



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

**Our next meetings...**  
 May 21  
 Jun 18  
 Jul 16  
 Aug 20

**Manhattan Chapter Newsletter** **May 2024**

**OUR MAY 21ST MEETING IN-PERSON**

We will be in-person only May 21st. We are still working to figure out how and when we can work in on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

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**For Grieving Mothers**  
 by Dr. Joanne Cacciatore

I am a mother.

I am a bereaved mother. My child died, and this is my reluctant path. It is not a path of my choice, but it is a path I must walk mindfully and with intention. It is a journey through the darkest night of my soul and it will take time to wind through the places that scare me.

Every cell in my body aches and longs to be with my beloved child. On days when grief is loud, I may be impatient, distracted, frustrated, and unfocused. I may get angry more easily, or I may seem hopeless. I will shed many, many, many tears. I won't smile as often as my old self. Smiling hurts now.

Most everything hurts some days, even breathing.

But please, just sit beside me.

Say nothing.

Do not offer a cure.

Or a pill, or a word, or a potion.

Witness my suffering and don't turn away from me.

Please be gentle with me.

And I will try to be gentle with me too.

I will not ever "get over" my child's death so please don't urge me down that path. Even on days when grief is quiet, when it isn't standing loudly in the foreground, even

(con't on page 2)

**SPRING AHEAD**

by Marie Levine

It is Spring once again. A time of renewal and rebirth. It is also a time of re-invention. As those difficult Mother's Day and Father's Day commemorations approach, I am once again shaking my head...this will be my thirtieth Mother's Day without my son. Where did the years go? And who am I now, so different from the woman I was in 1993.

Several years ago, a newly grieving father sat in our circle and plaintively asked when he would be himself again. As if there was ever a possibility of that. I remember the group telling him that while he felt as if he had shattered into a million pieces, time would eventually enable him to "put himself back together". But like a vase that's been glued together, he would always bear the scars of the injury. He would never be like his old self again.

We are always under that pressure. Our families, our friends long for us to recover. They pray we will once again be like our old selves. But we know we never will. We can become a fairly recognizable facsimile...but there will always be the difference between knowing what we now know and the old innocent souls we were.

People still ask innocently, if I have children. I don't hesitate any longer when I tell them my son is dead. They still reel. I don't. They still say, "I don't know how you do it." I still wonder what "it" is that I do. I guess the fact is that I "do" life. What choice do I have? I holed up a long time in my despair. I missed a lot of sunrises and sunsets. Then one day, I felt like Peter was watching me and he wasn't happy. I think I realized then that I was living for two and I made a Herculean effort to re-engage in the world. I'm glad now, that I did. Eternity will come soon enough.

(con't on page 2)

**TELEPHONE FRIENDS:** When you are having the kind of day you feel only another bereaved parent or sibling can understand, we can listen and share with you. Don't hesitate to call our Manhattan Chapter phone for meeting information **(917) 300 3706**. To speak with someone please call one of the following volunteers; Jacquie Mitchell (eves) (347) 414-1780 jacquienytcf@gmail.com and for siblings, Jordon Ferber (917) 837-7752, beatniknudnik@yahoo.com

TCF MANHATTAN CHAPTER email: [tcfmanhattan@gmail.com](mailto:tcfmanhattan@gmail.com)  
 TCF MANHATTAN website: [www.compassionatefriends.nyc](http://www.compassionatefriends.nyc)  
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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month  
**WE MEET AT 7:00pm—arrive or sign on at 6:45pm**  
 This month, May 21, 2024, we will be meeting only in person at the Fifth Avenue Presbyterian Church  
**55th Street and Fifth Ave (enter at 7 West 55th St.)**

*The Compassionate Friends is a mutual assistance self-help organization offering friendship and understanding to bereaved parents, grandparents and siblings. We are a group seeking support in our grief or are able to give it. Among us your religion, your race, your politics, your job or social standing are not important. We care about your grief—the tragedy that each of us have shared—and how we can grow through it, not back to the person we were, but to the person we can become.*

## For Grieving Mothers

(con't from page 1)

on days when I am even able to smile again, the pain is just beneath the surface.

There are days when I still feel paralyzed. My chest feels the sinking weight of my child's absence and, sometimes, I feel as if I will explode from the grief.

Losing my child affects me in so many ways: as a woman, a mother, a human being. It affects every aspect of me: spiritually, physically, mentally, and emotionally. There are days when I barely recognize myself in the mirror anymore.

Grief is as personal to me as my fingerprint. Don't tell me how I should or shouldn't be grieving or that I should or shouldn't "feel better by now." Don't tell me what's right or wrong. I'm doing it my way, in my time. If I am to survive this, I must do what is best for me.

My understanding of life will change and a different meaning of life will slowly evolve. What I knew to be true or absolute or real or fair about the world has been challenged so I'm finding my way, moment-to-moment in this new place. Things that once seemed important to me are barely thoughts any longer. I notice life's suffering more- hungry children, the homeless and the destitute, a mother's harsh voice toward her young child- or an elderly person struggling with the door. There are so many things about the world which I now struggle to understand: Why do children die? There are some questions, I've learned, which are simply unanswerable.

So please don't tell me that " God has a plan " for me. This, my friend, is between me and my God. Those platitudes slip far too easily from the mouths of those who tuck their own child into a safe, warm bed at night: Can you begin to imagine your own child, flesh of your flesh, lying lifeless in a casket, when "goodbye" means you'll never see them on this Earth again? Grieving mothers- and fathers- and grandparents- and siblings won't wake up one day with everything 'okay' and life back to normal. I have a new normal now.

