



# THE COMPASSIONATE FRIENDS

Bridgeport, Connecticut Chapter  
Supporting Family After a Child Dies

May & June 2022

Newsletter

Volume 22 No.5 & 6

*Dedicated with love to all children who have died and their parents, families, friends...*

## The Compassionate Friends

(TCF) is a national non-profit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age from any cause. There is no religious affiliation and no individual membership fees or dues are charged.

## Mission Statement

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

*"We found that our circle of friends shifted...We were surprised and disappointed that people we thought were good friends became distant, uneasy, and seemed unable to help us. Others who were casual acquaintances became suddenly close, sustainers of life for us. Grief changes the rules, and sometimes rearranges the combinations."*

*-Martha Whitmore Hickman*

**Please contact us at 475-882-9695.**

Leave your name, number, and message, and we will return your call.

Please send all correspondence to the following address:

**The Compassionate Friends Bridgeport Chapter  
P.O. Box 112  
Stratford, CT 06615**

### National Office Address

The Compassionate Friends  
48660 Pontiac Trail #930805  
Wixom, MI 48393  
(630)990-0010 (877)969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

### Regional Co-ordinator

Mary Lemley  
203 483-9935  
[Mklem43@aol.com](mailto:Mklem43@aol.com)

## Monthly Meetings

As we continue through the COVID-19 pandemic, the Steering Committee of our chapter will monitor the situation and adhere to the Governor's mandates. Presently, we will continue to have **in-person meetings at the Sterling House Community Center, 2283 Main Street, Stratford, CT06615.** Wearing masks is optional. **The in-person meetings will no longer be televised virtually on Zoom due to inadequate attendance.**

**Date:** Second Tuesday of each month  
**May 10, 2022 & June 14, 2022**

**Time:** 6:45 pm - 8:45 pm

**Place:** Sterling House

If you have any questions or concerns, please reach out and contact us at: [contact@tcf-bridgeport.org](mailto:contact@tcf-bridgeport.org)  
**If there is no school in Stratford due to inclement weather, there is no meeting because Sterling House is closed.**

**Please bring a non-perishable food item for the food pantry.**

## Bridgeport/Stratford & Vicinity Chapter Steering Committee

### Chapter Co-Leaders

*Dr. Charles Kochan and Claudia Margitay-Balogh*

### Secretary

*Janet Spray*

### Treasurer

*Leslie Minasi*

### Website Co-ordinator

*Leslie Minasi*

### Newsletter Editor

*Claudia Margitay-Balogh*

### Hospitality

*Dee Tutka*

### Community Outreach and Librarian

*Michele Peloso*

### Resource Facilitator

*Anne Castaldo*

### Zoom Co-ordinator

*Kristen Cable*

Bridgeport Chapter's New E-Mail Address:

**[contact@tcf-bridgeport.org](mailto:contact@tcf-bridgeport.org)**

TCF Bridgeport's New Website Address:

**[www.tcf-bridgeport.org](http://www.tcf-bridgeport.org)**

Bridgeport Chapter's Facebook Website:

**[www.facebook.com/pages/The-Compassionate-Friends-Bridgeport-Chapter](http://www.facebook.com/pages/The-Compassionate-Friends-Bridgeport-Chapter)**

# Grieving, Healing, Growing...

## When a President Grieves

One of the most famous bets in history involved a beautiful woman getting President Calvin Coolidge (nicknamed "Silent Cal") to say more than two words. He listened to the woman's vivacious conversation, then said, "You lose." One reason for his well-known silence was the deep-seated grief he lived with.

Calvin Coolidge became President on August 3, 1923, with the unexpected death of Warren G. Harding. The next summer, his 16-year-old namesake, Calvin, Jr., playing tennis on the White House courts, developed a blister on his toe. His toe became infected and Calvin, Jr., developed blood poisoning and died in Walter Reed Army Hospital a week later on July 7, 1924. (In those days physicians had few ways to treat the disease before today's miracle drugs. )

The President was devastated. After the wake, late in the night, soldiers guarding the boy's body in the White House were stunned to see the President, in his bathrobe, enter the East Room, walk to the casket, and stand stroking his son's head.

Coolidge ran for re-election that fall without making a single political speech. He later wrote, "When he went, the power and the glory of the Presidency went with him." For four years the nation had a passive President.

