



The Compassionate Friends

Modesto/Riverbank Chapter

Supporting Family 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

April 2019

tcfmodestoriverbank@gmail.com

LETTER FROM THE LEADER

We have all heard the quote attributed to Sir Francis Bacon, "Knowledge is power." I have always believed in this quote and thought it a powerful turn of phrase. And, in the five years since James died I have found it to be more apropos than ever. I have always had a thirst for knowledge. As a child, I would spend hours upon hours in our local library wandering the non-fiction aisle, selecting books that had provocative titles or were on a subject that sounded interesting. I would check them all out, lug them home, and immerse myself in the pages in my attempt to know more about the world. As I grew into an adult, I continued on this path, always reading and learning new things.

However, when James died I just couldn't. I couldn't read. I would read a sentence only to have forgotten what that sentence was by the time I started the next one. It was so much work. I didn't have the energy. In addition to that, there was the fact that I didn't *want* to learn about anything. And I most certainly didn't want to learn about grief, or how to be the "new me", or about how to live a life without my son. Unfortunately, or fortunately depending on how you look at it, I didn't have a choice about learning some these things. Life has a way of making you learn some things whether you want to or not. But, that *desire* to learn, that thirst for knowledge has taken five years to slowly rise to the surface again.

These days, I am on a quest: a quest to learn all that I can about grief, about how to become the best version of this "new me" that I can be, and how I can live a meaningful life without my son. To that end, I have been listening to podcasts, watching TED talks and YouTube videos, and reading books and blogs. There is so much out there. I hope to share many of these with you here in the newsletter or on our private Facebook page from time to time. I hope that it will help you find your power through knowledge on your grief journey.

~Tracey Parker
James' Mom

MONTHLY MEETING

7:00 PM

Bridge Covenant Church
2201 Morrill Road
Riverbank, CA 95367

(Corner of Oakdale Rd and Morrill Rd)

*Please join us at our
next meeting on
Monday, April 8th.*

**Please arrive by 6:50 PM
so we may begin promptly
at 7:00PM**

Upcoming Meetings

May 13th

June 10th

July 8th

MESSAGE LINE

(209)622-6786

*If you leave a message
a steering committee member
will return you call.*



Visit us on Facebook
The Modesto-Riverbank
Area Chapter of TCF



LOVE GIFTS

Love gifts can be made in memory of your child, sibling or grandchild in any amount. The donations received are used for our annual Candle lighting Program each December. Funds are also used for sending our newsletter via US mail and for community outreach. We would like 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.

Thea D'Angelo in loving memory of her daughter, Darice J. D'Angelo

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/Riverbank Area Chapter
PO Box 578713
Modesto, CA 95357

Child, Sibling or Grandchild _____

Date of Birth_____/_____/_____ Date of Death_____/_____/_____

Donation amount_____

Your Name_____

Telephone_____

Your email address_____

Your address_____ City_____

Zip_____

Would you like your love gift listed in our 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

GRIEVING THE DEATH OF A CHILD



Dealing with the Death and Loss of a Child

The death and loss of a child is frequently called the ultimate tragedy. Nothing can be more devastating. Along with the usual symptoms and stages of grief, there are many issues that make parental bereavement particularly difficult to resolve. And this grief over the loss of a child can be exacerbated and complicated by feelings of injustice — the understandable feeling that this loss never should have happened. During the early days of grieving, most parents experience excruciating pain, alternating with numbness — a dichotomy that may persist for months or longer. Many parents who have lost their son or daughter report they feel that they can only “exist” and every motion or need beyond that seems nearly impossible.

The relationship between parents and their children is among the most intense in life. Much of parenting centers on providing and doing for children, even after they have grown up and left home. A child’s death robs you of the ability to carry out your parenting role as you have imagined it, as it is “supposed” to be. You may feel an overwhelming sense of failure for no longer being able to care for and protect your child, duties that you expected to fulfill for many years.

It must be remembered that bereaved parents can mourn the death and loss of a child of any age, and that it feels unnatural to outlive a child. It does not make a difference whether your child is three or thirty-three when your son or daughter dies. The emotion is the same. All bereaved parents lose a part of themselves.