As time passes, I may gain gifts, and treasures, and insights but anything gained was too high a cost when compared to what was lost. Perhaps, one day, when I am very, very old, I will say that time has truly helped to heal my broken heart. But always remember that not a second of any minute of any hour of any day passes when I am not aware of the presence of my child's absence, no matter how many years lurk over my shoulder, don't forget that I have another one, another child, whose absence, like the sky, is spread over everything as C.S. Lewis said.

My child may have died; but  
my love - and my motherhood - never will.

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*"We know ourselves by the stories we tell. Losing you has dismantled my storyline and shaken my plot; the tale I tell about who I am and where I am going doesn't make sense anymore. I want desperately to find other words that will imagine my life anew. I just don't know where and how that story will begin."*

~ Molly Fumia, "Safe Passage"

## SPRING AHEAD

(con't from page 1)

The Spring used to mock me. In spite of the hurt and anger I felt, the world seemed to leap at the opportunity to heal and regenerate after a cold dark winter. I felt like an outsider everywhere. Winter hung on my soul like a shroud. It's different today. I realize that I have traveled a very great distance from the disconnected, grieving person I was then. Time has indeed made a very big difference. Now I know Peter is with me every day, accompanying me on an imaginable journey, cheering me on, waiting for me, proud of my little successes. I miss his presence, sharing with him, touching him, hearing him laugh, listening to his plans. I wonder always what he would be doing if he were living his life. Would he be married? Where would his career path have taken him by now? What car would he be driving? Where would he be living?

But I look at the wonderful relationships I've developed in the past thirty years as gifts from Peter. Surely it was he who arranged for my friendship with the young couple whose two little children (now grown) I love and refer to as my adopted grandchildren. And certainly it was Peter who maneuvered a young handsome man into our lives, who became like an adopted son to us, complete with the emotional ups and downs of failed romances and the growing pains of early lost love. Tom, now a man in full, married with a young son who calls me Nana.

Now retired and widowed, the garden remains my refuge. It is here, alone with the birds and the bugs, that I am most at peace. I talk to Peter and sometimes I can almost hear him responding. I delight in seeing the garden come back to life. It is a constant in a world rocked by insanity. I grieve for all the newly bereaved parents who must now travel this same path. I am so different from the person I was. I'm more forgiving of those whose challenges often cause them to make poor decisions. And I'm more impatient with those who don't see the "big picture" and squander their precious time as though they had a thousand years to live. Judgmental before my world was rocked, I now feel entitled to my impatience. Now I forgive myself first.

It's Spring. The continuum of life abounds. It seems distinctly possible I've been here before. And just as possible, as the perennials that surround me, I'll be back again.

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### *A Cherished Thought for Mother's Day*

My child may have died;  
  
but my love  
  
and my motherhood  
  
never will.

## BEREAVED PARENT'S DAY

By Nora Yood

Dear reader,

I hope you will accept this message I want to share. This year, I am offering myself and all of you a special greeting card. It should arrive sometime in the Spring. It is sent with love and compassion, solidarity and sadness, and acceptance of what was, and steadfastness in honoring what always will be. It should arrive special delivery, and will be labeled confidential and personal, sensitive material, not appropriate for the general population. I hope it will bring comfort and support.

This greeting card is designed for Bereaved Parents during this highly emotionally charged period between Mother's Day and Father's Day. It is a decidedly non-commercial, non-cheery missive dedicated to a group, often isolated and invisible, at no time so strikingly outcast as during this interval when it seems the whole American and media marketplace is obsessed with a public celebration of parenthood. The cards, the flowers, the department store advertisements describing perfect presents for smiling moms and proud dads from loving (and of course, living) offspring make this month long shoperama more like a painful, money-making marathon than a silly, shallow, Hallmark moment.

I fear an unpleasant tone may be seeping into my message, which is definitely not my goal. Still, even as the years pass, and the truth that our children are no longer physically part of our existence necessarily integrates into our consciousness, we never truly become comfortable with that incomprehensible reality. I

(con't in next column)

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## The Same To Me

*You'll always be the same to me  
as when I knew you last.  
You've no tomorrow in this world  
but live in recent past.*

*So I will watch your sisters  
your classmates and your friends,  
grow to their adulthood  
and dream-filled ends.*

*And soon they'll have their families  
and years will pass them by,  
still I know what I shall hold  
and cherish in mind's eye.*

*I'll see others get grey-templed  
and paunchy in the waist.  
And doing in slow-motion  
what once was done in haste.*

*And they will all be care-worn  
from their many daily trials.  
As taxes, jobs and housework  
erode those youthful smiles.*

*But I'll take comfort having  
what time can't tear apart.  
For you'll be that forever teen  
to keep within my heart.*

~ Ken Falk, TCF Connecticut

## BEREAVED PARENT'S DAY

(continued)

know that on the surface, time moves on with its rhythm and busyness, but on a deeper level, there is always the awareness that I lost my child. I try to practice an attitude of gratitude for the gift of my wonderful son's life, cut short well before his journey on this earth should have ended. But, admittedly, at times, my inner feelings of being cheated, unjustly treated and defeated by life, manifests. This negativity can reveal itself in gallows humor satirizing the superficial complaints of clueless (regular) people, unresolved guilt (even though I do not have control over death), a sense of being viewed as a pariah or object of pity example, when I answer the innocuous query, How many children do you have?, the permanent status of grief as part of my psychic makeup.

In an effort to endure this difficult season, I've decided to give myself and all my compassionate friends a BP (bereaved parents) card. No sentimental images, specious verse, cutesy musical ditties, or inspirational messages to be included. No price tag listed on the bottom of the back page. No postage stamp necessary. Just an affirmation that we sill are mothers and fathers; that our children will always be with us in spirit; that our sons and daughters are loved and missed; that their lives mattered; that their memories are a blessing; that they continue to enrich and ennoble our lives every single day of the year. They bequeath to each of us, uniquely and distinctively, their Mother's Day and Father's Day wishes, in a profound, mystical and transcendent way.