Coolidge offers grievers today a couple of lessons:

### Get assistance.

Robert Gilbert, a political scientist at Northeastern University who has researched presidential illness, believes the death of Coolidge's son reactivated unresolved grief (Coolidge's mother and sister died at young ages). During the Presidential campaign, Coolidge relied on Charles Dawes, the Vice Presidential candidate, to do the campaigning, while he "lost himself in sleep," often sleeping ten hours every

night with long naps during the day. Gilbert believes Calvin Coolidge, President of the United States, was clinically depressed. But in those days with limited media coverage, his depression went unnoticed, and apparently, medically untreated. (Nine months later Coolidge would be hammered again by his father's death.)

### Be open to help.

Early one morning Colonel James Starling arrived at the White House and found a young eight-year-old boy standing at the front gate. "Can I help you, young man?" The boy answered, "I thought I might see the President. I heard he gets up early and takes a walk. I wanted to tell him how sorry I am that his little boy died."

Colonel Starling escorted the boy into the White House (there was only minimum security in those days) and into the Oval Office. The boy was overwhelmed in awe and could not talk, so Starling conveyed his message. The grieving President was deeply moved. As the boy left, Coolidge told his staff, "Whenever a boy wants to see me, always bring him in. Never turn one away or make him wait."

Help comes to the grieving from unusual sources. Sometimes not in what they say but in their ability to listen to the endless rambling sentences over coffee.

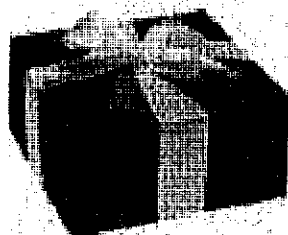
Imagine the President of the United States being comforted by a young boy.

### Be cautious in how you interpret the loss.

The classic advice says, "It is not so much what happens to you but how you choose to respond." Coolidge chose to believe that Calvin Jr.'s death was something of a punishment: "I don't know why, such a great price was exacted for occupying the White House." In wandering the halls of the White House pondering that question, Coolidge followed the thinking of a predecessor, Franklin Pierce, who in 1853 wondered why his son Benjamin was killed en route to the inauguration.

The Father's Days of Coolidge's Presidency must have been difficult - but no less difficult than yours. Twenty-three presidents have lost children. Those occupants of the Oval Office knew what you are experiencing.

Harold Ivan Smith  
from JOURNEY Summer 2002



# Love Gifts

A Love Gift is a gift of money to The Compassionate Friends Local Chapter. It is usually in honor of a child who has died. It can also be from individuals who want to honor a relative or friend who has died. It can also be a gift of thanks that their own children are alive and well or simply a gift from someone who wants to help in the work of our chapter. There are no fees or dues to belong to The Compassionate Friends. As parents and others find hope and healing within the group, they sometimes make a Love Gift to our chapter. Love Gifts allow us to offer resources such as this newsletter, our website, zoom, books, and brochures to assist grieving families.

These gifts are much needed and are always welcome.

Love Gifts are acknowledged every two months in the newsletter. Your gift is tax deductible to the extent allowed by the law. *The Compassionate Friends is a registered 501(c) (3) organization.* Please send your request and check to our treasurer at:

The Compassionate Friends Bridgeport Chapter

c/o Leslie Minasi,  
P.O. Box 112, Stratford, CT 06615

Please make out "Love Gift" checks to:

The Compassionate Friends Bridgeport Chapter.

**Bryce Costawong**

*"No love is deeper than our  
love for you, Bryce."*

- Dad & Mom

In loving memory  
of  
**Christa-Joenell Luttmann**  
for her birthday  
With love, Mom

In loving remembrance  
of  
**Daniel Quirk**  
You are always in our hearts.  
With love,  
Mom, Dad, Matt, and John

**Andrew Bobko**  
"Andrew, It's hard to believe that on 4-23  
It will be 3 years already -  
Your girls are beautiful -  
Wish you were here with them!"  
Love, Mom  
Miss YOU

**Dawn,**  
*Whatever the day, whatever the year,  
You are with us always,  
Your spirit forever near.  
With love, Mom and Dad Kosarko*

In memory of my beloved son  
**Justin Joseph  
Margitay-Balogh**  
With love,  
Mom

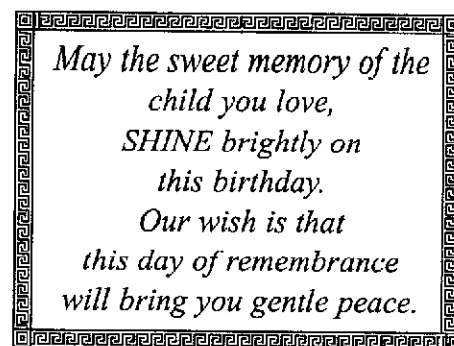
TCF Bridgeport Chapter "Love Gift" Form

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
Message \_\_\_\_\_

# Our Children Loved, Missed, and Remembered...

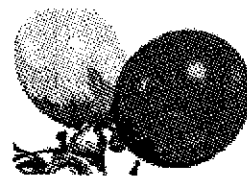
We ask that you keep parents, siblings, and grandparents observing such dates during May and June in your thoughts and in your hearts.

