



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

Tucson Chapter  
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(520) 721-8042

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**WALKING THIS VALLEY- Tucson Chapter Vol. 39 No. 1 January-February 2021**

Welcome!

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard, but you have nothing to lose and much to gain. For many it is the first real step toward healing. Although it may seem overwhelming, we encourage you to come to several meetings to give yourself a chance to become comfortable. The hope of The Compassionate Friends is that those who need us would find us and that those that find us would be helped. TCF also provides information to help members be supportive to each other. We are not professional counselors. We are bereaved families who want to help each other.

**We're sorry for the reason you're here, but we're glad you've found us-Tucson TCF  
Tucson Chapter Meetings: Christ Church United Methodist 655 N. Craycroft  
Second and Fourth Wednesdays, 7-9pm Jan. 13, 27 Feb. 10, 24 Mar. 10, 24**

**Times and Dates have not changed, however our format has. Zoom meeting information  
available at [tucsontcf.org](http://tucsontcf.org). Please call (520) 721-8042 with any questions. We will post on  
our website and Facebook when we will resume face to face meetings.**

**To Start a New Year**

If I can concentrate on the  
moral and spiritual side of  
the holidays  
I can make it through.

If I can absorb the love and  
warmth that was the  
beginning  
I can give love back.

If I can share the grief and  
love that is in me  
through these holidays  
I can start a new year.

Tom Spray  
TCF Ventura, CA



## CARRYING OLD MEMORIES INTO A NEW YEAR

*Posted on December 29th, 2019*

Christmas has ended, and the living room still has that unwrapped look. With the festivities now part of future memories, I anticipate the next hurdle: the start of a new year. The TV commercials romanticize champagne toasts illuminated by glowing candles. People make resolutions, hopeful that this brand-new unblemished year will be the one that fuels their successes.

For the parent who has lost a child to death, a new year can be daunting. The first New Year's Day after my son Daniel's death was scary. I wanted to hold onto 1997. Although it was the year he'd lost his battle with cancer and died, it was also the year he'd lived. 1998 would mark the first calendar year without him.

For some reason, the image of an old-fashioned wooden bucket came to me. With this item, I heard the word *carry*. *That's it*, my newly-bereaved mind said. The key with a new year is to carry the old into it.

So here we are, on the brink of another year, a new decade, with fresh hopes and dreams. A clean slate. There are many things about 2009 I wish to forgive and forget, but I don't want to ever forget my son.

Each year marks a year further from when I last held him, heard his voice, and saw his smile. I yearn to hug him, tell him how much he's grown, and ask him what he'd like for dinner. My heart feels that distinct hollowness and sorrow that belongs to a mother without her child.

But the bucket I have isn't hollow. It is brimming with memories and fondness, warmed with love and laughter; I hold it tightly.

Just as I carried Daniel's four-year-old memories into 1998, now — thirteen years later — I will continue to carry them. And I will do more than just hold them, I'll let them trickle out, forming their own glow, as I share this special boy with my world. "Wasn't it funny when Daniel called adults *redults*? Do you remember how he gave stickers away in the hospital, and once when bored made a collage out of baby lotion and glitter?"

Daniel lived, he loved, and I believe he continues to live in Heaven.

So, get yourself a sturdy bucket and carry. Boldly carry the memories into the New Year. Along the way, give yourself permission to forgive. Let the memories you recall be the brightest ones.

Listen. There is nothing to fear. Listen. Your child's voice can be heard in your heart.

*Written in 2013 by Alice Wisler*

## WHAT TO EXPECT

With more than 600 chapters of The Compassionate Friends across the United States, Washington D.C., Puerto Rico, and Guam, there are a number of different chapter meeting formats. Chapter leaders and steering committees work together to determine how the sessions can best be structured to help both the newly bereaved and returning members in their area.

Generally, most meetings are held once a month (some chapters do hold two or have a secondary meeting location that serves a neighboring area) for 1 1/2 or two hours in the evening or on the weekend. Our meetings should not be confused with counseling sessions. Participants are all bereaved parents (guardians), adult siblings, or grandparents who are dealing with the death of a child. We have been where you are and we continue to return to offer friendship and support through the natural grieving process after a child dies.

Chapter meetings often consist of two parts, a sharing session plus a program related to bereavement after the death of a child. Some larger chapters may break up into smaller groups for sharing so that everyone has the opportunity to talk about their grief. Some chapters also have special sub-groups for siblings, Spanish language members, or even the most newly bereaved.