BP cards are for our hearts only. They are our silent, inexplicable and inalienable legacy.

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## EMPTINESS

All I feel is emptiness  
in body, mind and soul.  
Nothing possibly could change,  
repair me, make me whole.

They say this pain will lessen,  
that in time I will find peace,  
that these mighty waves of anguish  
will someday lighten, cease.

But now their words don't soothe me.  
My mind is screaming so,  
I can't see reason, meaning.  
My bleeding heart cries "No!"

My life just seems a burden  
filled with tragedy and loss  
and I cannot make the effort  
or pay the price it costs.

They say this pain will lessen.  
they talk to me of peace.  
But this darkness is so heavy,  
my only hope – release.

Will this emptiness devour me?  
Existence feels so bleak.  
To give my life new meaning,  
I know not what I seek.

~ Genesse Gentry, from "Stars In The Deepest Night"



**JULY 12-14, 2024—NEW ORLEANS**

## **The Compassionate Friends 47th Annual National Conference**

**CONFERENCE REGISTRATION NOW OPEN**



TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of our conference include our heartfelt Saturday evening Candle Lighting Program, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

This year's conference will be held at the New Orleans Marriott. Reservations can now be made online at TCF's dedicated reservation link. Our discounted room rate with the Marriott is \$144 per night plus applicable taxes and fees. Please note that each attendee can reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in New Orleans! Let us know if you are going! Jordon and Dan will both be there.



**47TH NATIONAL CONFERENCE**

**JULY 12-14, 2024 | NEW ORLEANS, LA**

[\*\*MORE INFORMATION\*\*](#)

[\*\*REGISTER NOW\*\*](#)

## Recommended reading...

- ◆ The Bereaved Parent by Harriet Sarnoff
- ◆ First You Die by Marie Levine
- ◆ Talking to Heaven by James Van Praagh
- ◆ Beyond Tears by nine mothers
- ◆ Love Never Dies by Sandy Goodman

⇒ take advantage of the book list on the TCF website [www.compassionatefriends.org](http://www.compassionatefriends.org)

⇒ go to [www.centeringcorp.org](http://www.centeringcorp.org), for an extensive list of resources for ALL those grieving for every possible reason – for parents, grandparents, siblings, mothers, fathers, teens, children...because of sudden death, accident, long term illness, infant loss, miscarriage, homicide, substance abuse, etc.

Reading other bereaved people's stories helps us. Take advantage of these resources. Discovering how much of what we feel is being experienced by fellow travelers helps us understand the process and restores hope.

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### ...to our new members

Attending your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

### ...to our long standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. *THINK BACK*... what would it have been like for you if there had not been any "oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

~ ~ ~

## The Compassionate Friends Credo

*We need not walk alone.*

*We are The Compassionate Friends.*

*We reach out to each other with love, with understanding, and with hope.*

*Our children have died at all ages and from many different causes,*

*but our love for our children unites us.*

*Your pain becomes my pain just as your hope becomes my hope.*

*We come together from all walks of life, from many different circumstances.*

*We are a unique family because we represent many races and creeds.*

*We are young and we are old.*

*Some of us are far along in our grief, but others still feel a grief so fresh,*

*and so intensely painful that we feel helpless and see no hope.*

*Some of us have found our faith to be a source of strength; some of us are struggling to find answers.*

*Some of us are angry, filled with guilt or deep depression; others radiate an inner peace.*

*It is pain we will share just as we share the love for our children.*

*We are all seeking and struggling to build a future for ourselves,*

*but we are committed to building a future together as we reach out to each other*

*in love, and share the pain as well as the joy,*

*share the anger as well as the peace,*

*share the faith as well as the doubts,*

*and help each other to grieve, as well as to grow.*

WE NEED NOT WALK ALONE.

WE ARE THE COMPASSIONATE FRIENDS.

~ ~ ~

## Online Support from the National Compassionate Friends Website

### Live Chats

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.

Click [HERE](#) for more information and a list and schedule of Live Chats.

### Private Facebook Groups

The Compassionate Friends offers a variety of Private Facebook Groups. These pages cover a wide range of topics and are moderated by bereaved parents, siblings, or grandparents. They may be accessed only after a request to join is approved by a moderator.

Click [HERE](#) for more information and a list of Private Facebook Groups.

# Siblings

## Disenfranchised grief

The loss of an adult sibling is often a significant one. I have had the privilege, of companionship many mourners who have experienced the death of a sibling, and they have taught me that they often feel deep pain and a profound sense of loss. Perhaps this resonates with you and your experience.

Yet too often, our society views the death of an adult sibling as less important than the death of a spouse, a child, a parent or even a close friend. This results in surviving siblings feeling unvalidated and unsupported in their grief. We sometimes call this “disenfranchised grief”, meaning that it is not acknowledged in our culture. I also use the term “forgotten mourners” to describe this problem. Has this happened to you?

The truth is, no losses are “less than.” They are simply different. What’s more, the stronger your attachment to someone who dies, the stronger your grief is likely to be – no matter the type of relationship (spouse, child, parent, sibling, friend, etc.). Also, when relationships are strained, difficult or have been cut off, we often experience natural complications because we mourn for what we wish could have been.

If you are feeling disenfranchised in your grief over the loss of your sibling, you can choose to get the support you need. First, talk to your spouse, your children and your best friends about your thoughts and feelings. Tell them that you are struggling and that you need their help. Many people are willing and able to be supportive if only they are made aware that support is needed.