JOSEPH SALOMONE	May 1
CHARLES PATAKY	May 1
PAUL-JOHN HERON	May 1
JAMES HRZIC	May 2
KAREN BRUNO	May 3
AMBER KINGERSKY	May 3
BRIAN MICHAEL CANCELLIERI	May 4
DANNY MURPHY	May 5
CARL R. WENNERSTRAND TALBOT	May 5
JAKE MONROE BEDDOE	May 5
SHAUN DOWD	May 6
WILLIAM MARIANO VARGAS	May 7
NINA TERESA POETA	May 9
KENNETH A. BARTEK, JR. (KJ)	May 9
PATRICK J. DUBEE	May 11
JEREMY COLLINS	May 12
WILLIAM A BAKER IV	May 13
CONOR ROBERT BOWEN	May 13
CHELSEA MARIE CUNHA	May 13
BRIAN TUZIK	May 14
JON MALONE	May 16
JOEL ALEXIS NIEVES	May 17
JOSE A. SUAREZ	May 18
JAMES CARBONE	May 20
DAVID JOHN O'HARE	May 20
JESSICA BURROWS	May 20
DENISE PIETROWSKI	May 22
RONNIE HILL	May 23
CHARLES ANTHONY CURCIO	May 23
CHRISTOPHER MICHAEL TOKARSKI, JR.	May 24
SABINA ELIZABETH CECCARELLI	May 25
HERB GULLBERG IV	May 25
NEIL HEILWEIL	May 25
FINLEY RHIA MAGUIRE	May 25
WILLIAM J. SAVO	May 26
CURTIS BUCCI	May 26
BRIAN LANEUVILLE	May 27
JESSIE EBSTEIN	May 27
RYAN EDWARD SIMPSON	May 27
JENNIFER D. GUSTAFSON	May 28
BRYCE LEO COSTAWONG	May 28
SHAWN WATSON	May 29
JOSEPH DONALD "TREY" WARREN III	May 30
FRANCIS APGAR	May 30



ETHAN THORNTON	June 2
WILLIAM GAGLIARDI	June 2
STEPHEN JOSEPH MEDEIROS	June 4
CHRISTOPHER ROBERT ETES	June 5
JONATHAN SIMKO	June 5
JOHN SCINTO	June 6
CHERYL PETRETTI	June 9
SUSAN WOLSSNER	June 10
TORIN GREGORY BOND	June 11
JENNIFER LEIBOWITZ ANTONIER	June 11
JOHN SAMUEL SMITH	June 11
RON CRISTIANO	June 12
BRIAN PETER PETRUCCELLI	June 12
MARGARITA B. RAMOS	June 13
EDWARD J. STAMPER IV	June 15
KATIE FONTNEAU	June 18
BRIAN CASTRILLON	June 18
ADAM EDWARD NDREU	June 18
THOMAS JOHN LEE	June 18
ANNETTE KEMEZA	June 20
HALLE ROOT	June 20
HOLLY FLANNERY	June 22
ANGELINA JOY PEARSON	June 22
JORDAN PIERSON	June 22
CHRISTOPHER MICHAEL McETTRICK	June 23
ROGER NEALLEY	June 26
JAFAR KARZOUN	June 30
JOSEPH DAVID GAGLIARDI SR.	June 30

