring, and supportive day from the comfort of your own home.

There is no registration fee to participate in our Virtual Fall Retreat. We want everyone in the TCF community to have the opportunity to gather, reflect, and find comfort, regardless of their ability to give.

If you are able, we invite you to make a donation to help support this retreat and the ongoing work of The Compassionate Friends. Suggested giving levels of \$25, \$50, \$100 or \$250, but a gift of any amount is deeply appreciated. Every contribution helps us continue creating meaningful opportunities for bereaved families to find connection, understanding, and support.

[More Information](#)

[Register Today](#)

Event Details

Date: 10/31/2026

Location: Modesto Jr College

West Campus

Modesto, CA

Registration: 9:00 am

Event Time: 10:00 am



For more information contact:

Contact Name: Jori Martinez

Contact Phone: 209-200-6979

Contact Email: msjori89@gmail.com



American
Foundation
for Suicide
Prevention

Click on the "Out of the Darkness" picture and it will take you directly to the Modesto Walk page.



SAVE THE DATE

30th Annual Worldwide Candle Lighting

December 13

The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December 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.

♥ 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.

Gredel Morales, in loving memory of her beloved son, Edgar

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.

The Myth Of Closure After Loss



“This wasn’t supposed to happen! Tell me why this has happened!” These are the spoken words of countless bereaved parents throughout numerous years in numerous languages — a never-ending and always present wound in the Souls of those who have buried their children.

Parental grief is forever boundless, an ever-present, deep-seated wound that has no name. There’s a reason no label has been ascribed to those who have lost a child — it is too foreign a concept, a much too chaotic form of brain freeze, an enormously frightening emotion for any language in the world to even consider naming. Within that foreign concept lies the heart of the matter — losing a child is the most frightening, unspeakable, unresolvable, and ultimately the most devastating deprivation of a lifetime. It is disorienting, unimaginable, and is the most unacknowledged universal trauma of them all.

It is the very nature of this grief that makes the concept of “closure” almost laughable. Psychology tells us to look to closure as a way to live within this boundless grief. Finding the certainty, we need to make things whole again is supposed to exist within this concept so quickly spoken of by well-meaning friends and therapists. The need for cognitive closure (NFCC) is supposed to provide us with an ending to all ambiguity and bring us certainty. Within that certainty, we should find freedom from all the questions that live and breed in our lives as to “why” our child had to die. The problem is — most parents see their child’s death as multi-factional.

It wasn’t just the child who was lost; it was the parent as well. The parents lose their way in the world, and the entire premise of how the universe operates is shaken to its core. There is a natural order in life, a death order if you will. First, it’s the grandparents, then the parents. All should pass from this world in the natural order of life events. At least, that’s what we think. But it doesn’t happen that way in real life. Children die, and the overwhelming loss that becomes the new way of living in the world is never one for which closure exists. The feeling of having lost a limb becomes a life wound, a soul wound that never heals.

There truly is no definition for precisely what this form of grief feels like. It is a wrenching sadness and despair from which recovery cannot be found in what we call “closure.” Except that which somehow can reach deep within the recesses of what we know as Spirit and start a healing process — acknowledging that life isn’t fair, we never really “get over” this kind of loss, we keep on breathing, and that children do die.

Trying to accept our, and our children's mortality, trying to accept all that has been or will be or can never be again, deciding how we will honor our child and keep them "alive" within our family, and trying to accept the fact that death is part and parcel of all life – may be the key to survival for those parents who suffer endlessly with questions for which there are no answers. But there is never certainty, never total acceptance, and never closure in our collective human condition that keeps us from fully accepting all these things. And an even more substantial impediment to consider can be found within the parents' need to "keep and maintain" the relationship with the lost child.

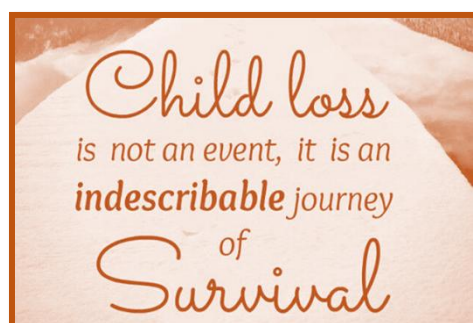
Many times, holding onto grief becomes the staple needed to maintain that relationship. As if letting go of the pain means letting go of the relationship – losing their child all over again. Managing the connection within the grief experienced at the time of death can become all-important to a bereaved parent. Those final moments may be all that can be "felt" because anything else — memories of the good, the bad, and everything-in-between can become tangled up with unanswerable questions and lead to the could of's, should of's and if only's of having no future with the lost child.

