



# Bereaved Parents of the USA Anne Arundel County Chapter

AUGUST 2014

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## A Family Vacation

A family vacation to California showed us the beauty of Pacific coast beaches and the glitz of downtown L.A. We traveled to Sequoia National Park and marveled at the timelessness of the great sequoias. This visit is not just about the awe that you feel at the size of these great trees, but the living history that each one represents. As we formed a chain and wrapped ourselves around the front of one of the trees, we embraced 2,000 years of growth, hardship, and the shadow of countless others who have walked these same paths. In these trees I saw generations of families who looked to the greatness of nature for comfort; people who saw what I did – that time marches on and it takes us right along with it. No one has found a way to stop time or to reverse it and undo the trauma inflicted upon us. We forge ahead as best we can and grow stronger from the trials we face and conquer.

The great sequoias also endure. On display is a slab cut from one of the trees showing the age and fire history of the tree. A wider ring immediately after the fire scar indicates increased growth as a result of the tree's natural healing process. The tree on display survived 80 separate fires. Future sequoias benefit from fire as well; seed germination occurs best in fire-burned soil because it is rich in minerals.

*Continued on page 2*

Sponsorship of this newsletter has been made by the following families:

Janet Tyler in memory of  
**Brittany Nicole Tyler**  
October 12, 1986 - August 23, 1992



**Joshua "Josh" William Sims Dale**  
August 30, 1980 - August 30, 2007

"I was astonished at how much he had learned in seven years." ~ Mark Twain

Joshua, you died seven years ago. Today, we acknowledge the newly bereaved with empathy and reassurance

- someday your heart will not bleed
- you will heal by connected spirit, be a beacon for others in their grief
- we survive,
- and we love

No one said  
life is easy; but  
it is beautiful!

~ Mom, Dad,  
Parry,  
Courtney and  
Alex



### A Family Vacation (continued from page 1)

I wonder what kind of growth could be detected in us following the “fire” that has burned us so severely. After the initial damage to our spirit, we frequently come back to recoup and even surpass the rate of our own growth as spiritual human beings. Maybe it takes so much energy to live through tragedy that it takes all of our physical and spiritual resources to propel us beyond the place where life has no meaning. We may resent this growth, because it somehow implies that we are better for what has happened to us. What it means to me, however, is that we chose to survive. Despite the tragedy, despite the pain, despite the fire...just like the great sequoias, we too will survive. In the 22 years since the death of my brother, Fred Carter and my niece, **Brittany Tyler**, I have survived and thrived. I wish the same for all of you.

~ Lisa Beall (Janet Tyler's sister)



It sounds so easy. A soft, warm *w o r d* - time to run barefoot, time to leave windows open all night. Summertime. Somehow it seems, doesn't it, that it's especially meant for children. Children on beaches, children on swings, children in large pools, children in tiny tubs.

We who do not have all of our children with us may feel the summertime in two ways. One is to remember shared events and adventures - there were so many. Long rides in a hot car, a nap in the back seat. The famous question, "Are we there yet?" Everything from a heat rash to ice cream cones and sand castles.

For us, another way to feel summertime is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children?

Even when there's nothing to remember, we are reminded of the children's absence. We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, perhaps. Or all of their children died. And here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature, trying to deal with our children's absence with all the grace of which we are capable. Often we do not want to burden others with our grief. Or we may be convinced that others don't (Continued)

wish to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel.

Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after our loss. But we were also taught to be honest. And when you feel that hurt, when you seem almost to be lost in the shadows of this golden summertime, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet, your deepest feelings, unexpressed, can burn into your existence with harmful force.

You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief. And revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that after you have expressed the painful sorrow you once kept hidden, and you find yourself finally, smiling at the memories and blessings of past summertimes. ~ Sascha Wagner

Like a bird singing in the rain  
Let grateful memories survive in time of sorry.  
~Robert Lewis Stevenson



*For Paul John Burash*

"Paul, we miss your beautiful smile, your sense of humor, and your loving personality. Wish we could have changed what happened 22 years ago, but you continue to live within our hearts and our love for you keeps growing. Love, Mom and Dad"

### **I Don't Think I'm Getting Any Better**

I have heard those words from virtually every bereaved parent I have ever talked to. Bereaved parents don't see their own grief improve because they are with it 24 hours per day.