## BIRTHDAYS



# Our Children Loved, Missed, and Remembered...

JAFAR KARZOUN	May 1	CRAIG ARSENAULT	May 29
MICHAEL JOSEPH HURTA	May 2	BRIAN LAN EUVILLE	May 29
KATHLEEN ELLEEN BAYE	May 3	RONALD ALLEN, JR.	May 30
KAREN BRUNO	May 4	CRYSTAL LYNN HAYDEN	May 30
STEVEN WALL	May 5	JUSTIN JOSEPH MARGITAY-BALOGH	May 31
ERIC DAVID JOHNSON	May 6	LAWRENCE MORRELLI	May 31
CHRISTOPHER REYES PEREZ	May 6	JOSEPH SALOMONE	June 1
JEREMY COLLINS	May 7	SCOTT McCLENATHAN	June 2
BRYCE LEO COSTAWONG	May 7	PETER RONALD RADZWILLAS	June 2
DAVID E. CILENTO	May 8	CHRIS LEAHY	June 4
CARL ANTHONY JOHNSTON	May 9	FRANCIS APGAR	June 6
JEREMIAH S. SALVATORE	May 9	ADELE ADESUWA IYAMU	June 7
DERICK JAMES SPRINGER	May 10	JONATHAN SIMKO	June 7
BRIDGET GRACE CABLE	May 10	BARBARA YOUNG	June 8
EDWARD J. STAMPER IV	May 11	CHRISTIAN FERRIS RAKOCZY	June 9
WILLIAM (BILLY) A. SLOSSAR	May 12	HOWIE TASSITANO	June 10
FINLEY RHIA MAGUIRE	May 12	JESSIE EBSTEIN	June 10
RYAN THOMAS WALSH	May 13	NEIL HEILWEIL	June 11
CHRISTOPHER PAPP	May 14	Senior Airman LAWRENCE P. MAN LAPIT IV	June 16
EDWARD ANGELO PIPKIN	May 15	STEVEN C. BELENCHIA	June 17
TIARRA WEB	May 15	ASHLEY JOY	June 17
MARIYAH MIYLENA NAKHOUNE	May 15	CHRISTOPHER R. VIERA	June 17
JOSEPH DONALD "TREY" WARREN III	May 16	JOSEPH ANTHONY PELOSO IV	June 18
SEAN GARRETT RICE	May 16	ALAN RICHARD HOFFMAN, SR.	June 20
TORIN GREGORY BOND	May 16	ANNA MARIA RINO	June 22
JASON GLATZ	May 17	GABRIELLA JOSIE MARIA RINO	June 22
ROBERT YOUNG	May 17	SEAN EAREL	June 23
DAVID SAMPSON	May 17	PAUL STEVEN KEELER	June 23
DANIEL LAWRENCE TOOLE	May 18	DANNY STEIN	June 25
PETER BRADFORD KOVACS	May 19	STEPHEN F. ZURAW	June 25
TATE ARLETTA SCHEER	May 19	ROGER NEALLEY, JR.	June 26
SARAH CYNTHIA KOURY	May 20	BRIAN CASTRILLON	June 28
PETER BUTANOWICZ	May 22	JOANN SIMKO FASANELLA	June 28
JOHN BRADY CHAPIN	May 24	DAVID JOHN O'HARE	June 29
DAVID MICHAEL VOGT	May 26	ANDREW JAMES DONNELLAN	June 29
JOAN P. BURBY TELLONE	May 27	JUSTIN SMITH	June 29
MELISSA STUPAK MONTUORI	May 27	RICHARD ELIOT BONOSKY	June 30
JAKE MONROE BEDDOE	May 27	STEPHEN JOSEPH MEDEIROS	June 30
KASANDRA SANDERS	May 28	LORI ARGONESE	June 30
DANIEL QUIRK	May 28		
MARISSA NICOLE ARGUETA	May 29		

## ANGELVERSARIES

# Marriages Grieve, Too

Marital bliss! How many of us really knew what to expect when we stood in front of others and professed our love, fidelity and devotion to another person? Had we any inkling that the bouquets life would throw at us wouldn't all be in spring colors? Did we have any concept that there would be times when marriage lost its bloom and smelled more like death?

Most of us believed that we -my love and I -would be different, somehow exempt from pain and suffering. We would not have to experience what we had seen other married couples live through. After all, with youth in our corner, we could easily visualize ourselves leading the golden life.

In our youthful wisdom, we could point out exactly where our parents, relatives, and married friends had made their mistakes. Youth and maybe a little naivete protected us from seeing how many of life's harsher realities could touch our own lives and marriages.

Now that we have traveled together through part of life, we sometimes feel ourselves emotionally careening around the bend on a roller coaster or bobbing gently in a boat on a calm lake. We remember times when we had very different views of events and other times when only a look between us confirmed understanding. Some of us have even experienced separation and ultimately divorce.

But this time it is different. Death has touched our lives, removing someone from our daily existence. We both have experienced the same death, but our reactions are so critically different. For many couples, this can become a time of drawing closer, sharing pain and fear, supporting one another and allowing each of us to ebb and flow through grief.

