



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



May/June, 2020

STEERING COMMITTEE

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Stewart Levett - Acting

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Son, Patrick Michael Doyle

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Leta Levett

Son, Aaron Paul Levett

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Ron Agee

Daughter, Melody Victoria Agee

TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss:

CHAPTER HELP - 719-344-3216

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT - 719-531-5488 *

LEUKEMIA

JANE & STEVE GABRIEL - 719-282-1924 *

ADULT CHILD / SUDDEN DEATH

CHAEAL CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON - 303-814-9478

Welcome

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community.

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the First Baptist Church downtown at 317 E. Kiowa. We understand your pain; won't you let us help you through your grief?

Due to the Covid-19 outbreak we have suspended our monthly meetings until further notice. We will, however, be hosting a Zoom meeting for those interested. We will do this on the same evening and time as our regular scheduled meeting. We will send out a link to the Zoom site along with the password the week of the meeting.

Next Meeting will be June 18, 2020.

*Steering Committee



LOVE GIFT DONATION

Costs are rising. We need your *Love Gift* to support our chapter & newsletter! If you can, please help.

I would like to make a donation: ☐ in Memory of ☐ a Chapter Gift

In loving memory of: _____

Love Gift Donation: \$ _____ Please make check payable to: The Compassionate Friends

Cut and mail this form with your Love Gift to: Ruby Doyle – 6552 Lange Dr. – Colorado Springs, CO 80918

Contributor Name & Address: _____

Relationship: ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No

Love Gift Donations

A "Love Gift" is a wonderful way to remember your child, while also helping our TCF chapter "reach out" to bereaved families. There is no charge to attend meetings, use the library, or receive the newsletter. We depend solely upon these gifts, monetary or gifts-in-kind, to support our chapter. You may choose to donate a tax deductible "Love Gift" at any time. Let us be here for the families who do not know today that they will need us tomorrow.

Our chapter exists entirely through your donations which are tax deductible. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be electronically scanned and added to our electronic Child Remembered "Picture Frame" displayed at monthly meetings and then returned to you.

SUBMISSION GUIDELINES

\$50 or more - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

\$25 up to \$50 - A picture, if available, and dedication to be listed in the newsletter.

\$0 up to \$25 - A Love Gift acknowledgement. All Love Gift donations should be sent directly to our treasurer, Ruby Doyle whose address is listed on the Love Gift Donation Form. Wouldn't you like to make a dedication to your child and help our chapter?

⇒ Send Love Gifts to Ruby Doyle, 6552 Lange Drive Colorado Springs, Co 80918 ⇒

Thank you for contributing and supporting the work of our local chapter!



Chaplain Eugene Steinkirchner
Love Gift Donation - CSPD

Michaela Christianson
in memory of Damon Vincent Christianson

Ruby Doyle
in memory of Patrick Doyle

ORGANIZATIONAL CONTACTS

TCF National Office

P.O. Box 3656

Oak Brook, IL 60522

630-990-0010 or toll free 877-969-0010

Email: nationaloffice@compassionatefriends.org

WEBSITES:

Pikes Peak - www.TCFPikesPeakChapter.org

Facebook - <https://www.facebook.com/TCFPikesPeak>

TCFPikesPeak

National - www.compassionatefriends.org



Understanding Grief in the Age of the COVID-19 Pandemic

Grief After an Unexpected Death

In addition to the anticipatory grief that people may be experiencing, people may also be struggling with the grief caused by the unexpected death of a loved one. Under normal circumstances, we turn to others in our lives for support. We might gather with friends and family to cry, share happy memories, and offer care and support to one another. The coronavirus pandemic has wreaked havoc on many of these rituals.

This inability to engage in traditions that support the grieving process can make it that much more difficult to cope. Factors associated with the nature of the virus itself can also complicate the emotions that people experience.