Answer the following questions to see if you are "getting better."

- Have I gotten through one hour without crying?
- Have I gotten through the morning without screaming?
- Have I slept at least two hours without waking?
- Have I caught myself smiling instead of crying when I think of my child?

We have to remember to take our grief one step at a time. If you answered "yes" to at least one of the questions, then you are making progress — you have just taken another step. ~ Pam Duke, TCF San Antonio, TX

## The Language of Grief

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Once I lived the American Dream. And then, as it happened to you and so many, it all ended. No longer the American Dream, we became the American Nightmare. We were bereaved. We needed help. We needed understanding. We needed someone who could speak our language... the language of grief.

But as the years went, I noticed that we and all the other bereaved people we began to know were still struggling with something. I couldn't quite put my finger on it, until one day, I listened to the words we were all using to describe our grief journey. As I listened to my own words, and those of fellow strugglers, I began to realize it was not the journey we were having trouble with... it was the language we used.

So, I want to create a NEW LANGUAGE! Can we speak in terms of HOPE instead of sorrow? I want to create a new language where Denial is a river in Egypt, not a sign in grieving. Maybe denial isn't really denial but Postponement. Sometimes I'm just not ready to deal with reality. Before you can deny anything, you have to acknowledge it and once you acknowledge it, then you can postpone it until you are ready or able to cope. Postponement just seems to be a more accurate and usable word.

Perhaps we can replace Acceptance with Acknowledgement. Acceptance to me means agree with and I Will Never Agree with what has happened to us! But I can work towards Acknowledgement of what has happened.

Maybe we can change the words we use. Change the Language of Grief into the Language of Hope. Let's get rid of the word LOST and find the word FOUND. People die, but we do not lose them. They are forever threads in our fabric, memories, in our heart, love in our being. They are now and always will be a living and loving part of who we are.

And then, perhaps we can change one more word in the Language of Grief. Can we use the word Healing instead of Recovery? Recovery is a medical word, designed to describe broken bones, not hearts. We recover from a broken arm or the chicken pox. But recover or get over the death of someone I love...? We get THROUGH IT, one moment, one hour, one day, one hurt at a time. Healing is a hopeful word and I want to be hopeful in my journey.

And let's get rid of Closure as well! There is no such thing as closure! YOU DON'T STOP LOVING SOMEONE JUST BECAUSE THEY DIED. We grieve because we loved someone! And we WILL CONTINUE TO LOVE THEM FOREVER!

If I could just see HOPE. Hope isn't a place or a thing. Hope isn't the absence of pain, fear, or sadness. Hope is the possibility of renewed joy. It is the memory of love given and received. Hope is you and me and the person next to you and across the room, down the street and in your dreams.

We are each other's hope and we need a new language to reflect our hopefulness, not our despair. If we could just change these few words, I believe we might be able to make some progress towards healing. I want a new language, a language of hope and healing instead of denial and death. I want to remember my child's LIFE first! And that is the new language of love!

May love be what you remember the most!  
~Darcie Sims





I weave memories of you  
Into a tapestry of our life  
The smiles and the love  
The sadness and the strife

In the darkness of the night  
When the pain is so great  
I wrap myself in memories  
Lessening grief's mighty  
weight.

~ Tanya Lord

### For Siblings: Grieving the Loss of a Sibling

**Cancer.Net 9/2013**

#### **Key Messages:**

- The death of a sibling triggers intense emotions like disbelief, despair, guilt, anger, and helplessness. This is a normal part of the grieving process.
- It is important to seek support for issues related to the loss of your sibling that are difficult to cope with, such as a fear of developing cancer yourself.
- Although there is no "right" way to cope with the loss of a sibling, there are several steps you can take that may help you through the grieving process.