But unfortunately, this is not true for all. Marriage can become a testing ground for something like a bomb explosion following a death in the family. The complicated patterns of grieving affect all marriages, whether the death was a parent, brother or sister, child or other close family member. Even the death of a good friend can affect our relationship with our spouse.

There are many reasons for the added stress death puts on marriages. One or both partners may be unable to identify normal reactions to grief: shock and denial, rage and anger, guilt and depression, bargaining and self-condemnation, blame, fear, general feelings of abandonment and isolation, and even relief and acceptance.

We may expect our spouses to understand what we feel while being unwilling or even unable to express fully what is happening inside us. We may fear that our

grief is so powerful that we could lose control if we risk talking about it. We may expect our partners to act "normal," to get on with life, to put aside strange and conflicting emotions and focus on everyday events like going to work, paying bills, or having fun with children or friends.

Decreased communication is a concern expressed by many couples during the grief process. Even the most normal of reactions to death can cause difficulty if they are not discussed and resolved. Feeling overwhelmed by events and feelings, one partner may attempt to "protect" the other by not sharing personal feelings.

Judging ourselves socially wrong for not being stronger or for not being in control can be a powerful influence on our behavior. We may not recognize the need to talk or the healing that open discussion and tenderness can offer.

Grief literature describes how men and women grieve differently. We are told that the old adage, "big boys don't cry" is less true than ever before. But males typically still measure their strength by their ability to be independent and in control. This causes a feeling of impotent powerlessness in some men as they watch their loved ones suffer with problems they cannot control or solve. The unexpectedness and sheer power of the emotional waves of grief are frightening to some men.

Grieving couples often show a gap in understanding how these differences affect them and what to do about them. Attempting to show a silent partner understanding can be challenging. Among the helpful techniques used during this challenging time are: acknowledging the difference in sexual needs; expressing tenderness and special attention with hugs and affectionate notes; building new memories through walks, picnics, or even short trips; searching for ways to release the pressures at home by taking time to listen to music or write in a journal; honoring the uniqueness of the grief process for each person. To help each other move through the vacuum resulting from a loved one's death is a real gift in a marriage.

It is often at this time that our human frailty is most apparent. Our strengths may be buried deep within, and it's hard to recreate the blissful happiness of our long-ago wedding day. This can be a good time to remember the fine qualities that first drew us to our partners. It's also a good time to learn to "agree to disagree" and to realize that being part of the problem's solution means allowing ourselves to grieve together.

We are not truly alone when we have invested so many years of time and energy and affection into a relationship. It's a good time to give each other space and time to heal. It's a good time to fall in love with each other again.

*Patricia Andrus  
Lafayette, Louisiana  
Bereavement Magazine  
March/April 1993*

# When Fatherhood is Snatched Away

*Written by Clara Hinton on May 20, 2010*

Ask any man what is going on in his life and he will immediately talk about two things: his job, and his children. Those are the two main identifiers in the life of a man. Men are less open to talking about the small, detailed items of everyday life that women love to talk about. But, they can talk forever about their jobs and their kids. Those are the things that make men tick!

When a child dies, fathers often grieve in ways that are worlds apart from the way mothers grieve. Mothers will openly cry bitter tears. They will seek out others to talk to about the heartache being felt. Mothers will often wear their emotions on the outside allowing others to see and hear their pain, hoping that there will be a circle of family and friends that will stay nearby to help during this awful time of loneliness.

Fathers, on the other hand, will often turn inward with their pain when fatherhood has been snatched away.

Changes will occur that are subtler than with a grieving mother. Fathers will lose that enthusiasm they once had of their "bragging rights" of being a father. What

greater accomplishment is there to a man than to be successful in his business, and more so to be successful in his role as a father? To have that role suddenly taken away is a blow to the heart of a father that is devastating and leaves lasting imprints of pain upon the heart of a father.

When a child dies, a father will often feel like he is a complete failure for not being able to prevent the unthinkable. He not only feels like he has failed his family, but most important of all, he feels as though he has failed his child that has been taken away by death.

When fatherhood is snatched away, changes occur in men that are often misunderstood. Men will often stop talking about the "father" part of their lives and act as though it never existed. Talking about lost dreams of days ahead with his child are too painful, and remembering times past of warm walks in the park, trips to the store, or drives in the car together are too hard to even think about. No more soccer games. No more coaching his son's little league team. No more working long hours on the tedious details of his little girl's dollhouse. When a child dies, a large part of a man's identity

is suddenly taken away, and he is left wandering through a heavy fog not knowing who he is any more.