If you have lost a loved one to COVID-19 or during the pandemic, you may experience:

Feelings of Guilt

You might be left with regret because you could not be there to support your loved one in their final moments. While these feelings are difficult, it is important to remember that this is not a situation you could control.

Lack of Closure

The grieving process usually involves a period of saying goodbye after the person has passed away. When dealing with a highly contagious illness, the bereaved are often deprived of this important step.

[Social distancing](#) means that friends and family cannot gather to hold a funeral, memorial, or another religious service. Rather than a traditional funeral, many families are faced with a small graveside service with only a very small group of mourners.

Family members who have been exposed to the virus may be quarantined and unable to see their loved ones or attend a burial service.

The inability to spend time with loved ones afterward can make it more difficult to come to terms with the reality of death.

Loss of Traditions

Whatever your religious background or beliefs, the rituals and traditions that take place after death are designed to honor the deceased and offer emotional and instrumental support to those who are grieving. For some, these traditions may be deeply spiritual in nature, so not being able to perform these final rites can be yet another source of distress and loss.

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Welcome New Friends.

Liz Hardy - Son, Tyler Hardy
Diane Daigle - Son, Joshua Daigle

At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.

A Parent's Heart

© Ann T. Tran

When you feel like breaking down or crashing in,
Who do you turn to, to forgive your sin?
When you cried your lonely tears,
Who will be there to fight your fears?
And when it feels like no one would understand,
Who was there to hold your hand?

There are people whom you can't replace,
They're the ones who gave you your face.
They'll love you through thick and thin,
They show you the light from deep within.
And if by chance you happen to die,
They'll be the ones who will really cry.

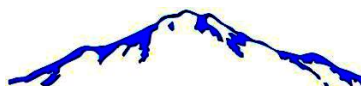
You see, my friend,
There's no one who can love you more
Than your very own parents, that's for sure.
Always remember this is true,
That wherever you go,
Your parents will be there for you.

[Happy Mother's Day & Father's Day!]



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Cody Darby	May 1	Lori & Steve Darby
Chris Weisenborn	May 1	Gina Weisenborn
Alexander Beall	May 1	Haven Stillwater
Robyn Kulas	May 2	Patty Kulas
Harvey Nicole King	May 2	Jerima King
Susan Gordon	May 3	Mr & Mrs Arthur Gordon
Martin Joseph Lanoue	May 4	Judy Lanoue
Sara Hernandez	May 4	Kayhy Hernandez
Patrick Niedringhaus	May 5	Leah & Dave Niedringhaus
Anthony Paul Gratton	May 5	Luci Abrahamson
Jay Simco	May 5	Loretta Chancellor
Abbi Rose Starzynski	May 5	Sherry Starzynski
Douglas Radowski	May 7	Renee Roettger
Jose N. Camacho	May 8	William & Veronica Camacho
Gregory Randall Davis	May 9	Cora Davis
Devin John Seifert	May 11	Steve & Debbie Seifert
Thomas Rosenkranz	May 11	Carolyn Kochis
Avery Keirse	May 12	Carissa Keirse
Henry Rael	May 13	Maria Rael
Malachi Mooneyham	May 14	Damien Mooneyham
Jacob Hunter Smathers	May 14	Patty, Becky & Renee Smathers
Malik Boykins	May 14	Matissa Dunkley
Ashley Meston	May 15	Jerry Meston
Liam N. McDougal Lasher	May 15	Ashley Snyder
Michael Benjamin Decker	May 16	Mary & Jerry Decker
Kyle Lyon	May 16	Tami Lyon
Andrew Paul Weaver	May 16	Valerie Lightbody
Reanna Maria Reedy	May 17	Carol Reedy
Jason Fields	May 17	Teresa Fields
Rocke Lee Corley	May 18	Jeanne Corley
Jeremiah Martinez	May 18	Lionel & Geri Martinez
Kai Milner	May 19	Petra Milner
Brian Michael Gregory	May 20	Roy & Phyllis Gregory
Jonathan Ell-Duncan	May 20	Dan & Becky Duncan
Ryan Colgrove	May 20	Theresia Colgrove
Kara Nichols	May 20	Julia Nichols
Chris Keenan	May 21	Julieanna Bala
Jeffrey Russell Schumaker	May 23	John & Vera Schumaker
Joshua C. Attardi	May 23	Paula Attardi
Douglas Michael Gratton	May 23	Luci Abrahamson
Patrick Michael Doyle	May 24	Ruby Doyle
Skylar Lynn Boyle Ringland	May 24	Cathleen Boyle
Tristan Millman Troeger	May 25	Lisa & Joel Millman
Audrina Elyse Escano	May 25	Chris & Christina Pearson
Erica Lynn Groat	May 25	Linda Groat
Jordan James Miranda	May 26	Mike & Jonette Miranda
Andrew Uveges	May 30	Joe & Kisten Uveges
Damon Vincent Christianson	May 30	Chaela Christianson