Parents need to recognize the grief of surviving siblings and provide them with support.

Grief, which usually involves a range of emotions, such as disbelief, despair, guilt, anger, and helplessness, is a normal response to the loss of a brother or sister. However, adult siblings are sometimes called "forgotten mourners" because their grief is often overshadowed by that of other family members, such as the person's parents, spouse, or children.

Regardless of the type of relationship you had with your sibling, you have the right to grieve. Because family members and friends may not understand the role your sibling played in your life, it is important that you communicate your need for support to them. This support will help you better cope with the effects of your sibling's death, such as:

**The loss of a long-term relationship.** Siblings are often deeply connected with each other, having been present in each other's lives through all of their ups and downs. As a result, the death of a sibling may represent the loss of a friend, protector, and confidant with whom you share many memories. You may grieve the loss of your past relationship, as well as the role you pictured your brother or sister playing in your future.

**Guilt.** Sibling relationships can be complicated, with love and affection existing alongside rivalry, jealousy, and arguments. You may feel guilty about things you once said or did, or you may regret that you did not maintain a closer relationship. In addition, you may replay "what if" and "if only" scenarios in your mind. Or you may experience "survivor guilt," questioning why you were spared, unlike your sibling.

*Continued on page 8*

## Next Meeting: Thursday, August 7 at 7:30 p.m.

Prior to the regular meeting at 5 p.m., we will be working on Angel Gowns for Anne Arundel Medical Center's NICU. If you would like to help out, and have a portable sewing machine, please bring it. Everyone is welcome even if you can't sew. Just bring a pair of scissors and pins. There will be an iron and ironing board there for someone to use also. The regular meeting will follow at 7:30.

Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401

Sharing groups, a key part of each Chapter meeting, will be held as desired for first-time attendees, and the newly and non-newly bereaved. **Meetings are held on the first Thursday of every month beginning at 7:30 p.m. and are open to anyone grieving the death of a child. Come around to the back of the church -- there is parking and an entrance directly into our meeting room. Doors open at 7:15 p.m.**

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong," and offer us hope that together – we can make it.

**WHAT TO EXPECT AT OUR CHAPTER MEETINGS:** Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups. Sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time, the issues that are discussed—particularly for the newly bereaved—focus on the issues facing participants today.

Submissions for the September newsletter are due to the Newsletter Team by August 10.  
Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).



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Newsletter Team:  
June Erickson, Linda Khadem,  
Katie Redmiles  
Treasurer: Fran Palmer  
Correspondence &  
Hospitality:  
Rick & Carol Tomaszewski  
Librarian: Bob and Sandi Burash  
Programs: Mary Redmiles  
[mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