The search for meaning in a child’s death is especially important to parents. An understanding of how a death fits into the scheme of life is difficult and often unattainable. Faith is a source of comfort for some parents, but others with religious beliefs report feeling betrayed by God. Religious confusion is normal, as is questioning many things that you may have believed to be certain. One father dealing with the death of a child reported that his faith in life in general had been shattered. He had long believed that if you lived your life as a good person, striving to make a positive contribution to the world, life would turn out well. The death of his son robbed him of that belief. This reaction isn’t uncommon; losing a child feels like the ultimate violation of the rules of life.

Surviving the death and loss of a child takes a dedication to life. As a parent, you gave birth to life as a promise to the future. Now you must make a new commitment to living, as hard or impossible as it may seem right now. You will survive this; however, the experience may change you. Your grief will be individual and unique. How you grieve over the death and loss of a child and for how long will be different than for anyone else — you need to allow yourself to grieve in your own way.



Common responses to a child’s death

It has been said that coping with the death and loss of a child requires some of the hardest work one will ever have to do. Below are common responses to your child’s death. You may feel all of these or only some. There is no right or wrong way to feel them or respond to them. Just knowing you are not alone is what is important.

Shock: After the death and loss of a child you may initially feel numb, which is your mind’s way of shielding you from the pain.

Denial: Your child can’t be dead. You expect to see your son or daughter walk through the door, or to hear a cry on the baby monitor.

Replay: After the death and loss of a child your mind may center on the “what if’s” as you play out scenarios in which your child could have been saved.

Yearning: Many parents report praying obsessively to have even five more minutes with their child so they can tell them how much they love them.

Confusion: After the death and loss of a child your memory may become clouded. You may find yourself driving and not remembering where you’re going. Because your mind is trying to process such a huge shock, normal memory functions can be precluded, putting you in a “haze.” You may at times even question your sanity, though you are not crazy. Your pain is affecting your emotional and psychological systems at an extreme level — a sense of being on overload is common.

Guilt: Guilt appears to be one of the most common responses to dealing with the death of a child. Parents often mentally replay their actions prior to the death and wonder what they may have done differently.

Powerlessness: In addition to feelings of guilt, parents often have a sense of powerlessness that is attributed to feeling that they were not able to protect their child from harm.

Anger: Anger and frustration are also feelings reported by most parents and are common to grief in general. If your child's death was accidental, these emotions may be intensified. You may also be angry that life seems to go on for others — as if nothing has happened.

Loss of hope: After the death and loss of a child you are grieving not only for your child, but also for the loss of your hopes, dreams and expectations for that child. Time will not necessarily provide relief from this aspect of grief. Parents often experience an upsurge of grief at the time they would have expected their child to start school, graduate, get married, etc. Parents are rarely prepared for these triggers and the wave of grief they bring. Be aware of these triggers, and allow yourself to grieve. This is a normal, appropriate and necessary part of the healing process.



How the death of a child affects a marriage

Studies have shown that the death and loss of a child will not necessarily strengthen a marriage, and in fact the grief can sometimes lead to its demise. Each partner becomes deeply involved in his or her own grief and is often dissatisfied with the quality or depth of their spouse's grief. When coupled with the anger, frustration, guilt and blame that often surround a child's death, parental bereavement can be a time of extreme volatility in a marriage. It's extremely important that each spouse understands the importance of communication (sharing of feelings), and just as one should not judge themselves for their reaction to the loss, they should not judge their spouse.

No two people grieve alike, so there is wide range of differences in the expression of grief. Any of these differences may cause spouses or partners to erroneously conclude that their mate has rejected them or feels "less." A bereaved couple may find it impossible to give comfort to each other when both are feeling an equal grief. Each partner may expect too much and receive too little. This unfortunate combination can create a chasm in a relationship, but it can be avoided if each accepts that you both are deeply hurt. Many of the reactions and stresses you are feeling result from your pain, not from something lacking in your relationship.

However, it is not true that most couples divorce after the loss of child. Recent studies offer some hope, showing that a much lower rate of divorces — only 12–16% — are related to the loss of a child. Perhaps with more of an understanding about grief, there will be even fewer.