Losing a future together can be often is just as devastating as is the actual physical death of that child. Even thinking of closure as a possibility then becomes some foreign notion that will never be considered because it is seen as a complete loss of all relationships – past and future. Healing from the death of a child is a lifetime journey if there is any healing at all! And looking for "closure" does one thing and one thing only — it merely grounds you in the very thing that you are trying to heal within your very damaged and wounded Soul. I mean, life is hard stuff. It presents itself in the light of day and the dark of night in varying shades of joy and despair-all on the same day. Life is amazing. Then it's not. It's mundane. Then it's horrific.

You can't out-run it any more than you can defeat it. You can't change it without changing yourself, your environment, and your very Spirit. You can deny it and try to hide from the reality of it for a while until it catches up to you, which it always does! Life can be messy and painful and joyful and filled with grief and laughter all at the same time. Don't try to plot it on a straight path; you will lose every time!

All you can do is look within and try to accept the mortality of all things. Then decide how you will be "in this world" and how you will honor those you love while trying to figure out how to accept yourself again. Forgetting isn't an option. No drug, no mind-bending herb, no (as the song says) "wishing and hoping and thinking and dreaming" will take you back into that "before time." That moment in time is forever gone. There is now only the "after time" to be dealt with and incorporated into what is remaining. What that "remaining" stuff is, well, that's up to the survivors to decide for themselves.

The Myth Of Closure After Loss - Still Standing Magazine



LOSING A CHILD

♥ ————— VS ————— ♥

ANY OTHER DEATH

Both are loss. But not the same.

Grief is grief. Pain is pain.
But the loss of a child carries a different
kind of weight that many parents struggle
to even put into words.

*Some bonds
don't end.
They change
everything.*



A child is not only someone you love deeply—
they are part of your heart, your future, your routines,
your identity, your hopes, and your purpose.

**When a parent loses a child, it can feel like time stops
while the world keeps moving.**



Other losses may
break your heart.
Losing a child can break
the part of you that once
felt safe in life.

IT CHANGES:



how you think



how you love



how you sleep



how you trust life



how you see the future



MANY GRIEVING PARENTS DON'T JUST MOURN THE CHILD—THEY MOURN:

- ♥ the memories not made
- ♥ the milestones missed
- ♥ the laughter that should still exist
- ♥ the version of themselves that existed before the loss



That does not make other losses “less important.”

Every loss matters. ♥

But the bond between a parent and child is one of the deepest human connections,
which is why the grief often feels so life-altering.

“Loss is loss, but losing a child touches a different part of the soul.

It's grieving a person while also grieving the future
that was supposed to come with them.



BE KIND. BE GENTLE. YOU NEVER KNOW SOMEONE'S STORY.

Love never ends. ♥

National Pregnancy and Infant Loss Remembrance Day

The loss of an infant is devastating. National Pregnancy and Infant Loss Remembrance Day honors those lives lost to miscarriage, Sudden Infant Death Syndrome, stillbirth, the death of a newborn, and more. On October 15, take the opportunity to reflect, honor, and come together over pregnancy and infant loss. If you have a loved one who has experienced this loss, take the time to give them the love and support needed to process and recover. Below are resources and information to provide guidance and support for mothers and fathers.

<https://nationaltoday.com/national-pregnancy-and-infant-loss-remembrance-day/>

<https://myforeverchild.com/pages/miscarriage-baby-loss-resources>

<https://stillbirthday.com/>

<https://www.nowilaymedowntosleep.org/>

<http://facesofloss.com/>

<https://mendinginvisiblewingsblog.wordpress.com/>

<http://nationalshare.org/>

<https://www.sacredbeginning.com/pregnancy-infant-loss-resources>

<https://rtzhope.org/fathers>

<https://hannahsheartandlove.org/resourcessupport/keepsakes/>



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 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



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

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.**

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 for 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.

PRIVATE FACEBOOK GROUPS

[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](#)