### **Do You Use Amazon.com?**

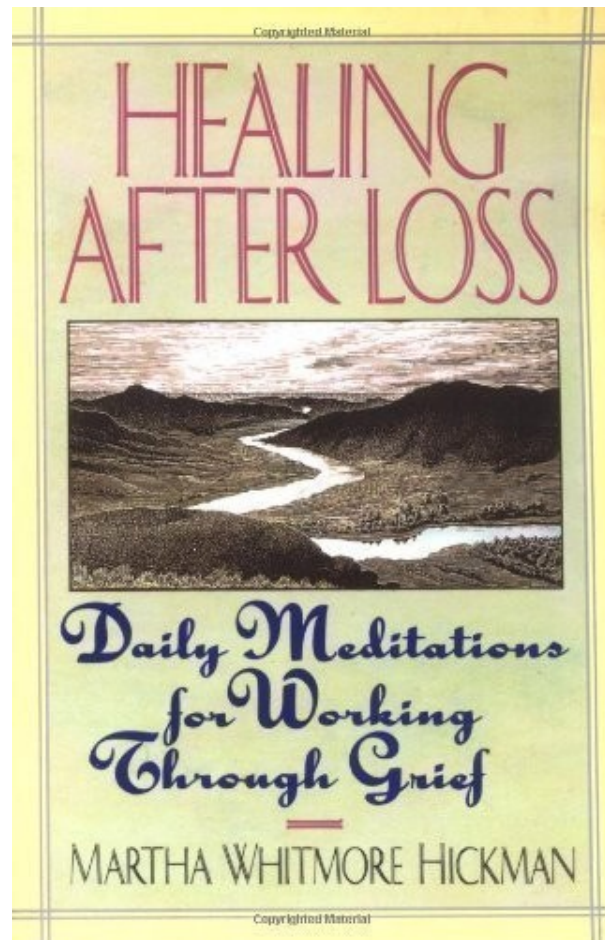
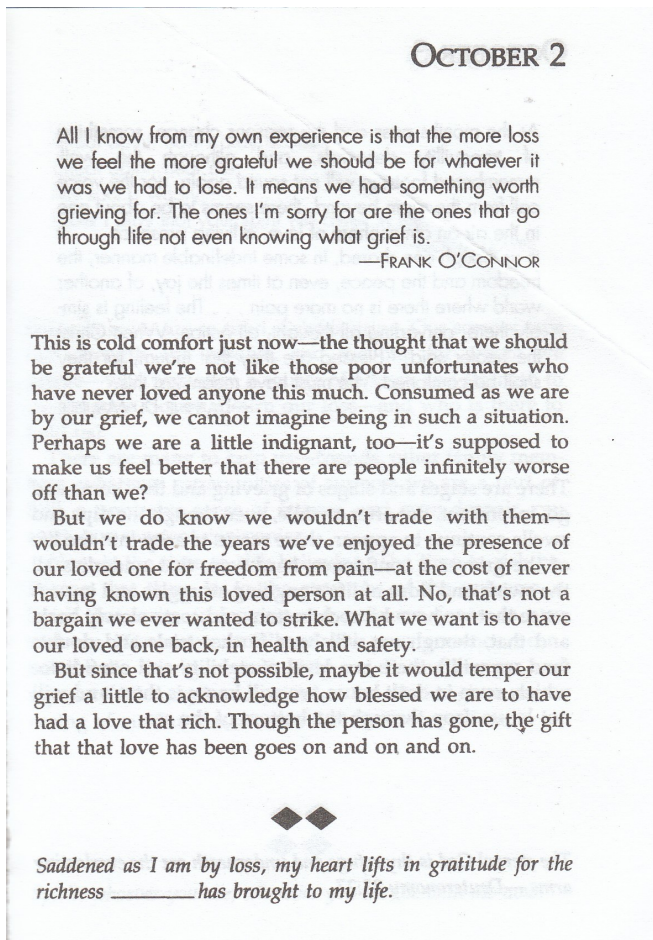
If you enter Amazon through our Chapter's website ([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's activities. Go to the Chapter's home page, click on the butterflies on the welcome page, and scroll down the first page to the bottom where there is an Amazon.com graphic that takes you to Amazon's site. Entering Amazon's site through the Chapter's website credits the Chapter with the 5% commission on any purchases that follow. Thanks in advance for your help!

Would you like to sponsor the Chapter's newsletter or website ([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)) for one month in memory of your child? It's a wonderful way to honor your child's memory – to say his or her name for all the world to hear -- while providing financial support to the Chapter and its many activities offered to all those mourning the loss of a child. Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Mary Redmiles ([mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)) or call her at 410-721-6671, or sign up at a monthly meeting. Say Their Names!!! And help the Chapter, too!

**REPRINT POLICY:** Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

## Book Review:

This is a daily meditation book that was given to me by another bereaved mother. I used it almost every day early in my grief and found it very helpful. This is one of my favorites selections from the book. ~ June Erickson



## Connect With Us on Facebook

We are now on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share postings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved within 24 hours. If you have any questions or problems, please contact June Erickson at [JuneErickson@aol.com](mailto:JuneErickson@aol.com).





## For Siblings: Grieving the Loss of a Sibling (continued from page 5)

**The redefinition of your role in the family.** Family members have different, sometimes unspoken, roles and responsibilities that may change when a sibling dies. You may take on new responsibilities, such as becoming the oldest child or an only child to whom family members look for leadership. This can cause you to feel additional stress or resentment during the grieving process.