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Dylan Sgraves	30 years	May 1	Lance & Terri Hill
Shawn Adelgren	20 years	May 2	Russ & Dee Adelgren
Julie Bankston	25 years	May 4	Peggy & Obie Bankston
Alyanna Livingston	4 months	May 4	Kirstin Klinkerman
Martin Joseph Lanoue	1 day	May 4	Judy Lanoue
Malachi Mooneyham	18 years	May 4	Damien Mooneyham
Jason Lamb	32 years	May 5	Jan Lyons-Lamb
Douglas Chadwick, Jr.	26 years	May 6	Deborah Chadwick
Daniel Foreman	7 years	May 8	Jan Foreman
Jacob Foreman	10 years	May 8	Jan Foreman
Andrew Talley II	27 years	May 8	Jackie Talley
Joshua Cesar Menendez	1 year	May 10	Dianna Castellanos, Julio Menendez
Marcus Richards	38 years	May 10	Martha Williams
Justin A. Clayton	16 years	May 12	Terry & Sharon Clayton
Genevieve Sucharski	18 years	May 12	Mark and Karen Sucharski
Branden Howland	17 years	May 13	Julianne Howland
Kaden France	15 days	May 14	Jeremy & Sarah France
Joshua Aaron Munkirs	25 years	May 14	Dana & Laura Munkirs
Jason Nathaniel Lurch	23 years	May 15	Kathleen & John Lurch
Riley Calen Winters	15 years	May 15	Lucrecia & Joel Sjoerdsma
Gavin Perez	2 years	May 16	Shannon Paolini
Brandon Naymik	18 years	May 16	Megan Riley
Paul Kovacevic	29 years	May 17	Mary Kovacevic
Tyrone Binnebose	2 years	May 18	Natasha Binnebose
Kimberley Dawn Leir	6 years	May 18	Adaline and Herb Leir - TCF Regina
Jeremiah Martinez	1 day	May 18	Lionel & Geri Martinez
Michael Williams, Jr.	28 years	May 18	Carmen Randall
Kai Milner	16 years	May 19	Petra Milner
Kira Ann Schager	5 years	May 19	Frank & Lori Schager
Andrew Uveges	15 years	May 19	Joe & Kisten Uveges
James Wiezorek	31 years	May 20	Mary Beringer
Eric Evans	26 years	May 21	Linda & Dick Evans
Christopher Clayton	22 years	May 22	Eric and Janice Hodson
Christopher J. Novich	15 years	May 22	Susan & Joe Novich
Mark Anthony Hickman	22 years	May 23	Aundria & Dennis Casey
Zachary Nicholas Hoke	6 years	May 24	Debra & Steve Hoke
Zack Orr	12 years	May 25	Dave & Sharon Orr
Carl Simco	27 years	May 28	Loretta Chancellor
Leah Ann Trutna	21 years	May 28	Steve & Phyllis Trutna
Nicholas Clare Cousineau	3 years	May 29	George & Chris Cousineau
Gina Marie Geffre	14 years	May 29	Joann Jahraus
Michael William Sarmiento	46 years	May 29	Donna (Sarmiento) Pugh
Nicolas Jay Broughton	18 years	May 30	Rose Broughton
Mallory Paulene	1 year	May 30	Celine & Gary Hendrickson
Kyle Curtis Hill	21 years	May 31	Ursula Hill