Second, seek out others who have experienced the death of a sibling. You will probably find that they understand your grief and are willing to talk to you about theirs. Some of these people may even help form a support group that you can participate in.

And third, consider seeing a grief counselor if support among your friends and family is lacking. Many (though not all) grief counselors understand that adult sibling loss can be just as difficult as other types of loss, and their compassionate support during your grief journey can make all the difference.

~ from Alan Wolfelt’s book,  
“Healing The Adult Siblings Grieving Heart -  
100 Practical ideas after your brother or sister dies.”  
More from Dr. Alan Wolfelt next month

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### A SISTER IS FOREVER

*A sister’s a sister forever,  
a bond that diminishes never.  
A friend who is kindly and caring.  
A sibling God chose for sharing.  
Few ties are as deep and so profound  
and with so much affection abound.  
Though some thoughts are seldom expressed  
love endures and survives every test.  
Of the constants that rest in the heart,  
a sister is a primary part.  
She’ll always be there when you need her,  
you listen, you value, you heed her.  
As growth, independence you ponder,  
your feelings grow deeper and fonder;  
and life tells you one thing that’s true,  
a sister’s a large part of you.*

~ Bruce B. Wilmer, TCF, FL

## The Compassionate Friends Sibling Credo

*We are the surviving siblings of The Compassionate Friends  
We are brought together by the deaths of our brothers and sisters  
Open your hearts to us, but have patience with us.  
Sometimes we need our families to be there.  
Sometimes we must walk alone, taking our memories with us,  
to become the individuals we want to be.  
We cannot be our dead brother or sister; however a special part of them lives on with us.  
When our brothers and sisters died, our lives changed.  
We are living a life very different from what we envisioned and we feel a responsibility to be strong even when we feel weak.  
Yet we can go on because we understand better than many the value of family and the precious gift of life.  
Our goal is not to be the forgotten mourners that we are, but to walk together to face tomorrow as the surviving siblings of The Compassionate Friends.*

**TUESDAYS**  
TUESDAYS AT 7:00PM  
With Jordon Ferber - Sibling Leader  
Siblings in the Manhattan Chapter meet every Tuesday of the month and more.  
Sign up to get our siblings schedule emails  
[Click here for exclusive sibling emails](#)

**TCF SIBLING CHATS**  
Some online chats for adult and teen siblings to share concerns and feelings are available on the TCF National website  
[Click here to display the full schedule of chats for both parents and siblings](#)

**CONFERENCE REGISTRATION NOW OPEN**  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
**July 12-14, 2024**  
  
Compassion  
FILLS THE AIR  
TCF 47<sup>TH</sup> NATIONAL CONFERENCE 2024  
New Orleans, LA



# MAY BIRTHDAYS



- 5/1 **GEORGE D. MARAS**, son of Marilyn Maras
- 5/1 **MICHAEL ANTHONY EAGLE**, son of Leslie Katina Eagle
- 5/2 **CASEY LOW**, brother of Dara Low
- 5/2 **GAVIN PESKIN**, son of Leah Peskin
- 5/2 **VERNON KENNEDY**, son of Tressie Kennedy
- 5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza & Hopeton Thompson
- 5/3 **JOSEPH MARINO**, brother of Joanne Marino
- 5/4 **CHRISTOPHER MEYER**, brother of Kimberly Meyer
- 5/5 **ANDRE AMES**, son of Jacqueline Jackson
- 5/5 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner
- 5/5 **ROBERT SULKOWSKI**, brother of Sarah Sulkowski
- 5/5 **RUBY MANE**, daughter of Mohasin Mane
- 5/5 **SAGE JOSEPH**, daughter of Debra Driscoll
- 5/6 **ANDREW MARTIN**, son of Marina Re
- 5/6 **BAYLIN CODDINGTON**, son of Debra F. Coddington
- 5/6 **DAVID KRANZ**, son of Denise Kranz and Charles Katz
- 5/6 **JASON ELLIS**, son of Michael Ellis
- 5/8 **JORDAN JOHN**, brother of Christian John
- 5/8 **MARSHALL NEIDIG**, son of Quinn and Joe Neidig
- 5/9 **BRENDEN CARSON**, son of Debra Carson
- 5/9 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor
- 5/11 **JOHN HULWIYA**, brother of Vanessa Hulwiya
- 5/11 **SEAN MCCLURE**, son of Patricia McClure
- 5/11 **TATE RAMSDEN**, brother of Ashley Ramsden
- 5/12 **CHRISTINE FORNATO**, sister of Theresa Fornato
- 5/12 **LEO CONAGHAN**, nephew of Ellen Barry
- 5/12 **MATTHEW YUDELMAN**, grandson of Anne Schuman & Ian Yudelman
- 5/13 **BRENDA CHAPMAN**, daughter of Della Scrugs
- 5/13 **EVAN MAXWELL**, brother of Jean Maxwell
- 5/13 **NOAH BOWER**, son of Pat Bower Cooley
- 5/13 **NOAH STERN**, son of Barbara Samuels & Nicholas Stern
- 5/13 **RORY STAUNTON**, son of Orlaith & Ciaran Staunton
- 5/16 **ALIYAH RABSATT**, daughter of Patricia Rabsatt
- 5/16 **JUSTIN ALMON**, brother of Kristina Adam
- 5/16 **KHALID ALBABA**, son of Kerri Albaba
- 5/17 **ARTHUR KOZLOVSKI**, brother of Kristina Kozlovski
- 5/17 **LYDIA WOOD**, daughter of Matt Wood