**A fear of developing cancer.** Because you and your siblings share many of the same genes, it is normal to worry that you could develop cancer as well. You may also be concerned that other family members will be diagnosed with the disease.

### **Tips for coping with the loss of a sibling**

Everyone copes differently with the loss of a sibling. There is no “right” way to work through your feelings of grief and no specific amount of time it takes to recover from those feelings. The following tips may help you throughout the grieving process:

**Share your grief with other family members.** Your entire family is grieving the loss of your brother or sister, but each person grieves in his or her own way. Talking about your shared grief can help you work through your pain and sadness together, sharing the burden and encouraging each other.

**Find support outside your family.** Although it can be helpful to seek support from your family, it can also be hard for some family members to provide consolation while coping with their own grief. Consider talking about your loss with people outside your family, such as a close friend, a clergy member, or a grief counselor. In addition, support groups can provide a setting to talk with others who share and understand your experiences and feelings.

**Forgive yourself.** Siblings compete, argue, and challenge each other. Forgive yourself for any unkind things you did or said or for things you wish you had done or said but did not. Forgive yourself for not maintaining a close enough relationship with your sibling. It does not mean you did not love him or her.

**Take care of your physical health.** Help ease some of your fear about your personal cancer risk by focusing on developing and maintaining a healthy lifestyle. Have regular checkups and get medical tests as recommended by your doctor. Also, compile your family's cancer history and share it with your doctor, as well as other family members.

**Take care of your mental health.** Feeling extremely sad or numb are normal reactions to the loss of a sibling. But if these and other symptoms of depression do not begin to lessen over time, and feelings of hopelessness, anxiety, or anger begin to affect your daily life, ask your doctor about grief therapy. Depression related to grief can be treated with medication, when appropriate.

**Find ways to remember your sibling.** As the pain of grief begins to ease, it may feel like you are beginning to forget your sibling. Finding ways to memorialize your brother or sister can help keep his or her memory alive and maintain a feeling of connection. You may decide to make a family memory book with pictures, stories, or other mementoes contributed by different family members. Or consider volunteering with a charity important to your sibling or with a cancer-related charity. Read more about ways to cope with grief.

### **Parenting a child who has lost a sibling**

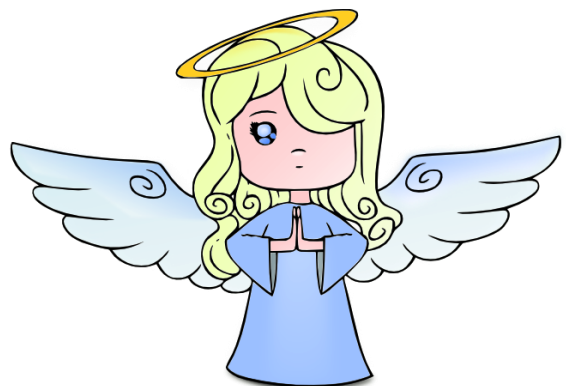
The death of a sibling is a tremendous loss for a child. However, parents are often preoccupied with their own grief, overlooking the needs of grieving siblings. A surviving child may feel the need to “fill in” for the deceased child or may worry that you would have preferred if he or she had died rather than his or her sibling. It is important for parents to recognize the grief of surviving siblings and to support them.



## Chapter Notes

### Angel Gown Project:

We have had an overwhelming response to the Angel Gown Project for Anne Arundel Medical Center's NICU. Last week a wedding dress was donated by Mitzi Sereno in memory of her daughter Andrea, and Suzi Reams donated a HUGE amount of dresses in memory of her daughter Carolyn. We have many more coming in so keep it up. Thank you to all who are helping to make this project a success for our Chapter.