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Jacob Foreman	Jun 1	Jan Foreman
Benjamin Stewart Easton	Jun 3	Susan Stewart
Madalynn Ann Bergevin	Jun 3	Mollie Bergevin
Paul Kovacevic	Jun 3	Mary Kovacevic
Jake Matthew	Jun 5	Malcolm Matthew
Douglas Chadwick, Jr.	Jun 6	Deborah Chadwick
Renee Lee Seiberlich	Jun 6	Joe & Leda Seiberlich
Tyler Schmidt	Jun 6	Valerie & Jeff Schmidt
John Doles	Jun 6	James & Susan Appleman
Sandra Steckiel	Jun 10	Beth Steckiel
Mindy Baker	Jun 10	Terri Baker
Clinton Boland	Jun 13	Velda Fields
Yancy Hufford	Jun 13	Patty Hufford
Carl Simco	Jun 14	Loretta Chancellor
Daniel Prickett	Jun 14	Jim & Elaine Prickett
Matthew Flint	Jun 14	Cathy Flint
Andrea Mischel	Jun 14	Gary & Jerri Zimmerman
Jessica Robison	Jun 14	Terri Robison
Nathan Gentry	Jun 16	Susan Gentry
Giorgiana Elizabeth Gordillo	Jun 16	Jennifer Gordillo
Gryphen Barber	Jun 16	Sean & Cherie Barledge
Forrest Kelly	Jun 16	Cindy Bronner
Jason Bradford Pfeif	Jun 17	Chris and Brad Pfeif
Chris Barns	Jun 17	Bonnie Barns
Laura Dean	Jun 17	Barbara Dean
Lin Alan Camper	Jun 18	Linda Camper
Michael Jeffery Micke	Jun 18	Alice Micke
Jay William Sheridan	Jun 18	Mary & Tim Sheridan
Jim Eley	Jun 19	Judith Eley
Richard McShan	Jun 20	Paul & Angelika McShan
Jeanne Burroughs Widmar	Jun 20	Arlene & Charles Burroughs
Dennis Lynn Gerringer	Jun 21	Kim Gerringer
Robert Beynon	Jun 25	Donna Beynon
Noah R. Wilkerson	Jun 26	Sarah Wilkerson
Cyan Pratt	Jun 26	Stanley Pratt
Kyleigh Peltzer	Jun 26	Ashleigh Peltzer
Kirsten Evelyn Cornell	Jun 26	Will & Marion Cornell
Amy Feight	Jun 27	Patty & Bill Feight
Charles MacDuff	Jun 27	Cheryl & Melissa MacDuff
James Bishara	Jun 28	Phebe Bishara
Ian Izzeh	Jun 28	Tammy Haynes
Jimmy Schmidt	Jun 28	Jim & Laurie Schmidt
Jason Nathaniel Lurch	Jun 28	Kathleen & John Lurch
Landon Spangler	Jun 30	Emma Spangler
Mike Petersen	Jun 30	Doug & Shelli Petersen