How surviving children are affected

One of the most difficult roles for a mother or father after the death and loss of a child is to continue being a parent to the surviving children. Parents must continue to function in the very role they are grieving — an enormous challenge. But the surviving child or children shouldn't feel that they are alone or have been set aside, as difficult as it may be to find the emotional reserves to support them. Parents have the difficult task of switching roles constantly, from being comforted to being the comforter, at a time when they have little ability to do so. Some parents swing to the other extreme and become extremely overprotective of their child, determined to keep them safe. Children of all ages process grief differently. To ensure the healthy survival of your family, your children's needs must be addressed not only by you but other family members who may have greater emotional reserves at this time. Others can help you help your child; you are critical to their healing process, but not the sole provider of comfort.



Pregnancy loss and infant death

When a baby dies before it is born or soon after birth, parents face a difficult emotional task: they must try to say goodbye to someone they had little chance to know. They must accept that a life has ended, even though it barely began. Just as with any death and loss of a child, you are likely to experience some of the more common symptoms of grief — you may go into shock or even deny that your baby has died. Depression, anger, frustration and other painful emotions are normal and to be expected. And even if you are normally a committed, caring person, you may find that you don't care about anything or anyone right now. As noted earlier, for many parents this time is simply one of existence and survival and very little more. There are two normal reactions to death that you will probably experience very acutely after losing a baby before or shortly after birth: anger and guilt. Because a baby's death seems so unnatural, there is an especially strong urge to blame someone. You may be very angry with your doctor, hospital or — if you are a believer — God.

Guilt is a common reaction to the death and loss of a child, and can be particularly acute for parents who lose an infant or an unborn baby. Parents of unborn babies who die often mistakenly blame themselves for the death. The mother may believe she harmed her baby. Both parents may tell themselves they should have sensed something was wrong and alerted their doctor. While this is a normal reaction and must be processed, eventually you must find compassion for yourself and realize that this was not your fault. You were not responsible. Knowing that it was not in your control has both an upside and a downside: you cannot blame yourself, but you may also have an increased sense of powerlessness. Getting through this is part of the process.

Many parents feel overcome by a tremendous sense of emptiness. Pregnancy brings with it a number of expectations, dreams and fantasies — you spend months planning not just the birth of your child, but also his or her life in all the years to come. Now, just as both parents are emotionally preparing to welcome a child into the world, you must instead accept the loss of both the baby and all of your expectations for their future. For parents of infants, you will have a different set of triggers and potentially painful situations in the months following your baby's death. Your home may be filled with baby clothes, bottles and a crib. If you registered with any new mother websites or infant sites, subscribed to any magazines or registered for a shower, you are likely to receive coupons for baby food or formula and more in the mail. A baby magazine may show up as a trial subscription. Photographers may call and offer to take baby pictures. Just walking past the infant-wear department in a store may initiate tears of mourning.

After the death and loss of a child it may be difficult to resolve the grief you feel for the baby you lost. Even before you can accept your baby's death, you must accept his or her life — their existence as a person. Remember, no matter how brief your baby's life, you have just as much right to grieve as any other bereaved parent.



Ways to cope with parental grief open

Below, you'll find some ideas that are more closely related to parental grief after the death and loss of a child. The resolution of parental grief may seem like an overwhelming task, but it is possible. It's important to be both realistic and optimistic — you will never get over the death and loss of your child. But you will survive it, even as you are changed by it. You will never forget your child or his or her death. As you go through each holiday, each season, each happy and sad occasion that may trigger another wave of grief, you will gain greater strength and better tools for coping with the pain.

Don't hide from your guilt: After the death and loss of a child you have feelings of guilt — which are common but not always present — confront and admit them. Examine the reality of how your child died and your actual intentions and actions at the time. You may see your actions or reactions in a more positive light. Forgive yourself for being imperfect — you did and continue to do the best that you can.

Accept happiness: After the death and loss of a child one of the major hurdles parents experience in their return to the world of the living is their inability to accept pleasure — or acknowledging that it even exists. But happiness or enjoyment is one of the most important survival tools, even if for just a moment in your grief. It's okay to laugh in the midst of tears, to smile at someone or something. You might feel that your laughter betrays your child's memory, but you need to know you are not abandoning your grieving by enjoying yourself. The only way to survive bereavement is to step away from it occasionally.

