

The Compassionate Friends

The Modesto Area Chapter of The Compassionate Friends

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

August 2020

tcfmodestoriverbank@gmail.com

MONTHLY MEETING

7:00 PM

Bridge Covenant Church
2201 Morrill Road
Riverbank, CA 95367

(Corner of Oakdale Rd and Morrill Rd)

*The meeting
scheduled for
Monday, August 10th
will be conducted as a
Zoom meeting online
(instructions to follow)*

Upcoming Meetings

September 14th

October 12th

November 9th



We're all
in this
together



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.

you are
not
ALONE

MESSAGE LINE

(209)622-6786

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

2020 Steering Committee

Tracey Parker – Chapter Leader

Devon Homme – Secretary

Elsie Freeman – Treasurer

Janet Neal – Outreach Coordinator

Lori Leitner – Hospitality & Library

Chad Homme – Public Relations

Kris Leitner – Newsletter Editor

Mike & Suzanne Casity – Website

Visit us on Facebook
The Modesto Area of TCF



Find us on Instagram at
[modestoriverbank_tcf](https://www.instagram.com/modestoriverbank_tcf)



August

All events and activities remain cancelled or postponed until further notice. . .



Our chapter has changed its name.

We are no longer known as

The Modesto-Riverbank Area Chapter of The Compassionate Friends.

We are now known as:

The Modesto Area Chapter of The Compassionate Friends

We are working to integrate all contact information (i.e. e-mail, social media and our chapter website) with our new chapter name, so you may still see our old chapter name on some of these platforms. Thank you for your patience.

FOR YOUR INFORMATION

ONLINE SUPPORT (LIVE CHAT)

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions. The link below will take you to The Compassionate Friends

<https://www.compassionatefriends.org/find-support/online-communities/online-support/>



OUR CHAPTER PHONE TREE

If you are struggling and need to talk, we are here for you. We have set up a phone tree and someone is available day or night. You can call or text us at (209)622-6786 and one of the Steering Committee will get back to you as soon as possible. You may also reach someone through the email address, tcfmodestoriverbank@gmail.com, or on our private Facebook page, which you can find by searching for *The Modesto-Riverbank Area Chapter of TCF*.

If you would like to be a part of our phone tree and be available for other members, please contact us through one of the above mentioned methods and we will add your name and number to our list.

Grief Tips

Below are some helpful ideas that may help you navigate those difficult & tender days.

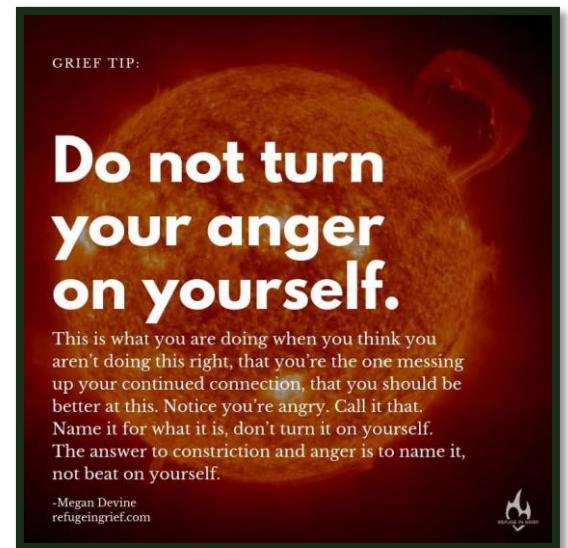


GRIEF TIP:

Say no. Say yes.

You cannot afford any big drains to your energy, and you can't afford to miss too many ways to replenish it. This will mean saying no to people, places, and events that are too much for you. This also means saying the occasional yes to things that have brought, or could bring, a small amount of light or love into your hour, your day, your week. Say no to what drains you further, say yes to what might offer even the smallest respite or support.