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Evan Carara	18 years	Jun 2	Cindy & J.D. Carara
Madalynn Ann Bergevin	1 day	Jun 3	Mollie Bergevin
Billy E. Hendrickson	19 years	Jun 3	Grace & Delbert Hendrickson
Colin Robert Spangenberg	31 years	Jun 3	Lois Spangenberg
Aaron Steffens	36 years	Jun 5	Lynn Nickel
Sean O'Connor	20 years	Jun 5	Dennis & Tracy O'Connor
Anton "Andy" George Horn	13 years	Jun 6	Emma Horn-Adams
Mindy Baker	41 years	Jun 7	Terri Baker
Robert (Robby) George, Jr.	48 years	Jun 7	Robert & Margaret George
Ashley Meston	14 years	Jun 7	Jerry Meston
Sarah Ness	24 years	Jun 8	Mary Ness
Jon Van Pelt	21 years	Jun 8	Claudette Van Pelt
Nicole Johnson	34 years	Jun 10	Sherry Turner
Sandra Steckiel	4 days	Jun 13	Beth Steckiel
Arthur Lipphardt Jr	24 years	Jun 15	Art & Chris Lipphardt
Austin Sutton	22 years	Jun 15	Jenny Sutton
Gryphen Barber	1 day	Jun 16	Sean & Cherie Barledge
Erica Lynn Groat	26 years	Jun 16	Linda Groat
Ryan Sayers	20 years	Jun 16	Tom & Kate Sayers
Bruce White	16 years	Jun 16	Gordon White
Scott White	12 years	Jun 16	Gordon White
Megan White	15 years	Jun 16	Gordon White
Vinnie Franz	18 years	Jun 17	Barb Franz
Michael Jeffery Micke	1 day	Jun 18	Alice Micke
Giorgiana Elizabeth Gordillo	4 days	Jun 19	Jennifer Gordillo
Sara Hernandez	21 years	Jun 19	Kathy Hernandez
Kyle Lyon	31 years	Jun 19	Tami Lyon
Kyle Joe Manning	11 years	Jun 19	Carol & Don Manning
Abbi Rose Starzynski	2 years	Jun 20	Sherry Starzynski
Tucker Ray Graef	14 years	Jun 21	Kathy Graef
Nicholle Guy	14 years	Jun 22	Lezlee Guy
Daniel Prickett	32 years	Jun 22	Jim & Elaine Prickett
Karen Sue Crawford	16 years	Jun 23	Joy Andrews
Anthony Paul Gratton	35 years	Jun 24	Luci Abrahamson
James Michael Burroughs	43 years	Jun 24	Arlene & Charles Burroughs
Andrea Mischel	30 years	Jun 25	Gary & Jerri Zimmerman
Jay Simco	58 years	Jun 26	Loretta Chancellor
Nickolas Robert Vingren	3 years	Jun 26	Dale Vingren
Daniel J. Whisler	38 years	Jun 27	JoAnn Mowdy
Tyler Joseph Budfuloski	2 years	Jun 28	Rob & Alice Budfuloski
Anthony James "Tony" Pisor	25 years	Jun 28	Cynthia Pisor-Zapel
Stephen Lucas Tyler	19 years	Jun 28	Catherine Tyler
Kade Riefenberg	19 years	Jun 29	Andy Gibson
Liam N. McDougal Lasher	11 years	Jun 29	Ashley Snyder
Kimberly Ann Hayes	22 years	Jun 30	Patty and Patrick Hayes
Nick Naples	17 years	Jun 30	Laurie Naples
Colby McCarley	17 years	Jun 30	Tami Sisneros
Noah R. Wilkerson	5 days	Jun 30	Sarah Wilkerson



Patrick Doyle
May 24, 1988 - January 27, 2010

Happy 32nd Birthday Patrick
I see you as I watch birds ride the air currents
and as the bumble bees that visit my backyard flowers.
I miss you and remember
many of our shared adventures in the mountains.
I love you always

Mom



Damon Vincent Christianson
May 30, 1977- July 3, 2010

How God Made Little Boys
He took some jam, and some apple pies,
He mixed in freckles, and put twinkles in the eyes.
He mussed up the hair, and scuffed the knees,
Created a desire for climbing tall trees.
Spirit, fun, courage, heart ... the need to explore,
He added these items ... and so much more,
When He was done, He rested with joy
For there before Him was the wonder of Boy.
Wendy Lyn



Understanding Grief in the Age of the COVID-19 Pandemic - Con't from page 3

Feelings of Isolation

One of the greatest challenges of grieving in the age of COVID-19 is the isolation that the disease creates.