- 5/17 **PATRICE WALKER**, daughter of Mazrene Holmes
- 5/17 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight
- 5/18 **ABIGAIL BURG**, daughter of Jean & David Burg
- 5/18 **ALESSIA MORRONE**, daughter of Amy Morrone
- 5/18 **EDDIE WALSH**, twin brother of Tricia Walsh
- 5/18 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo
- 5/19 **BENJAMIN RACCALE**, son of Sara Raccale
- 5/19 **CHRISTOPHER EISELE**, son of Kathleen & John Montoya
- 5/19 **DAVID YOOD**, son of Nora & Barry Yood
- 5/20 **DAN OSHINSKY**, brother of Julie Mintz
- 5/20 **DANNY VOLEN**, brother of Raizy Volen
- 5/21 **ALEX WITONSKY**, brother of Ava Witonsky
- 5/21 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro
- 5/22 **BRIAN GEWIRTZ**, son of Kathleen & Steven Gewirtz
- 5/22 **CAITLIN SANDERS**, daughter of Veronica & Lamar Sanders
- 5/22 **ISABELLA CARROLL**, daughter of Doreen Carroll
- 5/22 **LINDA GIOVE**, daughter of Arlene Schechter
- 5/22 **NOAH REISMAN**, brother of Rachel Reisman
- 5/24 **ALEX HARRY SINGER**, son of Susan & Lewis Singer
- 5/24 **CHARLIE DENIHAN**, son of Barbara and Ben Denihan, brother of Krissy and Kate
- 5/24 **JULETTE DICKSTEIN**, daughter of Gail Luria
- 5/25 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz
- 5/26 **AMANDA RUSSELL**, sister of Katie Turner
- 5/26 **JOSEPH ALINI**, son of Maria Rodriguez
- 5/27 **ROBERT ZIETEK**, brother of Barbara Zietek
- 5/27 **ZAIDA SANTIAGO**, daughter of Selena Santiago & Lewis Harbour
- 5/29 **LOUIS PEREZ**, son of Mercedes Tapia
- 5/29 **WILLIAM MAEROV**, son of Lance Maerov
- 5/30 **JON ROMULO**, son of Tocy Friend
- 5/30 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito
- 5/30 **OLIVIA PETRERA COHEN**, daughter of Nancy Petrera
- 5/30 **RICHIE BENANTI**, son of Monica Benanti
- 5/30 **TROY O. MYERS**, son of Claudette Hannibal
- 5/31 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino
- 5/31 **KOFI A. MENSAB JR.**, son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph.D
- 5/31 **T.J. CRAIG**, son of Tom Craig, brother of Mac Craig







**OUR CHILDREN—LOVED AND REMEMBERED**  
**MAY ANNIVERSARIES**



5/1 **AUDREY NIBLO**, daughter of John Niblo  
 5/2 **BRADLEY KEITH BONGAR**, son of Beth Bongar  
 5/2 **CRYSTAL LAUZAU**, daughter of Gwyneth Hotaling  
 5/2 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez,  
 grandson of Maggie Valentin  
 5/2 **MARLON LABOVITCH**, son of Hannah Labovitch  
 5/2 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert  
 5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza  
 & Hopeton Thompson  
 5/3 **JOEY MASLIAH**, brother of Amanda Rockoff  
 5/4 **JAMIE ROBERTS**, son of Katelin Roberts  
 5/4 **ZACK KASNETZ**, brother of Alex Kasnetz  
 5/5 **ANDY FISHER**, son of Barbara Fisher  
 5/5 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd  
 5/5 **JOE MCCLENAHAN**, brother of Michael McClenahan  
 5/5 **MATEO TASHMAN**, son of William Tashman  
 5/6 **CHRISTINE SCHLENDORF**, daughter of Karen Schlendorf  
 5/6 **MELISSA AVRIN**, sister of Andrew Avrin  
 5/6 **WILL TANG**, brother of Sandra Tang  
 5/7 **GER ANDLINGER**, daughter of Jeanne Andlinger  
 5/7 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother  
 of Lisa Sulzer  
 5/9 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan  
 5/9 **BRUCE WALES**, son of Fran Wales  
 5/10 **LOGAN GENTRY**, son of Christine Spiro  
 5/10 **MICHELLE GITTENS**, daughter of Lanise M. Ballard-Gittens  
 5/11 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister  
 5/12 **ELIZABETH O'HARE**, sister of Christopher O'Hare  
 5/12 **GIRBUN LAO**, brother of Ithreum Brown  
 5/12 **MICHAEL FABI**, son of Donna Leder  
 5/12 **SOPHIA MELILLO**, daughter of Kristen Leigh  
 5/13 **OWEN MULLER**, son of Jane K. Muller  
 5/14 **CANDICE CHEN**, daughter of Belle Tung  
 5/14 **NORBI MORGENSTEIN**, daughter of Gary Morgenstein  
 5/15 **ROSE LIANG**, sister of Holly & Chue Liang  
 5/15 **RYAN THOMAS**, son of Jacqueline Thomas