Take small steps: After the death and loss of a child it is important to break down the future into small increments, an hour or a day, and deal only with one portion at a time. Focus on tasks — feed the cat, do the laundry. These little bits of normalcy and focusing on the moment at hand will make grief more bearable.

Remember the positive: Focus on the positive events and experiences in the relationship you had with your child. At some point, consider making a journal of all the details you want to remember about your child's life. Review your family photographs and include some in your book. You may not feel ready to do this right away or you may take great comfort doing this in the early days — each person is individual in his or her needs.

Let others know your needs: After the death and loss of a child many people want to be supportive but are at a loss for what to do — they are unable to process this loss or know exactly what to say. Bereaved parents may have to be the ones to take the first step in reaching out to others. Let friends and family know your needs, and don't be afraid to ask for help. If you're afraid of running into someone who might say something about your child, ask a friend to do some shopping for you. Others could help you deal with daily tasks. Maybe you'd like someone to be available to listen to you or be around to ease your loneliness. Only you know what you need.

Surviving the death and loss of a child takes a dedication to life. As a parent, you gave birth to life as a promise to the future. Now you must make a new commitment to living, as hard or impossible as it may seem right now. You will survive this; however, the experience may change you.

April EVENTS

Lunch with the Ladies

Date: Friday, April 26th 2019

Time: 12:00 p.m.

*Location: Red Robin Gourmet Burgers
2367 Claribel Rd., Riverbank*

*To RSVP - call or text Tracey at 209-996-2040 or email
tcfmodestoriverbank@gmail.com.*



Saturday Morning Breakfast with the Dads

Save the dates Saturday, April 6th and Saturday, May 4th
for breakfast with other bereaved dads in our chapter.

8AM at Perko's in Riverbank, 2120 Patterson Rd., at corner of Oakdale Rd.
Confirm with Chad at 209-338-8496 or chommea@gmail.com or Norm at
209-345-0601 or nandrews6863@charter.net & they'll save a seat for you.



Suicide Loss Support Group

7 pm at the Sutter Health Education Center
in the back of McHenry Village, Suite B.

The group meets the third Monday of each month.

For more information, contact Norm at 209 345-0601
or at nandrews6863@charter.net.

Camp Erin® of the
Central Valley

**DRIVE THRU
BBQ
FUNDRAISER**

APRIL 12, 2019
4:00-7:00 p.m.
Community Hospice
4368 Spyres Way, Modesto

★ Catering by: ★
**KEN, PAM &
FRIENDS**
Cost: \$20.00
Purchase tickets at
camperincentralvalley.org/bbq
or call 209.578.6370.

MENU

HALF A CHICKEN
Chili Beans • Potato Salad
Dinner Roll

This BBQ is held in honor
of Pam Phillips, the
inspiration behind this event.

COMMUNITY HOSPICE
PARTNER OF THE ELLUNA NETWORK

Camp Erin of
the Central Valley
is a free 3-day overnight
camp designed for
children and teens
ages 6 to 17 who have
experienced the death of
someone close to them.
Camp is filled with fun and
traditional camp activities,
combined with grief
education, peer bonding and
emotional support. To learn
more about Camp Erin of
the Central Valley visit
camperincentralvalley.org.



Saturday, April 6th 2019
Beyer Park
Modesto, CA

I WALK FOR HEALTHY BABIES

Registration 8AM
Start Time 9AM

#MARCHFORBABIES
MARCHFORBABIES.ORG

April Reminders

You can still get photo button made of your child, grandchild or sibling with our new button machine!

Buttons can be made at 6:30 pm on our meeting nights. Bring an extra copy of a photo or a photocopy of it can be cut into a circle 3" in diameter. Close-up photos usually work the best. You may bring a graphic design instead of a photo, if you wish. This will be a wonderful way to get acquainted with each other's children.