## Our Children Remembered

Gregory Gerard Anderson, Jr.  
Son of Greg Anderson  
October 19, 1987 - August 23, 2012

Karlee Marie Andrew,  
daughter of Greg Anderson,  
11/15/1992 - 8/11/2007

Douglas Lee Baer III  
Grandson of Shirley Baer  
August 21, 1983 - November 14, 2006

Cortney Michele Belt  
Daughter of Terre and John Belt  
Sister of Eryn Belt  
August 26, 1979 - July 9, 1996

Traci Lynn Boone  
Daughter of Bonita Boone-Adamecz  
September 17, 1964 - August 17, 1986

Paul John Burash  
Son of Robert and Sandra Burash  
January 18, 1972 - August 8, 1992

William Frederick Carter Jr.  
Son of Dot Carter  
Brother of Janet Tyler  
Brother of Lisa Beall  
April 24, 1959 - August 16, 1992

Bryan Ray Cannon  
Son of Ray and Barb Cannon  
8/14/1984 - 8/11/2011  
Joshua "Josh" William Sims Dale  
Son of Jody and Bill Dale  
August 30, 1980 - August 30, 2007

Barbara Jean Fennessey  
Daughter of Ray and Kay Fennessey  
August 30, 1960 - August 4, 1989

Tracy Ann Fotino  
Daughter of Martha Murphy  
May 14, 1971 - August 25, 2000

Kimberly Judith Gardner  
Daughter of Joan F. Gardner  
February 6, 1968 - August 16, 1992

Andrew Thomas "Drew" Gawthrop  
Son of Brenda Gawthrop  
May 25, 1990 - August 12, 2002

Lahna Lynn Gordon  
Daughter of Daniel and Tiffany  
Gordon  
July 3, 2007 - August 30, 2007

Kurt Willard Johnson  
Son of Willard and Marian Johnson  
December 9, 1963 - August 11, 2003

Roger Wallace Johnson  
Son of Walter and Shirley Johnson  
Brother of Leroy and Jeanne Jones  
July 10, 1947 - August 23, 1986

Jeremy Scott Jones  
Son of Leroy and Jeanne Jones  
Grandson of Walter and Shirley  
Johnson  
August 4, 1976 - August 21, 1986

Scott Andrew Katsikas  
Son of Linda Snead  
June 9, 1980 - August 13, 2004

Eric Eugene Maier  
Son of Gene and Marlen Maier  
August 8, 1961 - July 5, 1984

Brian Richard Melcher  
Son of Norma and Donald Melcher  
Brother of Cheryl Lewis  
August 30, 1960 - June 14, 2002

Ryan John Mulloy  
Son of John and Suzanne Mulloy  
August 19, 1975 - August 12, 1993

Michael Henry O'Malley  
Son of Margie and John O'Malley  
August 25, 1971 - December 7, 1991

Adrian Bernard Andrew Ortega  
Son of Rachael Hand  
August 28, 1964 - February 17, 2005

Scott Thomas Palmer  
Son of Frances Palmer  
August 3, 1983 - September 1, 1996

Joshua Aaron Prosper  
Son of Terre Prosper  
August 30, 1986 - December 16, 2011

Solymar Rodriguez Torres  
Daughter of José Rodríguez and Vanya Torres  
August 27, 1993 - April 13, 2007

James Ryan Rohrbaugh  
Son of Doug and Donna  
Rohrbaugh  
August 30, 1983 - September 5, 1983

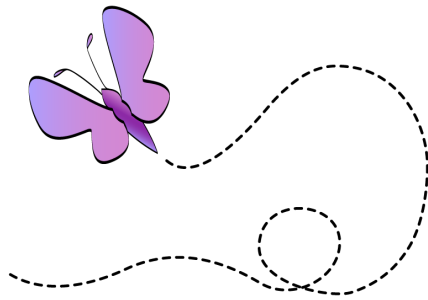
Michael Edward Shannon  
Son of Karen Shannon,  
9/10/1965 - 8/13/2013

Brittany Nicole Tyler  
Daughter of Janet and Dan  
Tyler  
Granddaughter of Dot  
Carter  
October 12, 1986 - August 23, 1992

