

"The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and -love again."

Simon Stephens

Founder, The Compassionate Friends



The Compassionate
Friends
of Durham, NC

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**The
Compassionate
Friends**
of Durham, NC
Supporting Family After a Child Dies



*Providing
Comfort, Support,
and Hope*

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 every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

FAQs

- **How do I know if it's too soon after my child's death to attend?**
No one can say with certainty when is the right time to come to a meeting. Sometimes family members come shortly after the child has died while other times they wait longer. Some people who attend shortly after the child's death may decide not to come back until they're more ready. This is a personal decision.
- **What happens at a meeting?**
Some meetings we simply introduce ourselves and share our thoughts and feelings. At other times, chapters have short programs before or after the sharing time. The programs may include a brief guest speaker, viewing a video tape, or listening to an audio tape or CD. Chapters usually have special months when they hold a balloon launch or have a memorial candle lighting.
- **Do I need to be religious to attend?**
The Compassionate Friends has no religious affiliation. You will find TCF members are very tolerant of any views. After the death of a child, many priorities, as well as values, change.
- **My child died from _____. Will I still be welcome?**
Yes. All families that have experienced the death of a child at any age, from any cause, are welcome.
- **If I go to a meeting, will I have to talk?**
No one is required to talk at any meeting. We understand how difficult that can be when our grief is so fresh. We do ask that you listen, however.
- **My spouse won't come with me. Can I come alone?**
Yes. We all grieve differently and your spouse or significant other may not be ready to take part just yet . . . or ever.

What to Expect

- Meetings are held on the second Tuesday of the month from 7:00-8:30pm in the Olive Tree building at Immaculate Conception Campus.
- The Compassionate Friends is open to all families that have experienced the death of a child from any cause, at any age, from pre-birth through adulthood. The term "member" is used loosely by TCF – there are no individual membership dues or fees of any kind.
- All members are treated with care and respect
- We never suggest that there is a "correct" way for a parent, sibling, or grandparent to grieve.
- We believe that everyone deserves the opportunity to share thoughts and feelings, though no one is compelled to do so. However, each person has an obligation to listen.
- We have learned through our own experiences that the death of a child, sibling, or grandchild causes a pain that is often best understood by others who have also experienced such a loss.