5/16 **BENJAMIN HARTFORD**, son of Nora Madonick  
 5/18 **GRETA GREENE**, daughter of Stacy & Jayson Greene  
 5/18 **LAVONE SKY SANTANA**, son of Istrha Santana  
 5/18 **MAHLIK WILLIAMS**, son of Ramona Williams, brother of  
 Mekael Williams  
 5/18 **MICHAEL RAVEN**, son of Selma & Rob Raven  
 5/19 **ALESSIA MORRONE**, daughter of Amy Morrone  
 5/19 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus,  
 brother of Xiomara Gomez  
 5/19 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt  
 5/20 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes  
 5/20 **JEREMY RODRIGUEZ**, son of Wanda Marrero  
 5/21 **ADAM JACOBS**, son of Rick Jacobs  
 5/21 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner  
 5/22 **STEVE DAVOREN**, brother of Doug Davoren  
 5/22 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown  
 5/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas  
 5/23 **MILES ELLIOT COUGHLIN**, son of Fredricka Weinstein &  
 Mathew Coughlin, brother of Marla Tolson, uncle of Lena Tolson  
 5/24 **AMELIA (YANNIE) CORBETT**, sister of Sara Corbett  
 5/25 **JACK ROBERTS**, son of Joanne Wright  
 5/25 **JOVI RAMOS**, son of Desiree Ramos  
 5/25 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen  
 & David Hantman  
 5/26 **LISA DONOFRIO**, daughter of Christina Korteweg  
 5/27 **CRAIG MARTINEZ**, son of Louis Hampton Martinez  
 5/27 **EMMA GRACE KNOWLTON**, daughter of Samantha Knowlton  
 5/27 **ISAIAH VILLAFANA**, son of Camille Evans & Elijah Burgos  
 5/27 **JOEY HOLLIDAY**, son of Billy & Terry Holliday  
 5/27 **SARAH AKHTAR**, sister of Alafia Akhtar and Rahil Darbur  
 5/27 **TERRANCE RICHARDSON**, son of Theresa Richardson,  
 brother of Francina Branch Elysee  
 5/28 **HUMZA MALIK**, brother of Amani Malik  
 5/29 **MAMADON JOHNSON**, sister of Djassi Johnson  
 5/30 **CAMDYN JAYEL DUCKWORTH**, daughter of Tiffany Clark  
 5/31 **ANTONIO LAW**, son of Jacqueline Law







OUR CHILDREN—LOVED AND REMEMBERED



JUNE BIRTHDAYS

- 6/1 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge, brother of Niasia Greenidge-James
- 6/1 **WILLIAM MONEN**, son of Nancy Monen
- 6/2 **KATHLEEN YANCHIS**, sister of Marybeth Bannon
- 6/3 **JESSE VALENTINE**, son of Joanna Valentine
- 6/4 **ADAM JACOBS**, son of Rick Jacobs
- 6/5 **JOHN COOPER JR.**, brother of Keith P. Cooper
- 6/5 **MAYA**, sister of Matt Klegon
- 6/6 **HOLLY OESTREICH**, daughter of Joyce Oestreich
- 6/6 **ZACH HOWELS**, brother of Matt Howels
- 6/7 **JOSETTE GIBBS**, daughter of Juanita Gibbs
- 6/9 **JOEY**, son of Shantel Morrison & Tamara Cantave
- 6/9 **RASHID WASHINGTON**, son of Chakaina Anderson
- 6/9 **TIMOTHY KOK**, brother of Tse Wei Kok
- 6/10 **BLAKE GARY**, daughter of Denyze Gary
- 6/10 **LOUIS DEDAJ**, brother of Victor Dedaj
- 6/10 **MARLON LABOVITCH**, son of Hannah Labovitch
- 6/10 **NOAH GLARPHAM**, son of David & Heather Kopp
- 6/10 **ORİYAH GRAY**, daughter of Chelsea Conklin
- 6/10 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown
- 6/11 **BENJAMIN GOURDJI**, son of Anna Gourdji
- 6/11 **RUSSELL GABAY**, brother of Lori Gabay
- 6/12 **EBONY N. JACKSON**, daughter of Diana Jackson, sister of Aaron Jackson-Kent
- 6/13 **BRIAN QUINN**, son of Susan Quinn
- 6/14 **KHEMALI MURRAY**, daughter of Georgette Murray
- 6/14 **ORION DUMITRIU**, son of Winnie Yang
- 6/15 **AODHAN CUMISHEY**, daughter of Donal Cumishey
- 6/16 **JASON ZAIN TZ**, son of Linda Zaintz
- 6/16 **SHAY DORRITIE**, son of Richard Dorritie
- 6/17 **REBECCA MOORE**, daughter of Debra Phillips
- 6/17 **VICENTE EDUARDO**, son of Tomasina Eduardo
- 6/18 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino & Bronek Pytowski

- 6/18 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes
- 6/18 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah
- 6/18 **JUDAH GUBBAY**, son of Marge Gubbay
- 6/18 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin
- 6/19 **RACHEL AUSTER**, daughter of Gail Auster
- 6/20 **PAUL FONGKIN**, brother of Desiree Brown
- 6/20 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn
- 6/21 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez
- 6/21 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert
- 6/22 **CELINA PACHECO**, daughter of Evelyn Gonzalez
- 6/22 **JELANI CARTER**, son of Darlene Hoffman
- 6/23 **ANNETTE JOSEPH**, daughter of Era Joseph, sister of Jeannette
- 6/23 **JOE MCCLENAHAN**, brother of Michael McClenahan
- 6/23 **JOHN CORBETT**, brother of Sara Corbett
- 6/23 **PAUL WALKER**, son of Ellen Walker
- 6/24 **HUMZA MALIK**, brother of Amani Malik
- 6/25 **JASON R. CHIN**, son of China Chin
- 6/25 **SANDRA CHU**, Best friend of Emanuel Veras
- 6/26 **ALAN SOLITAR**, son of Susie & Bruce Solitar
- 6/26 **ANTHONY HELZER**, son of Donna Romer
- 6/28 **CIANNA L. ALEXANDER**, daughter of Rebecca Harper-Alexander
- 6/28 **JAMIE ROBERTS**, son of Katelin Roberts
- 6/28 **VIRGINIA JOHNSON**, sister of Angela Pistilli
- 6/29 **DAVID ZABLIDOWSKY**, son of Doris & Martin Zablidowsky
- 6/29 **JAVAN STEWART**, son of Omarr & Ursula Stewart
- 6/29 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kevin Mitchell
- 6/30 **CAROLINE MASON**, daughter of Rachel Mason
- 6/30 **IAN BYSTOCK**, son of Marc Bystock
- 6/30 **JORGIE PEREZ**, sister of Janeisy Perez
- 6/30 **LINDA MARQUEZ**, daughter of Hilda Mendoza
- 6/30 **SAVANNAH WIGGINS**, daughter of Dolores Wiggins



Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children’s and sibling’s birthdays and anniversaries. I know I look first at each issue of the newsletter to see my child’s listing, my sister’s listing, and scan for the birthdays and anniversaries of my TCF friends’ loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one’s listing or if your listing is missing, please let us know. Email to [cfmanhattan.nyc@gmail.com](mailto:cfmanhattan.nyc@gmail.com) and tell us what needs to change.



**OUR CHILDREN—LOVED AND REMEMBERED**  
**JUNE ANNIVERSARIES**



- 6/1 **LOUIS PEREZ**, son of Mercedes Tapia
- 6/1 **WILFRED DELVALLE**, son of Carmen DelValle, brother of Judy DelValle
- 6/2 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.
- 6/2 **WILLIAM MAEROV**, son of Lance Maerov
- 6/4 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor
- 6/6 **JOCELYN REED**, daughter of Cynthia Powell
- 6/7 **ANDREW MARTIN ARNOLD**, brother of Barbara Arnold
- 6/7 **BLAKELY RUSSELL KAY**, daughter of Barbara Russell
- 6/7 **VIRGINIA JOHNSON**, sister of Angela Pistilli
- 6/9 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino
- 6/9 **JENNIFER CARGILL**, daughter of Virginia Crosby
- 6/9 **STEVEN SCHWARTZ**, son of Ellen Schwartz
- 6/10 **BRYAN KELLY**, son of Sean Kelly
- 6/10 **DAVID GIBBS**, son of Ann Gibbs
- 6/10 **MIKE CHARY**, brother of EllaRose Chary
- 6/10 **REBECCA MOORE**, daughter of Debra Phillips
- 6/10 **SCOTT LACROIX**, brother of Kendra Lacroix
- 6/10 **ZIGGY MARTINEZ**, daughter of Sally Tucker
- 6/11 **BRENDAN CLAVIN**, son of Nancy Hamma
- 6/12 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner
- 6/12 **FRANK UNTENER**, son of Barbara Chase
- 6/12 **LUIS A. GARCIA**, son of Tania Germes
- 6/12 **PATRICK CESARIO**, son of Sharon Cesario, brother of Frank Cesario
- 6/13 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli
- 6/14 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey
- 6/15 **CHRISTOPHER ROMINE**, brother of Jennifer Romine

- 6/15 **NEILL PERRI**, son of Maddie & Cliff Kasden
- 6/15 **PIERRE MCALOON**, son of Peggy McAloon
- 6/16 **BRIAN GOLDBERG**, son of Gloria & Arthur Goldberg
- 6/16 **JOSH GROSSE**, son of Susan Grosse
- 6/16 **MALCOLM LIVESEY**, son of Gigi Livesey
- 6/18 **BLAKE GARY**, daughter of Denyze Gary
- 6/18 **LISA WEINER**, sister of Abby Moller
- 6/20 **AARON BENVENISTE**, grandson of Susan & Richard Rosenbluth
- 6/20 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos
- 6/20 **JAKE MAJER**, grandson of Linda Reed
- 6/21 **MARIA**, daughter of Gigi Semone
- 6/22 **KAREN CASBAY**, sister of Laura Reissman
- 6/23 **ANDRE AMES**, son of Jacqueline Jackson
- 6/23 **ROBERT WILLIAMS JR.**, son of Kimberly Hatwood
- 6/24 **PETER TRAKIS**, son of Dolores & John Trakis
- 6/26 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls
- 6/26 **JULIETTE DICKSTEIN**, daughter of Gail Luria
- 6/27 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens
- 6/27 **BETTY DIBIASO**, daughter of Susan Carty
- 6/27 **JAQUELINE AHERN**, niece of Nan Ahern
- 6/27 **JASON MARKS**, son of Helena Marks
- 6/28 **ANTONIA DALEY**, granddaughter of Linda Daley
- 6/28 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor
- 6/30 **DAVID PICARD**, son of Darlene Picard
- 6/30 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kevin Mitchell
- 6/30 **MITCHELL WALKER**, son of Fountain Walker
- 6/30 **ROMEL ARIAS**, son of Luisa Cabrera



**Gifts of Love**

**A Love Gift** is a donation given in memory of a child who has died, or sometimes a memorial to a relative or friend. It can be in honor of a happy event that you would like to acknowledge, or simply a gift from someone who wants to help in the work of our chapter.

All TCF chapters are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapters is paid directly from our local resources and our local family contributions. Thank you to all who can contribute and support this chapter. Please see 'Making a Contribution' below:

**Passing the Basket** – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, please help and make a 'Basket' contribution to help our organization.