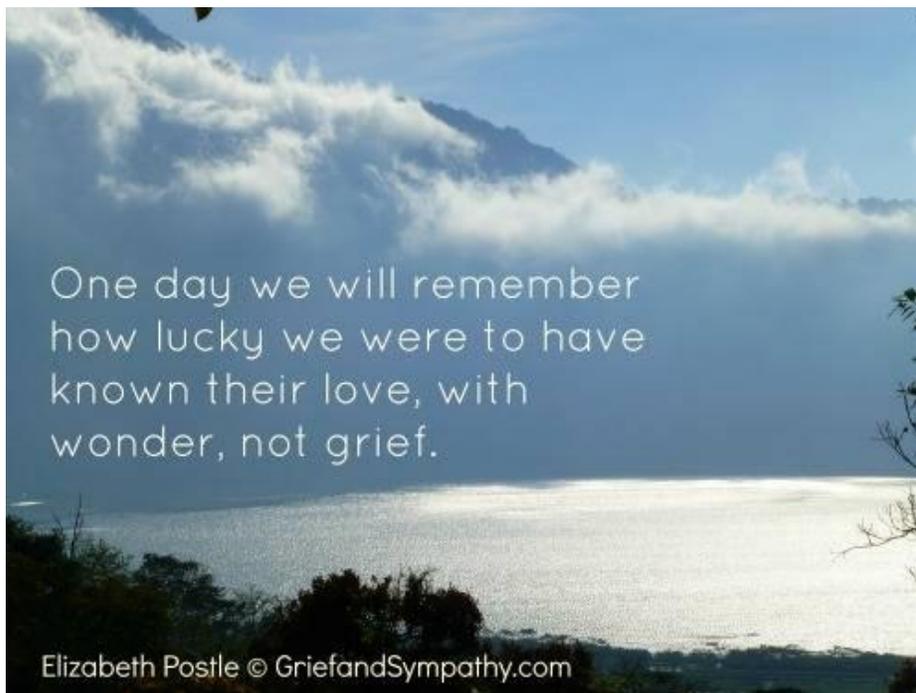
You will hear from others whose child died from pre-birth to adulthood. Some who attend will be young and some will be old. Some will be women and some will be men. Some will come alone while others will come as couples. Oftentimes there will be a preplanned speaker who will talk about a bereavement issue. Sometimes a bereavement topic of interest will be chosen to discuss. Some chapters offer special programs such as a memorial service.

If you're shy or unable to talk about your loss, you do not have to speak, although you will have the opportunity. No one is forced to talk about his or her loss. Much can be gained by listening. Some people believe it's harder to talk in front of strangers about something so intimate as the loss of a child, but because everyone else at the meeting has had a similar experience, they understand much of what you are feeling and you will eventually reach a comfort level with those you meet. A point to always keep in mind is that what is said in the meeting stays in the meeting. The privacy of our members is important. We're all there to work toward healing.

It may be hard for you to believe, but occasionally you will hear laughter. This is not a dishonor to any child. Rather it is often a reaction to a wonderful memory of a child.

When you come to a meeting of The Compassionate Friends, we ask that you attend at least three meetings before you decide if the group is for you. For many, the first meeting may also be the first time they've been able to talk about what has happened to them and to their family and to the child. This can bring a lot of emotion to the forefront, emotion which seems to disappear over the months as you talk about your loss. Don't worry, we'll bring the tissues. Tears are a natural release for a grieving person and is a way to help cleanse the body of toxins.

More than 20,000 bereaved parents, siblings, and grandparents in need of support attend TCF meetings in the U.S. every month. You will find it is so very true what we often say, *"You Need Not Walk Alone!"*



## FREQUENTLY ASKED QUESTIONS

How do I know if it's too soon after my child's death to attend?

No one can say with certainty when is the right time to come to a meeting. Sometimes family members come shortly after the child has died while other times they wait longer. Some people who attend shortly after the child's death may decide not to come back until they're more ready. This is a personal decision.

Do I need a reservation before I come to a meeting?

No reservations are needed. Just come whenever you feel up to it.

If I go to a meeting, will I have to talk?

No one is required to talk at any meeting. We understand how difficult that can be when our grief is so fresh. We do ask that you listen, however.

Is there a charge to attend?

There is never a charge to attend a TCF meeting. Our chapters rely on voluntary donations from members, friends, and the community at large.

