

MEETING SCHEDULE

last Tuesday of the month
St. Matthias' Episcopal Church
11300 W. Huguenot Road
Midlothian, VA 23113

OUR MISSION

The mission of Thee Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to families experiencing the death of a child, a sibling, or grandchild, and helps others better assist the grieving family. The Compassionate Friends (TCF) touches hundreds of people in the RVA community every year.



MEMORIAL EVENTS

On the second Sunday in December, we have our annual remembrance service in conjunction with the Worldwide Candle Lighting of The Compassionate Friends. At 7 p.m. in every time zone, candles are lit in honor of all children who have died, creating a virtual wave of light encircling the globe. The public is invited to this ceremony. We periodically hold a "Walk to Remember" to walk in honor of those we have loved and who are no longer with us.



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

*A self-help support organization
for families that have experienced
the death of a child, at any age,
from any cause.*



The Compassionate Friends RVA

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WE NEED NOT WALK ALONE ...

The death of a child of any age, from any cause, is a shattering experience for a family. When a child dies, a family needs emotional support for their long grief journey. Since 1981, the Richmond (RVA) Chapter of The Compassionate Friends (TCF) has been actively helping families toward the positive resolution of their grief following the death of a child, sibling, or grandchild.

ABOUT TCF

The Compassionate Friends is a national self-help, mutual assistance organization offering friendship, understanding, and hope to bereaved parents and their families. Our twofold mission is to assist families toward the positive resolution of grief following the death of a child and to provide information to help others be supportive. The RVA chapter is one of more than 600 chapters in the United States. The Compassionate Friends has no religious affiliation. The chapter is run by volunteers, who serve in honor of their children, siblings, or grandchildren who have died.

NEWSLETTER

Our newsletters and group emails announce TCF RVA activities and include articles that are helpful to families grieving the death of a child. We share articles and original writings by bereaved parents, siblings, and grandparents from the national Compassionate Friends' "family." Emailed to chapter members and to other interested individuals, each issue reaches approximately 300 households. Please go to the Contact Us tab on our website to sign up.

CHAPTER WEBSITE

For information and resources, visit our website at:
www.compassionatefriendsRVA.org



SUPPORT GROUP MEETINGS

Our monthly support group meetings are the heart of TCF. These gatherings provide a safe environment in which bereaved parents, adult siblings, and grandparents can talk freely about the emotions and experiences they are going through and receive the understanding support of others who have "been there." Often, members say that the hope provided through these sharing sessions has been more helpful than other types of support in resolving grief within their family following the death of a child.

CHAPTER PHONE & COMPASSIONATE LISTENERS

The chapter has a dedicated phone line. We receive calls and inquiries from bereaved parents, siblings and grandparents, referring agencies and individuals, and the general public. Some calls are the result of TCF members in other cities referring bereaved RVA friends to us.



The chapter also maintains a list of members who have "been there" and are willing to listen when a bereaved family member just needs to talk.

LENDING LIBRARY

A free lending library of grief-related books is available at each meeting. Members may browse the library and check out materials.

INFORMATION AND EDUCATION

Part of our mission is to promote better understanding of parental and family grief. Examples of this effort include:

- Chapter website provides information and links to local and national grief resources.
- Chapter leaders network with the Central Virginia Bereavement Coalition to learn about local resources, and attend local grief programs and The Compassionate Friends annual national conference to learn from bereavement professionals.
- Provides speakers to groups interested in learning how to be supportive of families who have experienced the death of a child.
- Distributes informational materials to professionals in hospitals, hospices, funeral homes, and churches, as well as to other interested individuals.

FUNDING

There are no dues or fees to participate in chapter meetings. The chapter exists on voluntary contributions from individuals and businesses. The Compassionate Friends RVA is a 501(c)3 non-profit organization; all donations are tax-exempt. Our EIN is 54-1258489.