**Making a contribution –**

Easiest way – online – use a credit card securely with Paypal – Click this link: [Please donate here](#)

Or you may mail a check to The Compassionate Friends, c/o Sally Petrick, 945 West End Ave Apt 2B, New York, NY 10025. Please make your check payable to The Compassionate Friends – Manhattan Chapter. We need and appreciate your support.

| THE COMPASSIONATE FRIENDS CHAT SCHEDULE.<br><a href="#">Click here to display exact times and to see entire schedule</a> |  |   |   |
|--|--|---|---|
| ET   | MORNING  | EARLIER EVENING   | LATER EVENING   |
| MON  | Parents/Grandparents/Siblings                        | First time CHAT orientation                                     | General Bereavement<br>Parents/Grandparents/Siblings        |
| TUE  |  | Loss to Substance Related Causes<br>First time CHAT orientation | Bereaved less than 2 yrs<br>Bereaved more than 2 yrs        |
| WED  | Parents/Grandparents/Siblings                        | First time CHAT orientation                                     | General Bereavement<br>Parents/Grandparents/Siblings        |
| THU  |  | No Surviving Children<br>First time CHAT orientation            | General Bereavement<br>Parents/Grandparents/Siblings        |
| FRI  | General Bereavement<br>Parents/Grandparents/Siblings | Pregnancy/Infant Loss   | General Bereavement<br>Parents/Grandparents/Siblings        |
| SAT  |  |   | General Bereavement<br>Parents/Grandparents/Siblings        |
| SUN  |  | Suicide Loss  | General Bereavement Issues<br>Parents/Grandparents/Siblings |

**The Compassionate Friends National Office**  
48660 Pontiac Trail #930808, Wixom, MI 48393  
Toll Free (877) 969-0010  
www.compassionatefriends.org  
email:nationaloffice@compassionatefriends.org

**WE NEED NOT WALK ALONE**  
**TCF Online National Magazine**  
[Click here for Information](#)

**MARK YOUR CALENDARS!**  
Our next Chapter meetings are the 3rd Tuesday of each month:  
**MAY 21 JUN 18 JUL 16 AUG 20**

**Newsletter article submissions are welcome.**  
Please email to [marielevine2@verizon.net](mailto:marielevine2@verizon.net)

**MAKE A DONATION**  
[Click here to Donate to the Manhattan Chapter](#)

### OUR COMPASSIONATE FRIENDLY NEIGHBORS

|                    |               |                |                     |                  |                |
|--------------------|---------------|----------------|---------------------|------------------|----------------|
| Babylon            | 1st Friday    | (516) 795-8644 | Rockville Centre    | 2nd Friday       | (516) 766-4682 |
| Bronx              | 2nd Tuesday   | (914) 714-4885 | Rockland County     | 3rd Tuesday      | (845) 398-9762 |
| Brookhaven         | 2nd Friday    | (631) 738-0809 | SmithPoint/Mastic   | 2nd Thursday     | (631) 281-9004 |
| Brooklyn           | 3rd Wednesday | (917) 952-9751 | Staten Island       | 2nd & 4th Thurs. | (718) 983-0377 |
| Flushing           | 3rd Friday    | (718) 746-5010 | Syosset (Plainview) | 3rd Friday       | (718) 767-0904 |
| Manhasset          | 3rd Tuesday   | (516) 466-2480 | Twin Forks/Hamptons | 3rd Friday       | (646) 894-0317 |
| Marine Park, Bklyn | 3rd Friday    | (718) 605-1545 | White Plains        | 1st Thursday     | (914) 381-3389 |
| Medford            | 2nd Friday    | (631) 738-0809 |                     |                  |                |

### PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

#### 24/7 PRIVATE FACEBOOK GROUPS

- |  |   |
|--|---|
| <a href="#">TCF – Loss of a Child</a>                                    | <a href="#">TCF – Loss of a Grandchild</a>                                  |
| <a href="#">TCF – Loss of a Stepchild</a>                                | <a href="#">TCF – Grandparents Raising their Grandchildren</a>              |
| <a href="#">TCF – Loss of an Only Child/All Your Children</a>            | <a href="#">TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild</a> |
| <a href="#">TCF – Multiple Losses</a>                                    | <a href="#">TCF – Loss to Long-term Illness</a>                             |
| <a href="#">TCF – Daughterless Mothers</a>                               | <a href="#">TCF – Loss to Cancer</a>  |
| <a href="#">TCF – Men in Grief</a>                                       | <a href="#">TCF – Loss After Withdrawing Life Support</a>                   |
| <a href="#">TCF – Bereaved LGBTQ Parents with Loss of a Child</a>        | <a href="#">TCF – Loss to Mental Illness</a>                                |
| <a href="#">TCF – Bereaved Parents with Grandchild Visitation Issues</a> | <a href="#">TCF – Sudden Death</a>  |
| <a href="#">TCF – Loss to Miscarriage or Stillbirth</a>                  | <a href="#">TCF – Loss to Suicide</a>                                       |
| <a href="#">TCF – Infant and Toddler Loss</a>                            | <a href="#">TCF – Loss to Homicide</a>                                      |
| <a href="#">TCF – Loss of a Child 4 -12 Years Old</a>                    | <a href="#">TCF – Loss to Substance Related Causes</a>                      |
| <a href="#">TCF – Loss of a Child 13-19 Years Old</a>                    | <a href="#">TCF – Loss to a Drunk/Impaired Driver</a>                       |
| <a href="#">TCF – Loss of an Adult Child</a>                             | <a href="#">TCF – Grieving with Faith and Hope</a>                          |
| <a href="#">TCF – Loss of a Child with Special Needs</a>                 | <a href="#">TCF – Reading Your Way Through Grief</a>                        |

The Compassionate Friends  
c/o Sally Petrick - Treasurer  
945 West End Ave Apt 2B  
New York, NY 10025

#### **Making a Donation—Now Online**

Many of us are grateful for what Compassionate Friends has done for them and want to lend their support, even those who do not currently attend our meetings. You can still mail a check to the address to the left or donate online.

[Click here to Donate to the Manhattan Chapter](#)