-Megan Devine
refugeingrief.com

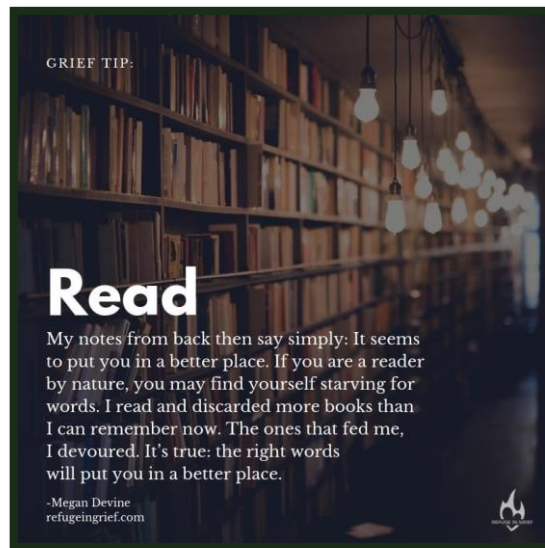


GRIEF TIP:

Do not turn your anger on yourself.

This is what you are doing when you think you aren't doing this right, that you're the one messing up your continued connection, that you should be better at this. Notice you're angry. Call it that. Name it for what it is, don't turn it on yourself. The answer to constriction and anger is to name it, not beat on yourself.

-Megan Devine
refugeingrief.com

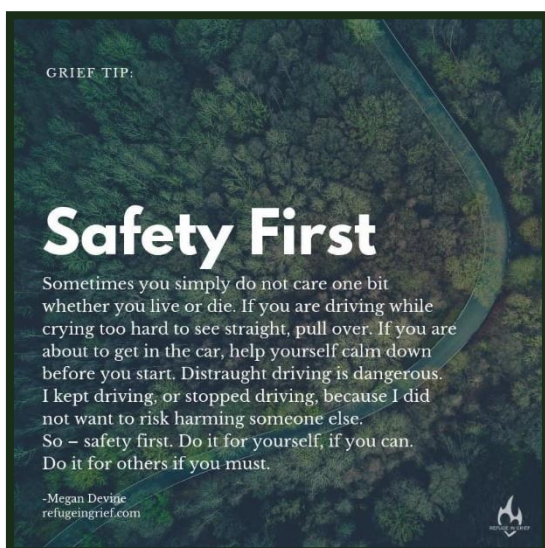


GRIEF TIP:

Read

My notes from back then say simply: It seems to put you in a better place. If you are a reader by nature, you may find yourself starving for words. I read and discarded more books than I can remember now. The ones that fed me, I devoured. It's true: the right words will put you in a better place.

-Megan Devine
refugeingrief.com



GRIEF TIP:

Safety First

Sometimes you simply do not care one bit whether you live or die. If you are driving while crying too hard to see straight, pull over. If you are about to get in the car, help yourself calm down before you start. Distraught driving is dangerous. I kept driving, or stopped driving, because I did not want to risk harming someone else. So – safety first. Do it for yourself, if you can. Do it for others if you must.