My child was an adult and didn't live at home. Can I still go to a meeting?

Chapter meetings are open to all families that have experienced the death of a child, at any age (including pre-birth), from any cause. Regardless of our child's age, we in TCF believe our children will always be thought of as just that . . . our children.

My spouse won't come with me. Can I come alone?

Yes. We all grieve differently and your spouse or significant other may not be ready to take part just yet . . . or ever.

Can I bring a friend with me the first time for support?

Of course, you can bring a friend, but we ask that they, as well as all members, respect each other's privacy. It is important for us to be able to share freely within our group and be sure confidences will be respected.

Do men attend meetings?

Yes. Many chapters are divided almost evenly between men and women while others are not. Men grieve, too, and are welcome to attend meetings for support.

What happens at a meeting?

Some meetings we simply introduce ourselves and share our thoughts and feelings. At other times, chapters have short programs before or after the sharing time. The programs may include a brief guest speaker, viewing a video tape, or listening to an audio tape or CD. Chapters usually have special months when they hold a balloon launch or have a memorial candle lighting.

My child died from \_\_\_\_\_. Will I still be welcome?

Yes. All families that have experienced the death of a child at any age, from any cause, are welcome.

Religion doesn't matter to me anymore. Can people at a meeting accept that? The Compassionate Friends has no religious affiliation. You will find TCF members are very tolerant of any views. After the death of a child, many priorities, as well as values, change.

I notice the meeting is in a church. Do I have to belong to a church to attend? While TCF has no religious affiliation, chapter meetings are held in a wide variety of locations depending upon what is available in our communities.

I have babysitting problems. Would it be all right to bring my five-year-old with me?

While we understand the difficulties of finding child care, we must ask that any children attending with you be old enough to understand the meeting discussions and not be upset by them. Some chapters have sibling groups for children twelve or older; check with your local chapter.

My child died seven years ago, and I postponed my grief work. Now it's catching up with me. Is it too late to come now?

We all grieve differently. Many parents don't feel the need for a support group until years after the death of a child. It's all right to come whenever you are ready, whether it's soon after your child's death, months later, or years later.

How long do people come to meetings?

People attend meetings until they no longer feel a need. Some attend just a few meetings while others come for years. Some are so thankful for the helpful support they've received that they stay to help in chapter leadership so they can be there for the next persons who walk through the doors seeking help.

Why is it that TCF recommends that I attend three meetings before deciding if it's for me?

Often, the first meeting brings a lot of emotions to the surface and this may make the first meeting difficult. Some say that they bring home the pain of others after listening to their stories. Attending three meetings gives you time enough to allow your emotions to even out and to understand that in sharing there is healing. By attending three meetings you will also be able to observe the different dynamics of the group as different members attend and share.

## JANUARY BIRTHDAYS

JACK ATKINSON  
LARRY CASTAÑEDA  
GARY DURRENBERGER  
RYKEN EVERETT  
EDNA HERRERA  
ROLAND JAMES  
MIA MATHESON  
PENELOPE OSWALT  
KYLE PETTEYS  
GREGORY RAMIREZ JR.  
NICHOLAS SIMS  
EMILY TRENT  
RAMES VALENZUELA  
MARIO VERDUGO JR  
LINDSAY WAKEFIELD  
PHILIP WORKMAN  
TIMOTHY BYMP  
NICHOLAS A. BUONAVOLONTA  
JOVAN ANTONIO ESCARCEGA  
KETZIA AMAIRANY FLORES  
CHADWICK THOMAS KENYON  
SWAIN TAYLOR KOENIG  
JAMESON GILES PERSONIUS

ROBERT BREMOND  
ZAC CLARK  
KATIE EDMONDS  
KAREN FORD  
TIMOTHY HESKIN  
MEGHAN JONES  
SEBASTIAN MEYER  
DONN OWENS  
CHRISTOPHER PULLEN  
BECKA ROSENWALD  
ERIC TAYLOR  
ROBERT ERIC TURNER

SHANTI CARLISI  
COLLEEN CONTER  
KATHRYN EIDE  
ALEX GRADIAS  
ANDREW INGARGIOLA  
JOSEPH (JAY) KAPLINSKI  
AARON MILLER  
MICHAEL JOHN PADILLA  
DAVID RADTKE  
MICHEAL P SHEATS  
ANTHONY THOMASON