Magnets are also available!!

www.waterlanternfestival.com

Please remember to send in your child's photo so that it can be added to the new TCF Modesto-Riverbank website.
scasity@comcast.net

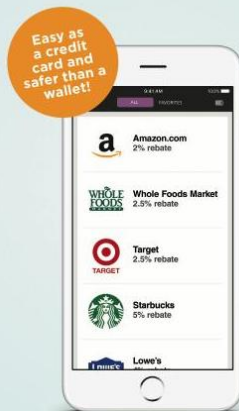
Save the Date
May 18th 2019.

For the
First Annual
TCF Modesto-Riverbank
Walk-to-Remember
More information to follow.

We want to let you know about a program that allows you to support our chapter of The Compassionate Friends, while at the same time purchasing from vendors you are already frequenting. As you may be aware Save Mart will no longer be participating in the eScrip program after February 25th. With this in mind, we have become aware of a great program called, *Benefit*. You can find the application for this program in the Apple 'App Store', the 'Google Play Store' or by visiting www.benefit-mobile.com. Once you register for the program you are able to purchase gift cards for the stores that you are already purchasing from and our chapter will receive a portion of your purchases. For instance, 'Amazon' automatically donates 2%, AMC Theaters donates 7%, Apple iTunes 5%, BJ's Restaurant 8% etc. You are able to purchase gift cards through the application and use them instantly at the stores you shop at. Once you register for the service, our chapter, which is listed as, *Compassionate-Friends Modesto-Riverbank*. Please take advantage of this exciting opportunity to raise funds for our chapter. Thank you!

Support our cause whenever you shop!

You can use the Benefit app to pay for everything from groceries and clothing to dinner out and travel. We get a portion back every time you buy, and the amount we raise can make a big impact for the people we serve. See how easy it is!



- 1 Download the app.**
Benefit is a free download on your iPhone® or Android™ device.
- 2 Set up your secure profile.**
Benefit partners with top banks and financial institutions to ensure that your data is handled securely, and that your bank and credit card protections remain in place.
- 3 Select our organization name.**
Simply type our name or ZIP code in the Beneficiaries tab and select our name from the search results.
- 4 Shop online or in-store at over 160 retailers.**
When you're ready to pay, use the app to instantly purchase a digital gift card for the amount you need. You just show your phone at the checkout counter in a store, or use the gift card online.

Download the Benefit app today and start making a difference every time you make a purchase.

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What is a Podcast?

The “pod” of podcast is borrowed from Apple’s “iPod” digital media player; and the “cast” portion of podcast is taken from Radio’s “broadcast” term. As a matter of clarity, just because it’s named after Apple’s iPod, does not necessarily mean that you have to own or use an iPod or any portable digital media player for that matter to enjoy a podcast.

iPod+Broadcast=Podcast

Okay, back to the original question: “What’s a podcast?” A “podcast” there really isn’t anything else like it — but rather, many things that are *kind of* like it. A good starting point, is to think of a podcast as “Internet Radio On-Demand.” It’s similar in that you can usually listen to it on your computer — but it’s more than that. [However, and not to confuse the issue, podcasting isn’t confined to just audio but can be video as well].

With the amount of content that podcasting provides, regular Broadcast Radio can never compete. The AM and FM radio band only has so many channels. Consequently, radio stations “Broadcast” their content — meaning that they attempt to appeal to as *broad* of an audience as possible. Because, after all, this is what advertisers are looking for. But podcasting, by contrast, is not necessarily hamstrung to advertising revenue. With its specific and specialized content, it is able to “narrowcast” to only those who choose to listen. So while a particular podcast’s audience may be considerably smaller than the audience of a broadcast, one could argue that the podcast’s audience is a much more targeted and interested in the content being delivered. So, in a way, Satellite Radio, with its ability to provide more channels

than Broadcast Radio, takes a step towards podcasting — but still does not come close. Podcasts are “On Demand” and can be listened to on *your* schedule — not when a Radio Station decides to air it. Each podcast typically has a website where show episodes can be listened to or downloaded for future listening. With downloaded media, you can either listen to it on your computer or take it with you by transferring it to a portable digital media player or using a podcast app on your phone. Listeners can easily “subscribe” to podcasts (most are free) by clicking on its RSS icon or subscription button. The listener is then walked through how to add that podcast’s syndication “feed” to a podcatching application of their choosing. So, when a podcaster releases a new episode, subscribers are automatically notified without having to