Grief can be an isolating experience under normal circumstances, but social distancing and quarantine have made the process lonelier still. Loss is a reminder of how many things are out of our control—and sudden and unexpected loss can bring on feelings of anxiety and fear along with that grief.

Not only are people unable to be there to offer comfort to others, but they are also forced to grieve alone. Instead of basic human comforts such as the embrace of a friend, people are cut off from trusted social support networks in their darkest moments.

Signs of Grief

It is important to remember that grief is a normal reaction to a loss. We all experience grief at some point in our lives. While we might expect feelings of shock, numbness, sadness, anger, and anxiety, signs may be less clear for those experiencing anticipatory grief.

Some signs that you might be coping with grief in light of the pandemic include:

- Trouble focusing on normal tasks
- Sleeping much more or less than usual
- Feelings of anger and irritability
- Headaches and upset stomach
- Fatigue or low energy
- Re-experiencing feelings of past grief
- Engaging in activities such as eating, drinking, or online shopping to cope with anxiety
- Avoiding thinking or talking about the pandemic

The good news is that people tend to be resilient in the face of grief. Once the immediate crisis has passed, people are usually able to reach a place of acceptance where they are able to adapt and find ways to cope with their loss.

Ways You Can Cope

No matter what type of loss you have experienced, it is important to remember that your feelings are valid and that you are not alone in this. If you are not sure how to manage your feelings of grief, there are some things that you can do that may help.

Practice Self-Care

In the immediate aftermath of a loss, caring for yourself can seem like a monumental task. Focus on the basics and make sure that you are eating, staying hydrated, and getting enough rest. Don't put too much pressure on yourself to maintain normalcy in the face of a crisis.

Give Yourself Time

Giving yourself time to feel without rushing yourself through the process allows you to work through the pain of loss. Reaching a place of acceptance takes time, but in doing so you are able to acknowledge that your loved one is no longer physically here, but that you will always have the memories, joy, and love that you shared with that person.

Remember That Your Feelings are Valid

There is no right or wrong way to feel after you lose someone. The shock and disbelief that follow an unexpected death are often followed by a sense of numbness. Feelings of anger, regret, sadness, and depression are also common. The fact that you were not present for the death can add to the sense of unreality.

In a world that seems turned upside down, you might not experience grief the same way you might have under normal circumstances. Try to remember that grief is personal and everyone experiences it differently.

The important thing is to give yourself some time to work through these emotions at your own pace. It takes time to integrate this loss into your life, but this is especially true when your normal daily routines have been disrupted.

Even if you have not personally experienced a death related to the pandemic, don't dismiss what you are feeling. It's important not to engage in a comparison of losses. You may not have lost a loved one, but experts like David Kessler stress that the losses you are experiencing now are valid and legitimate.¹ You have experienced loss and you have the right to grieve and feel those emotions.

Reach Out to Family and Friends

The illness has also decimated the normal grief support systems that people rely on after a loss. Guidelines from the Centers for Disease Control and Prevention (CDC) discourage any event of 10 or more people—including funerals.²

While you might be tempted to shut everyone out in the midst of your grief, it is important to reach out. Find ways to memorialize what you have lost. If you have lost someone, write a letter about your loved one's life and their impact on you.

Ask friends and family members to also share their memories and experiences. No one should have to experience grief alone. While you might not be able to gather together with others for support, you can connect virtually through Facetime or Zoom.

COVID-19 might rob you of the physical presence of loved ones as you grieve, but you can still maintain an emotional connection to people who will support you during this time.

This article was lovingly lifted from the website www.Verywellmind.com



The Compassionate Friends
Pikes Peak Chapter
PO Box 51345
Colorado Springs, CO 80949-1345

May/June, 2020

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