## JANUARY REMEMBRANCE DAYS

DANIELLE BARNETT  
ERICA LYN BOWDEN  
GEORGIA COLEHOUR  
ANDREW GAINES  
BRIAN JOEL HARPER  
AMY KRUPPENBACHER  
MIA MATHESON  
JARED PATRICK  
LUKE RUTHERFORD  
LINDA STUBBINS  
ANTHONY THOMASON  
CHRISTOPHER  
MICAYLA JASMINE FULLER  
ANTHONY JOEL WELLS  
ALEX ANDRU MENDOZA  
NICHOLAS A. BUONAVOLONTA

PHILLIP BECKER  
CLYDE BURKEY  
LUKE DAINS  
CESAR TIZOK GONZALEZ  
EDNA HERRERA  
KENNETH LUIKART  
DAMION MATTHEWS  
JASON PHANCO  
SHERYL SCHUBERT  
JANESSA JACLYN SMITH  
MARCOS RENE TORRES  
SEAN HOLDEN

JAKE BOUDREAU  
JOHN JOSEPH CEPIN IV  
STEFAN ENRIQUEZ  
LAURA GORMAN  
TYGE IRSKENS II  
STEPHEN MAHAFFEY  
DANIEL J. MCCLAIN  
TRACY ANN POLLINS  
CLINT SMITH  
JESUS TARAZON-ROSAS  
OLANDO TRUJILLO  
MARIELLE MENTZER

EDWARD SAMUEL WEISS  
CONNIE CHRISTINE WILSON  
IAN CHRISTOPHER SMITH

## CRISIS HOTLINE INFORMATION

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
The National Institute for Trauma & Loss in Children (TLC)	1-877-306-5256
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773



### OTHER TUCSON SUPPORT GROUPS

- \*Information & Referral Services: <http://www.211arizona.org/>
- \*Homicide Survivors, Inc.: 520-740-5729
- \*FOOTPRINTS-Pregnancy and Infant loss: 520-873-6590
- \*Tu Nidito/Children to Children: 520-322-9155
- \*Alive Alone <http://www.alivealone.org/> -for parent(s) who have lost their only child
- \*MISS FOUNDATION <http://www.missfoundation.org/>
- \*Survivors of Suicide..... 520-989-0467

## **FEBRUARY BIRTHDAYS**

JASON BAKE  
JOSHUA BEDELL  
BRIAN FRAZIN  
JENNIFER DUTTON  
KEVIN GEIS  
JOSHUA GIBSON  
DAREK SLAYTON  
AZAR IAN RUST  
ANTONIO TIRADO  
DANIEL LOWE  
ROLANDO MONGE

DAVID BAKER  
JEREMY BRIGHT  
AISLYNN TIANA DAVIS  
ROGER PAUL EAGLE  
KYLE HENSON  
PAIGE LOVE  
NICHOLAS PUTNAM  
ERIC SETH KOVITZ  
JAMES TURNER  
DANIEL LEE GEIS  
JOSHUA MOSS

ISAIAH BATES-SCOTT  
LUKE DAINS  
WESTON FOARD  
SAHARA FAHMY  
PETER KJOLSRUD  
REBECCA SIEGEL  
CASSIE RAO  
JOSE EDY LEYVA  
HOLLY VICKERS  
BRIDGET MEMBRILA  
SHAY EMMA HAMMER



MICHELLE VICTORIA PADILLA  
KATELYN NICOLE STANES

CHARLES A. (CJ) GRAHAM  
PETER JAMES "PJ" FARRELL  
CHRISTOPHER SCOTT CURTIS  
CHANCE MORGAN ALLISON  
BRIAN JOEL HARPER  
CHRISTOPHER J.R. HESSE  
SEAN ALEXANDER KINCAID  
MATTHIAS EDWIN ENLOW  
D. FRANCES ENRIQUEZ  
RAUL (BUDDY) GARCIA  
AISLYNN TIANA MAGUIRE  
THOMAS WILLIAM NEAL  
NICHOLAS ANDREW SAN ANGELO  
IAN CHRISTOPHER SMITH

## **FEBRUARY REMEMBRANCE DAYS**

BILL ANDERSON  
TAMARA DAWN BASS  
KELLI BONN  
KATIE DECKER  
DONALD GREENE  
JAY JOHNSON  
BRIDGET MCCABE  
SHAWN NOBLE  
BENJAMIN ROHEN-TRAPP  
JULIO C. VERGARA  
CARM-IDRELLE CASSEUS  
TIMOTHY O'DONNELL  
KATELYN NICOLE STANES  
PENELOPE NOELLE PADILLIAS  
ZEMIRA BAYLA LENC  
CHRISTOPHER PULLEN

