



The Compassionate Friends

Supporting Family After a Child Dies

CINCINNATI EAST CHAPTER NEWSLETTER - DECEMBER 2018

UPCOMING MEETINGS

January 22, 2019

When & How To See A Therapist

STEERING COMMITTEE

Co-Leaders

Lindsay Bibler
513.652.7470

Kathy Elliott-Reisinger
859.475.8873

Treasurer

Jane & Bruce Brumbaugh
513.377.3487

Memorial Garden Chair

Susan Geisinger
513.732.0493

Angie Grimsley
Carol Hoobler
Dave Ficks
Doug Eisele
Irene Gilb
Teri Fox

Surviving The Holidays

For those dealing with the loss of a child, the holidays can be a time of sadness, pain, anger, or dread. It can be difficult to cope, especially when we see the sights and sounds of holiday happiness all around us. Grief magnifies the stress that's often already a part of the holidays.

There are, however, small ways we can begin to fill the emptiness we feel when it seems that everyone else is overflowing with joy.

Offer Ourselves Kindness & Grace - One of the best things we can do is give ourselves permission to feel whatever it is we're feeling. It's also important that we get the rest and nourishment we need and try not to take on more than we can handle.

Ask For and Accept Help - We have to tell our loved ones the best way they can help us whether that's help hanging the lights, or emotional support. If we want to talk about what we're going through, or we just need a shoulder to cry on, we have to let them know.

Find Support - Sharing our feelings is often the best way to get through them, and finding understanding people we can talk to helps immensely. If you need an understanding ear this holiday season, please don't be afraid to reach out. We do not walk alone!

We do not walk alone.

We are The Compassionate Friends.

website: www.tcfcincy.com • email: tcfcincyeast@gmail.com

CINCINNATI EAST CHAPTER

NEWSLETTER - DECEMBER 2018

Easy Ways To Help Our Chapter

If you shop at Kroger and have a Kroger Plus Card, please consider registering our chapter as your preferred organization for Kroger Community Rewards. It's free to join, and groceries you're already buying could help raise funds for chapter projects like our memorial garden.



Kroger community rewards



Just visit <http://www.krogercommunityrewards.com/> and choose the "I'm a Customer" option. When you get to the screen asking you to choose an organization, enter this code in the search box: JY262. Click "Enroll" and you're done. Then when you shop, our chapter benefits!

Shopping through Amazon Smile is another easy way to benefit our chapter. There's no additional cost to you, and it's a low-stress way for us to raise funds.



amazon smile
You shop. Amazon gives.

It's available to anyone who has an Amazon account. Amazon will donate 0.5% of the purchase price of eligible products each time you shop using the link below.

Shop at <http://smile.amazon.com/ch/36-4051958>

We are grateful to those who already use these opportunities, and would appreciate everyone telling your friends & families as well!

We do not walk alone.

We are The Compassionate Friends.

website: www.tcfcincy.com • email: tcfcincyeast@gmail.com

CININNATI EAST CHAPTER

NEWSLETTER - DECEMBER 2018

UPCOMING GROUP ACTIVITIES

Men's Dinner • Tuesday, December 11 • 6:30 pm

The men will meet for dinner and fellowship at the home of Doug Eisele (address provided when you RSVP). **Please let Doug know via text or email (513.509.3237 or doug@eiselefineart.com) by Monday December 10th at Noon if you plan to attend.** Also let him know if you will be bringing an appetizer, side dish, or desert. If you know of other grieving Dads, Brothers or Grandfathers who may want to attend, please reach out and invite them. Ask them to RSVP before Monday at Noon.

January Monthly Meeting • Tuesday, January 22 • 7:00 pm

When & How To See A Therapist. Our own Angie Grimsley will share information and tips on finding a therapist. Sharing circle will follow the program.



We have a private group available on Facebook for Cincinnati East Chapter members. Join us!

<https://www.facebook.com/groups/tcfcincinnatieast/>

**We do not walk alone.
We are The Compassionate Friends.**

website: www.tcfcincy.com • email: tcfcincyeast@gmail.com