How can a father get through this loss of his identity as a father? He needs gentle and constant reminders that he will always be a father even if his child is no longer physically here. That's a hard concept to accept soon after the death of a child, but in time it begins to make more sense. Fatherhood can never be taken away! That is a title that will be worn by a father forevermore and he needs reassurance of that!

Fathers need space and time to readjust their thinking. Women are by nature more verbal, so it is often difficult for a man to explain his feelings to his wife or others when a child dies. Men can often work through this part of grief by building something in memory of his child - a garden, a memorial bench, a special display case in the home that holds photos, and other treasures of times spent together as a family, and especially as father and child. Lastly, remember that you are never alone in this walk! Every step taken is a step closer in this journey of grief to healing!

## Honoring Mothers in Grief on Mother's Day

*Written by Clara Hinton on May 4, 2003*

### What can you do to help?

1. Deliver a flower in memory of the deceased child.
2. Prepare a small gift basket and fill it with a writing journal, a book of hopeful thoughts, some special perfume, and a candle to be used for burning in memory of the child. Insert a card that says, "To a Heavenly Mother," or use words from your heart that expresses special meaning.
3. Send a floral arrangement with a helium balloon. The balloon can be used on Mother's Day as a "letting go" of some of the grief.
4. Often, something as simplistic as a small angel pin placed inside a card that says, "I'm thinking of you today" is enough to give a grieving mother the strength to get through this most difficult day.
5. Spend some time and lend your listening ears. Mothers love to share experiences and feelings about their children, even when a child is no longer alive. A friend who listens is truly a treasure.

## International Bereaved Mother's Day

International Bereaved Mother's Day was started in 2010 by Carly Marie Dudley from Australia in honor of her stillborn son Christian. She wanted to heal the hearts of other hurting mothers who felt left out on Mother's Day due to their inability to become pregnant or experienced a miscarriage, stillbirth, or the death of a child or adult children. For them, Mother's Day created a myriad of emotions from sad feelings, feelings of isolation, loneliness, unworthiness, and pain.

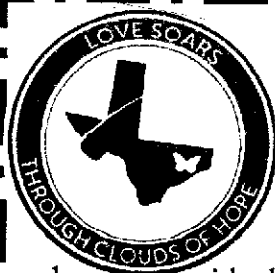
Carly's original goal was to change people's perception of Mother's Day so that it includes all those who have experienced loss, as well as those who have been unable to conceive. Presently, marketers won't let us forget about celebrating moms and grandmoms. However, these ads can provoke a painful reaction in many women and couples which is one important reason why International Bereaved Mother's Day is so important. This celebration is typically not covered in mainstream media, but is critical for the multitude who are grieving for a child.

This year the remembrance takes place on

Sunday, May 1, 2022, one week before traditional Mother's Day. This is a day for mothers who have lost a child to recognize that they will be mothers forever. Many bereaved mothers connect with one another on this day.

International Bereaved Mother's Day and Mother's Day should be observed by acknowledging those women in our lives who have experienced the loss of a child or who had difficulty conceiving. For those of us who have suffered the loss of our child or grandchild, we need to spend the day doing what will bring us comfort and enjoyment. If that means being with others on this day or on Mother's Day than do that; if it means not going to a Mother's Day gathering do that. Do whatever feels right for you. If you need to seek out support, whether from family, friends, those online who have had similar experiences, or professionally, do so; Reaching out is a healthy part of the healing process. We can also remember and pay tribute to our child or grandchild in some way. Furthermore, we can share this day on social media with #InternationalBereavedMothersDay.

## 2022's TCF National Conference



The 45th TCF National Conference will take place in person this year. This eagerly anticipated event is for bereaved parents, grandparents, and siblings who are seeking hope, ways of coping with their grief, and desiring to create friendships with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops on a wide variety of topics, and the annual memorable candle lighting program on Saturday evening culminating with the Walk to Remember on Sunday morning, this conference is a much needed gift that we can give to ourselves.

The 2022 TCF National Conference will be held in Houston, Texas from August 5 -7.

The Conference will be held at the Marriott Marquis Houston Hotel. Lodging Reservations can be made online at TCF's dedicated reservation link. TCF's discounted room rate is \$149 per night plus tax. Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday. There is also a Marriott Reservation phone number at 877.688.4323. Reservation and payment for attending the Conference has not been set up as of yet!! Please continue to log into National's website [www.compassionatefriends.org](http://www.compassionatefriends.org) for further information.