-Megan Devine
refugeingrief.com



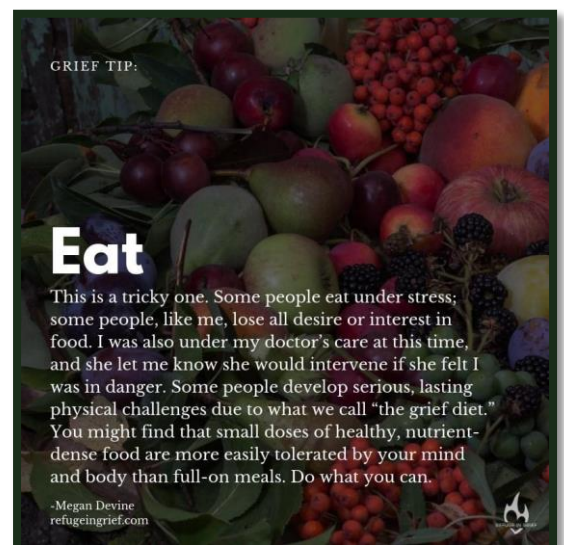
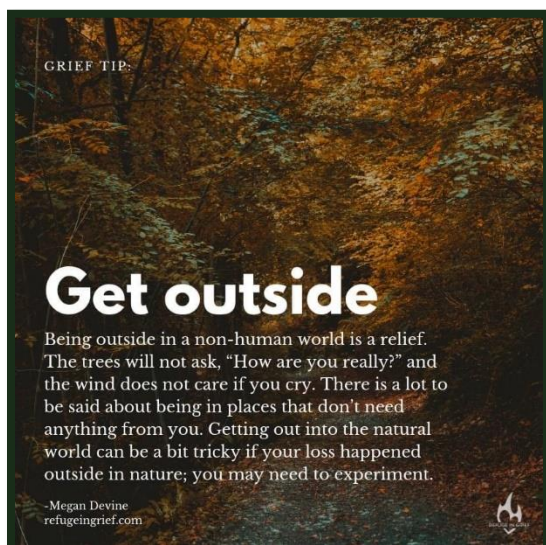
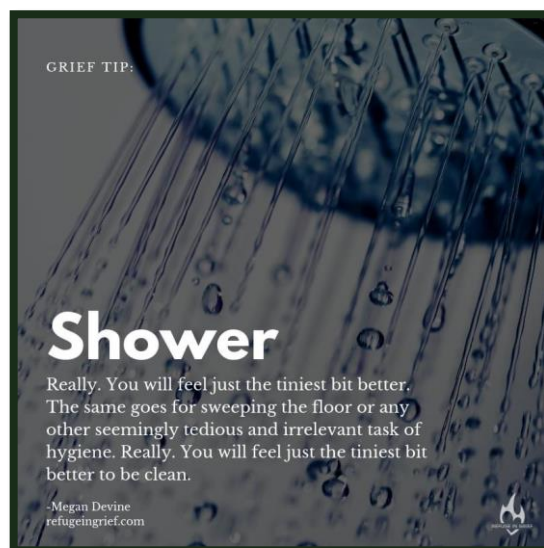
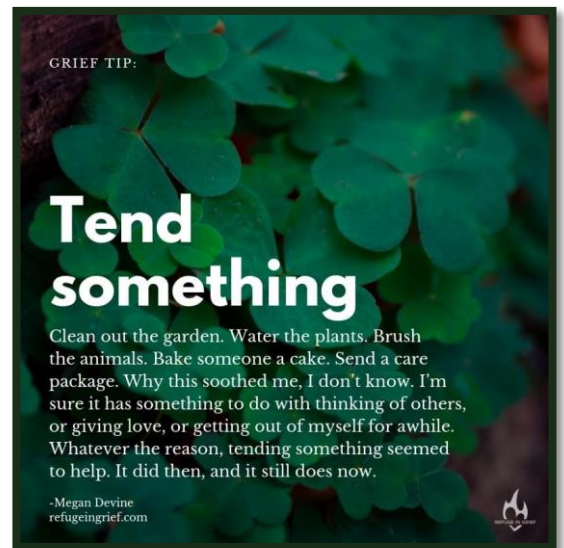
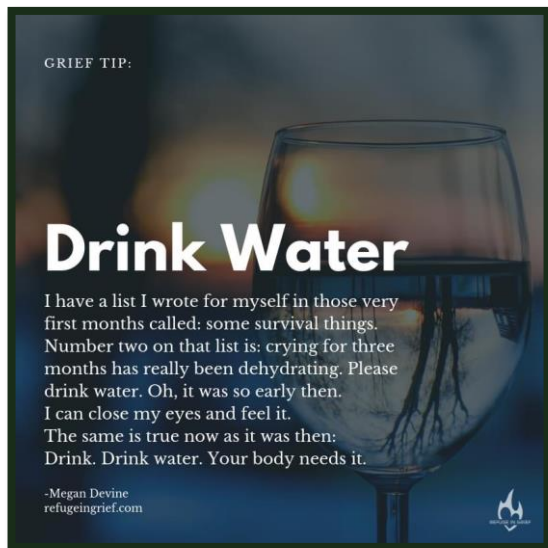
GRIEF TIP:

Move

This is the most reliable thing. And by "reliable," I mean the thing that is the most likely to induce even the smallest measure of calm. Do yoga, go for a run, or a hike, or a walk. Even to the top of the block and back is a good place to begin. Not because it solves anything, but because movement is good.

-Megan Devine
refugeingrief.com

“Grief changes shape, but it never ends” Keanu Reeves





♥ 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

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*](https://www.instagram.com/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



Support our chapter by using *Amazon Smile*
smile.amazon.com

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that Amazon will donate 0.5% of your eligible purchases to the charitable organization of your choice. You can choose from over one million organizations to support. (click on the link above for further information).

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1

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3

Turn on AmazonSmile

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