constantly check back with the podcast’s website to see if a new show has been produced. And, with the podcatching software, episodes of their favorite podcasts can be automatically downloaded — all without having to lift a finger. The differential aspect in “casting” is major to where podcasts can have a global audience reach as where traditional radio has a limitation of their broadcasting signal strength. Podcasts can be produced by just about anyone wanting to share and communicate with the world. They are not exclusive to Big Name Media. Because podcast websites usually have ways for listeners to leave comments about each episode, and literally enter into a discussion with other listeners, podcasts are like a community of individuals sharing a common interest.

<https://whatsyourgrief.com/grief-podcast>

<https://www.dougy.org/grief-resources/podcasts>

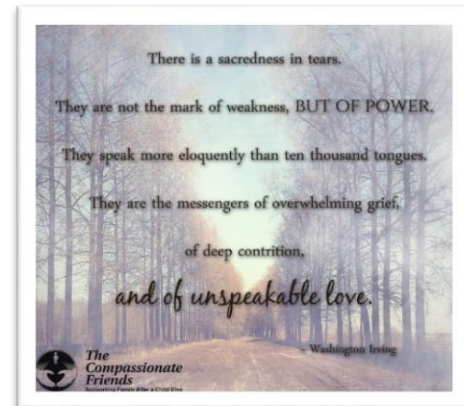
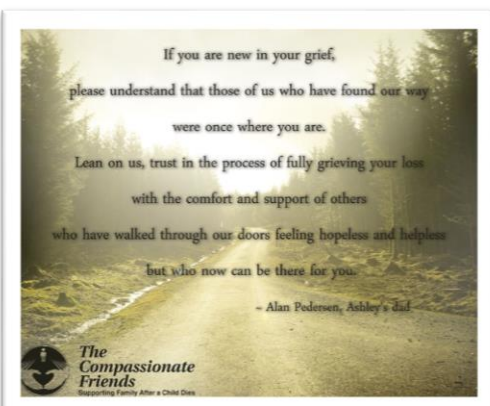
<https://player.fm/podcasts/grief>

<https://www.stitcher.com/podcast/whats-your-grief-podcast-series-grief-support-for-those-who>

<https://www.theairingofgrief.com>

<https://healthprep.com/pain-management/overcoming-grief>

<https://griefgutsandgreensmoothies.simplecast.fm/episodes>



Spring and Grief

For those of us who are grieving, the season of spring can bring about a lot of deep emotions. Spring is a sign of new things and growth. The flowers are emerging from the ground and the people around you are excited about the upcoming warm weather and enjoying fun with their families. The combination of these things can give the bereaved a strong sense of loss and loneliness.

In our hearts, we are wishing we could share the bright new days ahead with our loved ones. We know that we will miss them when those days finally arrive. It is the dread of what feelings will arise, compounded by the excitement of others, that can throw a person who is grieving into a reclusive state. Easter and Mother's Day can be especially difficult. If these holidays are weighing heavy on your mind, think of a new tradition you can include on those days to honor and remember your loved one, such as planting flowers in their memory.

If you find yourself feeling like you want to be alone and you are not leaving your house, you may be showing signs of depression. Many of us choose to be alone during grief, especially for ones who are in the beginning stages. When the sun is shining, at least take yourself outside for a nice walk. You can even go to a park and walk on a trail or just sit on a bench and read or write in your journal. The sun will be good for you, as well as the fresh air.

We all need the time to process what we have lost and gone through. Be gentle on yourself during this season. Don't hesitate to reach out to others in local or online support groups that can relate to the feelings you are having. Grief counseling can also be of great help during these rough times when we are prone to feeling a stronger sense of loss.



