



# *The Compassionate Friends*

**Supporting Family After a Child Dies**

Wenatchee Valley Chapter  
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*The Compassionate Friends (TCF), Wenatchee Valley Chapter* was chartered on August 1, 2006 to serve the greater Wenatchee Valley to include: Wenatchee, East Wenatchee, Chelan, Pateros, Bridgeport, Omak, Okanogan, Twisp, Tonasket, Waterville, Cashmere, Leavenworth, Plain, Moses Lake, Ephrata, Soap Lake, and anyone who needs us.

## Services

The Wenatchee Valley Chapter of the Compassionate Friends Offers the Following Services:

**Grief Support**  
**Loving Listeners**  
**Monthly Newsletter**  
**Monthly Sharing Meeting**  
**Sibling Group**  
**Honoring Your Child's Birthday**

### Grief Support

The loss of a child is, perhaps, the worst loss that a parent, sibling, or grandparent could experience. We have been there and are now there for you -- by phone, in our meetings, at our events, through our website and through our library. *We need not walk alone.*

### Loving Listeners

We have volunteers whom you can call just to talk. They are parents and grandparents who have lost a child also, so they understand; they have been where you are. All conversations between you and our volunteer will remain confidential.

### Monthly Newsletter

We publish a monthly newsletter which is mailed to all of our members. It is written with the purpose of bringing hope, education, and healing to our bereaved families.

### Monthly Sharing Meetings

**Acknowledging your Child's Anniversary**  
**Infant Loss Support Meetings**  
**Grief Assistance for Professionals**  
**Lending Library**  
**The Worldwide Candle Lighting**  
**Walk To Remember**

At any time after the death of your child, you are welcome to attend our monthly sharing meetings. Sharing with others is the very heart of TCF chapter meetings. We charge no dues. We have no religious affiliation, although we do meet in a church. And we don't judge anyone. At our meetings you will find caring parents and grandparents, who are not professionals, but who understand much of your pain because they have been there too. We come together to remember our children, learn coping skills, make new friendships, and find the will to survive. Meetings are held the 3<sup>rd</sup> Monday of every month at Grace Lutheran Church, 1408 Washington St., Wenatchee.

### Sibling Group

During our monthly sharing meetings, we also have a sibling group which meets in a separate room with a different facilitator. This group is normally for children twelve or older; however, we have accepted younger children. Many of the siblings find a valuable support system by meeting others who are experiencing a similar loss.

### **Honoring Your Child's Birthday**

Birthdays hold treasured memories. We have a special time at the end of each sharing meeting to celebrate that month's birthdays. Parents and grandparents have the opportunity to share a picture, or memento of their child. We light the candles on the birthday cake and sing Happy Birthday to the children. It is a gentle reminder to all that love continues and grows with each passing year.

### **Acknowledging Your Child's Anniversary**

Care notes of comfort and encouragement are sent to parents and grandparents on the anniversary of their child's death. We care and we don't forget.

### **Infant Loss Support Meetings**

This is set up as an 8 to 12-week group for the parents and grandparents who have experienced a stillbirth, miscarriage, or infant death. As a group, we will share and express our feelings about such topics as the symptoms of grief, the impact of grief on marriage, surges of hormones, and coping with family and friends.

### **Grief Assistance for Professionals**

We offer assistance to employers who have an employee who is returning to work after the loss of

a child. We can help supervisors and co-workers assist the bereaved employee. We also offer assistance to clergy, pastors, counselors, etc., in knowing more about grief and the loss of a child.

### **Lending Library**

We are proud to offer an extensive grief library, free of charge. A selection of material is available at our meetings and events; other books and booklets are available for the asking.

### **The Worldwide Candle Lighting**

On the 2<sup>nd</sup> Sunday of December, at 7p.m. local time, we light candles to "Let the Light of our Children's Lives Shine Forever!"

It begins in New Zealand where the first candle is lit at 7p.m., their local time, and continues around the world to Wenatchee and beyond. This beautiful event creates a circle of light around the world to honor our children, of all ages, from all backgrounds, who have died from all causes.

### **Walk To Remember**

We join together to walk two miles as a symbolic remembrance of our children. Held at Walla Walla Point Park, Wenatchee, it is a day full of memories, friendships, compassion, and love. We return for an awesome balloon release, followed by lunch and a raffle.

For more information on any of the groups/services listed above, please call (509) 860-3620. The Compassionate Friends is a non-profit organization, and does not charge for any of their services. All services and groups are confidential. Current information is always available in the newsletter.