DAVID BAKER  
PHILIP BIGGERS  
CALEB CANDLER  
ALAN DOYLE  
RAAD HALABY  
REBECCA KATZ  
DALE MELLBERG  
PAUL ROBOLD  
DAREK SLAYTON  
JA-MUS WHITFIELD  
JOHN PATRICK CLINE  
JARED SMITH  
CHRISTIAN LAWSON  
GREGGORY RYAN KAISER  
NATHAN NOWECKI-HUBBLE  
SHAWN DOUGLAS RAMON II

NICK BARNETT  
JADEN ELIJAH BLUE  
JENNY CRIM  
ELISA GASTELLUM  
CINDY HARTRANFT  
ANGEL LEON  
PAUL METZGER  
AZAR IAN RUST  
KENNETH WALTER  
NOAH ZACARIAS  
RANDY ZIMMERMAN  
EMILY RENEE SORKIN  
CHARLES JOSEPH KEEN

## *The Compassionate Friends National:*

ONLINE SUPPORT information is available on the National Compassionate Friends Website at [www.compassionatefriends.org](http://www.compassionatefriends.org).

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.

### FACEBOOK GROUPS

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. If you are waiting approval, 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.

**Remembrance Cards** In order to receive remembrance cards during your loved ones birthday month and the death anniversary month, you must individually sign-up, with your complete information, for the memorial book located on the national website found under the “Find Support” tab after clicking on “To The Newly Bereaved” (<https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/>).

Unless expressly stated, the views expressed in articles, poetry, etc. in Walking This Valley are not necessarily the views of The Compassionate Friends, The Chapter Steering Committee or the Editorial Team. The Editor reserves the right to edit any contributions.

### **Chapter Steering Committee**

Leader: Tara Chico Co Leader: Sharon Farrell/Kirsten Bice

Editor: Diane Allison Contributing Editors: All members- contributions wanted!

Outreach/ Correspondence: Donna Ruboyianes

Facebook: Debbie Russell, Cat Morrow

Website: Julie Shulick

New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell

Treasurer: Sharon Farrell

Facilitators: Cindy Walter, Tara/Melissa Chico, Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Cat Morrow, Debbie Russell, Donna Ruboyianes

### **Regional Coordinators:**

Barb & Gene Caligari, Chandler, AZ; Denise Dean

## Seven Grief Strategies for the New Year

*Posted on December 28th, 2019*

The old saying is true: “If there is an elephant in the room, introduce him.” No good purpose is served by denial, yet we are very good at it. And when it comes to facing the pain of our grief with eyes open, we often turn away instead. But when we have a psychological elephant in the room of our mind, we should acknowledge him, and plan a way to shrink him down to a manageable size then get him on his way. If we’ve had a loss recently, the New Year provides a good opportunity for us to be honest about the pain of our grief, and resolve in the months to come to be proactive and do the necessary grief work to begin addressing the elephant in the room.

### 1. Write yourself a comforting and encouraging letter.

Imagine you had a friend for whom you cared deeply, and imagine that friend just experienced the death of someone they love very much. You would want to help them, comfort them and encourage them. Now substitute yourself for that friend. You are worthy of being comforted and encouraged, too. Write yourself a letter saying the same things you would say to a good friend. Then, read the letter, put it away for a few days, then read it again. Do this for a few months and then write yourself a second letter, and so on. This is an act of self-compassion, treating yourself as gently as you would treat someone else. Avoid thinking you are so ‘strong’ or ‘solid’ that you don’t need help and tender compassion. That is a misunderstanding of strength and personal fortitude. Feeling intense sorrow and bereavement is not a sign of weakness; to the contrary, it is a sign of deep humanity and personal capacity to love.

### 2. Buy a big calendar, and use it.

One problem bereaved people face is the feeling that one day drags into the next, always the same. Grieving people also sometimes are pressured by well-meaning people into doing activities they really don’t want to do. An ‘appointment calendar’ can solve both of those problems. Large calendars, like a desk calendar, give you room to write. As the New Year begins, sit down with the calendar, and start filling your days with appointments.