Springtime and Joy

Spring has fragile beginnings: a tiny shoot of green that emerges from the cold earth, a hint of pastel against the brownish grass, a bud that awakens with the morning sun. Sometimes spring comes so quietly we almost miss it, yet once it begins, it is impossible to ignore the growth and change. The morning sun brings sounds that were not there before. The breeze carries warmth that invites us to venture outside of ourselves. A promise is released with the budding and blossoming surrounding us. Thankfully, *HOPE* emerges for the beginning of a beautiful new season and change is in the air. What we experience in the springtime of the year is what we can experience in the springtime of our grief. There begins to be a growing radiance. The radiance is not just around us, it is within us. A gradual warming of the heart silences the chill of intense pain. The natural unfolding of the grief process gently reminds us that we will survive. Life is changing and growth emerges through the changes. The song of our hearts that seemed off key, begins to experience a harmonious blend of the past and the present. The songs of the birds invite us to join them in a celebration of new life. In the springtime of our grief, there can be a new song for us to sing. It will be a song of gratitude and sweetness we composed through the heartache of loss.

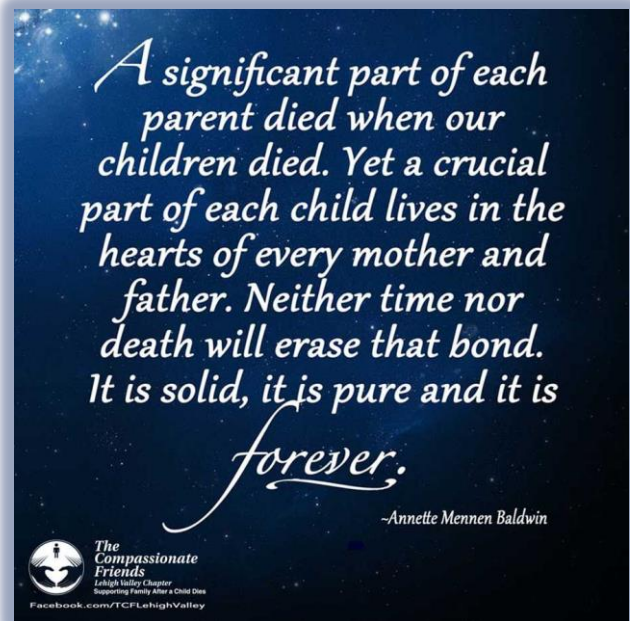
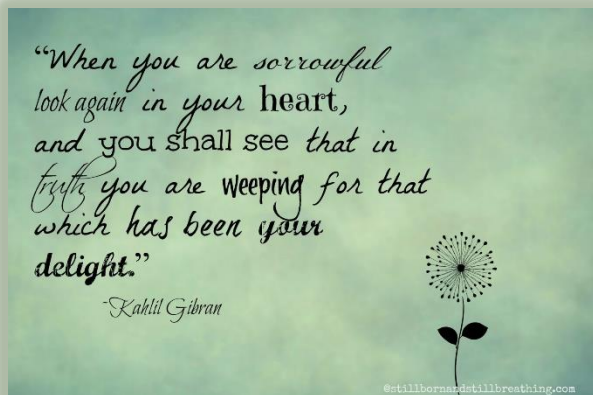
Optimism for a better day may awaken us one morning. Hearing laughter and discovering it is coming from within ourselves gives us promise for today. Dreams and hopes for a better tomorrow shine brightly with the morning sun. Surviving the winter of our grief with the openness to embrace change is a decision to embrace loss and integrate its impact into the fabric of our lives. It can be a willingness to explore new possibilities that create a different landscape to behold. We can make a decision that we will begin to appreciate what we still have, not just focus on what is missing. We will know when we have made that decision. Something buds; something opens. The harshness of winter is softened with new life and new growth. It is not something we can force, it is something that unfolds when the time is right. The springtime of grief arrives with no dramatic entrance, no flashing lights. It's stillness and beauty unfolds and captures our attention. It is gently happening around us, and it is also happening within us. If spring has already crossed the path of your personal journey of grief, rejoice! But if the chill of winter remains in your heart, be encouraged; spring is on its way. Look for it, expect it, and it will be yours to experience around you and in you!



Thank you 7- Eleven stores at 2500 Geer Rd., Turlock, CA and 3225 McHenry Ave., Modesto, CA for sponsoring our monthly newsletter!!

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.



Check out our closed Facebook page, Modesto-Riverbank Area Chapter of TCF. Make a request to join the page & an Administrator will approve your request. It's a great way to keep in touch between chapter meetings and activities.



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