Daniel Alfred Whitby  
Son of Rita and Albert  
Whitby Sr.  
Brother of Susan Lovett  
January 10, 1959 - August 15, 1974

Andrew Wilcox  
Son of Peter and Margaret  
Wilcox  
August 30, 1985 - August 30, 1985

*This is for all the caterpillars that never became butterflies. All the butterflies that never caught the wind in their wings. And all the hearts that had hopes and dreams of a wondrous flight together.*



Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made recently:  
Kenneth Smith in memory of his niece Tracy Fotino

## Chapter Notes

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### **New Chapter Leader**

We are still looking for a Chapter Leader. If anyone with good organization skills is interested in helping out with the Chapter Leader position, please contact someone of the Core Group or attend our Core Group Meeting on Tuesday, September 16 at 7 p.m. upstairs at Cavalry United Methodist Church.

## Chapter Notes: Upcoming Meetings & Announcements

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### **August Meeting**

**7:15 p.m. Or 5 p.m. @ Calvary United Methodist Church, Annapolis, MD - Thursday, August 7, 2014**

Prior to the regular meeting at 5 p.m., we will be working on Angel Gowns for Anne Arundel Medical Center's NICU. If you would like to help out, and have a portable sewing machine, please bring it. Everyone is welcome even if you can't sew. Just bring a pair of scissors and pins. There will be an iron and ironing board there for someone to use also. The regular meeting will follow at 7:30.

### **September Meeting**

**7:15 p.m. @ Calvary United Methodist Church, Annapolis, MD - Thursday, September 4, 2014.** Peter Wilcox, psychotherapist and bereaved parent, will be coming to speak that evening.

### **Chapter's September Core Group Meeting**

The Core Group will meet on September 16th at 7 p.m. at Calvary United Methodist Church. Please park in the front of the church and check the bulletin board in the foyer for the specific room number. We will be discussing specifics for the upcoming conference and are in need of volunteers. This is a great way to honor your loved one and help with the direction of our events. We hope to see you there.



# Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280  
Annapolis, MD 21401-0280  
[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

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NEXT MEETING: August 7, 2014

**Time Sensitive**  
**Must be delivered by August 1, 2014**

## Upcoming Meetings & Events:

**NEXT MEETING:** Thursday, August 7, 2014 - Prior to the regular meeting at 5 p.m., we will be working on Angel Gowns for Anne Arundel Medical Center's NICU. If you would like to help out, and have a portable sewing machine, please bring it. Everyone is welcome even if you can't sew. Just bring a pair of scissors and pins. There will be an iron and ironing board there for someone to use also. The regular meeting will follow at 7:30.

### **September Meeting**

**7:15 pm @ Calvary United Methodist Church,  
Annapolis, MD • Thursday, September 4, 2014**

Our speaker for the September meeting will be Peter Wilcox, psychotherapist and bereaved parent will be coming to speak that evening.

### **September Core Group Meeting**

**Tuesday, September 16, 2014 7 pm @ Calvary  
United Methodist Church, Annapolis, MD**

## Resources:

### **Hospice of the Chesapeake**

[www.hospicechesapeake.org](http://www.hospicechesapeake.org) or 410-987-2003

### **Maryland Crime Victims' Resource Center**

[www.mdcrimevictims.org](http://www.mdcrimevictims.org) or 410-234-9885

### **Suicide Support Group**

410-647-2550; meets the first Tuesday of each month in Severna Park, MD

### **MIS Support Group (miscarriage, infant death or stillbirth)**

443-481-6114; meets the first Monday of each month in Edgewater, MD

### **Grief Recovery After a Substance Passing (GRASP)**

[www.grasphelp.com](http://www.grasphelp.com) or 843-705-2217

### **The Compassionate Friends of Prince George's County**

Meetings are on the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchellville Road, Bowie, MD

### **The Compassionate Friends, Reston Satellite Group (for no surviving children)**

North County Government Center

Reston District Police Station

12000 Bowman Towne Drive

Reston, VA

Second Saturday of each month; 2pm - 4pm