Appointments with whom? Most importantly, with yourself. Without taking yourself out of social circulation, you can pen in valuable “self-time.” The simple

act of reserving time for yourself empowers you to breathe and reflect as the New Year unfolds. Appointments like “movie with me” or “journaling with me” make it possible for you to always tell others, when asked to go somewhere or do something, “Let me check my calendar, I may have an appointment.” This way you can decline in a socially graceful way. If you want to accept someone’s invitation, you can always break an appointment with yourself.

### 3. Move your body, move your mind.

As you adjust to your life without the physical presence of your loved one who died, it’s vital you get outside and move. Notice, I didn’t say, “exercise,” since for some people that may sound daunting. There is no need to make it a big undertaking. Pick short, achievable goals, like a short hike, a walk around the block, a bike ride to the park. Keep these jaunts short, as this will give you a sense of accomplishment, and you will derive the physical and psychological benefits of having enlisted your body in your ongoing encounter with grief.

### 4. Realize that you do not need to “understand” your grief right now.

When I coached Little League, I established the One Minute Rule. It was this: If anyone gets hit by a baseball, whatever the person hit by the ball says for the first minute after being hit is OK. Screaming and accusations were common after being hit by the baseball, but everyone knew that you got a free pass for a minute. And they knew that after a minute the person had to be ready to move on. Well, bereaved people get a lot longer than a minute, or a month, or a year, to integrate their experience into the rest of their outlook on life. So don’t feel anxiety about fully grasping what has happened to you. Time will help clear your mind, and you will eventually be able to address your loss, the pain it has brought you, and the changes in your life that have ensued.

### 5. Decide that in the New Year, you will begin to focus a bit more on others, as a part of your loved one’s legacy.

This is a valuable change you can make in your life. We all need to get out of ourselves and focus on other people and their problems. Sometimes, this helps us gain a fresh perspective on our own life. As you do this, you will no doubt talk with new people, and when the opportunity presents itself tell them about your loved one who has died. You don’t have to tell your loved one’s life story or anything like that, just mention them in passing. You may feel more comfortable talking about your loved one with people who didn’t know him or her, and it is

valuable to begin to talk out loud-in the past tense-about your loved one. It may be shocking to hear yourself talk about them in the past tense, but it will help you integrate their death into your life.

## 6. Listen to the music.

A recent study I saw asserted that sad people who listen to their favorite music that matches their mood report feeling better. Music is therapeutic and soothing. Throughout history, music has been central to the expression of human values and sentiments. Make a short list of some songs of different types that you have always liked. Then go to youtube.com and listen to them or order them online. If you are not accustomed to doing that on a computer, ask a friend to do it for you. Just get the music playing so you can listen. As you do, let your mind take you where it will, and after a while I'll bet you'll feel relaxed and even renewed.

## 7. Wishing you well.

As the New Year begins, write down what your loved one would want for you in the New Year. Trouble imagining what that might be? It's probably the same you would wish for your loved one, had you been the one that died. Make a list of a few states of mind, attitudes or commodities that your loved one would want for you to attain as you move forward without them. For example, my husband would want me to look toward the future, and not be paralyzed by mourning. Or, my sister would want me to buy those expensive boots we used to talk about. Then, choose one of those outcomes and pursue it. Look back at your list after a few months, and check off the outlook or object you now have. Deliberately choose to achieve something your loved one would want you to have in this New Year. By doing so, you will honor their memory.

So often we think of grief as something that happens to us, instead of something we do. This is unfortunate, since passivity and inaction will not help us to engage the new reality of loss in our lives. This is not to say that grief is a "problem" we can solve, or a "condition" we can make go away, but it is to say that we can be active participants in our emotional well-being. By purposefully facing our sorrow, and calmly, carefully thinking about what we can do to help integrate our sorrow into our larger life, we can contribute to forging our new identity. And this is a powerful choice to make as a New Year and our new lives dawn.

-Brad Stetson is an author whose latest book is "Choosing to Survive: Loved Ones of Murder Victims Tell Their Stories" (Centering, 2017). [www.bradstetson.com](http://www.bradstetson.com)



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A National self-help, non-profit organization for families who have experienced the death of a child

THE TUCSON CHAPTER  
P.O. 30733  
Tucson, AZ 85751-0733

Return Service Requested

For many grievors,  
tears come in private places  
like the car or the shower,  
the garden or the closet...  
Just because you don't see  
us crying doesn't mean  
we aren't feeling the loss.  
To the contrary,  
we feel their absence  
quite deeply.

Dr. Joanne Cecchiolo from the blog

January-February 2021