



## 6 Things I Wish People Knew About Grieving the Loss of a Child

Grieving the loss of a child is a grief that is unique. It is a loss that is still largely considered taboo, and when someone experiences the tragic loss of losing a child, there are very few societal norms that can guide family and friends when their loved one finds themselves in the path of an unfathomable loss. I lost my daughter a year and half ago, and I still consider my grief to be very new. But it surprises me every time I meet up with a friend or see family, and their reactions to my pain. Here, I've compiled the six things I wish people understood about grieving the loss of a child:

**One: Grief and Love are the same.**

Please don't think that because I am still grieving for my child even after all this time that there is something wrong me, or that I need to get over it. I grieve deeply for the loss of my child because I also love her deeply. Love never dies, therefore neither will grief.

**Two: I will never get over it.**

I may look like I finally got my life back together, I may have even gone on to have more children or embarked on a new career, but my child and the trauma of losing her is always one step behind. My tears may have dried, and I can probably utter my child's name without breaking apart, but please know that I will never, ever get over the fact that she is gone.

**Three: Silence is deafening.**

I know it must be very difficult and confusing to know what to say to someone who has lost a child. I know how uncomfortable and unfathomable it must be to you, but please know that wrongly worded sentiments are easier to forgive than your silence. My world has forever been shattered, a simple "I'm sorry" will do.

**Four: My child is irreplaceable.**

It doesn't matter when my loss may have occurred, whether it was an early miscarriage, or if I had the chance to spend a few moments with my child before she died. Babies are not interchangeable and any subsequent child born after is not replacement.

**Five: I'll always live in a parallel universe.**

No matter how much time has gone by, when an important holiday or occasion occurs, my mind is going to retreat into another universe where my child would have been present. I will calculate how old they would be and how they would look. This whole entire universe is something I

hold on my own, so if you find me retreating inward during a significant day, please know that I am in that place that I share uniquely with my child and my imagination. It's just how things are always going to be.

**Six: I am forever changed.**

The day my child died is the same day a big part of me died too. I won't go back to being my usual innocent and carefree self again. It will take time for me to find myself, and return back home. But when I've figured out a way to put together all the broken pieces, I won't look the same. Please understand that.

If you have experienced the loss of a child or pregnancy, what do you wish other people would understand about it?





## In Memory of Our Children

*As long as we live, our children too shall live, for they are part of us in our memories. We lovingly remember the following children on Their Anniversary.*

### May

Abby Aukerman  
David Beirne  
Cheryl Bucci  
Brandon Burns  
Dante Cappelli  
Nicholas Dobbe  
Christine Grinavic

Sara Grundy  
Daniel Brito Lopes  
Jeffrey S. Monica  
Gregory "Josh" Montigny  
Arthur Pelliccia  
Cole Plouff  
Kyle Saunders

Jason Alan Smith  
Joshua Spinelli  
Brett James Taraska  
Justin Trainor  
Christopher Paul Valliere  
Rebeckha Lynn Whitefield

### June

Mary Elaine Ackaway  
Caitlyn Marie Adler  
David Allan DeAlmeida  
Rebecca Eisen  
Dale Marie Erickson

Frederick Hoard  
Raymond Louis Leoncavallo  
Kameron Montanino  
Adelaide Reinette Morrell  
Erin Noble

Jennifer Lynn Peterson  
Jamie Rappaneau  
Emma Elizabeth Soares  
Tyler Anthony Williams

### July

James Avitabile  
Patrick Christian Barbosa  
Stephanie Lynn Blum  
Daniel John Coleman  
Anthony Michael D'Arezzo  
Robert Desmet

Jennifer Golouski  
Nicholas Charles Hendee  
Zachary Ryan Lemire  
Daniel M. Malo  
Justin T. Marron  
Joan Elizabeth Plante

Gina Marie Pontarelli  
Paula Jane Torrico  
Jason Sherratt  
Lori Taglione  
Thomas D. Walker

Correction: We are sorry we missed including **Brendan Matthew O'Connell Roberti** on his birthday and anniversary in March.

## Sponsor a Newsletter

We are pleased to offer our members the opportunity to sponsor a newsletter. We will feature your child's story and photo on the front page of our newsletter when you make a donation. This offers members another way to share their child with our group, as well as to help offset the cost of producing and mailing our newsletter. We are offering up to two sponsorships per newsletter. Your story can be any length up to 500 words and can include 1-3 photos. **If you would like to see your child featured in a future issue, please contact Lucille at 401-231-9229 or [lcvalliere49@gmail.com](mailto:lcvalliere49@gmail.com).**

## Birthday Remembrances

*We celebrate the day they were born and hold them in our hearts forever.*



### May

Derrick Blair  
Eric Boyd  
Brandon Burns  
Robert Carmone  
Gregory S. Earley

David W. Greenwood  
Zachary Ryan Lemire  
Justin T. Marron  
Michael V. Medeiros  
Adelaide Reinette Morrell

Jason Sherratt  
Lori Taglione  
Justin Trainor  
Thomas D. Walker  
Jasper Williams

### June

Travis Battle  
David Beirne  
Cheryl Bucci  
Sebastian Cocco-Babcock

Nicholas Charles Hendee  
Nicholas Messier  
Nicholas Daniel Penza  
Gina Marie Pontarelli

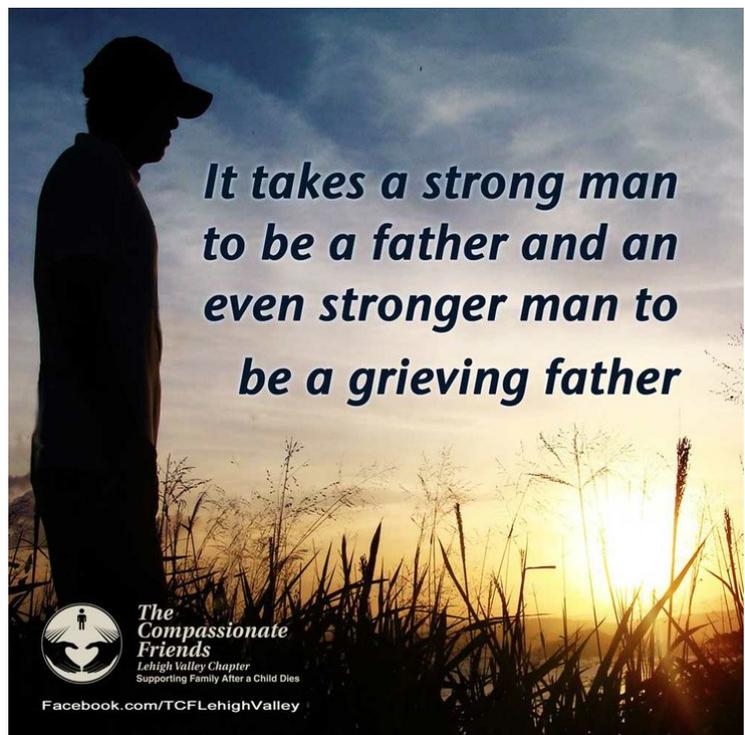
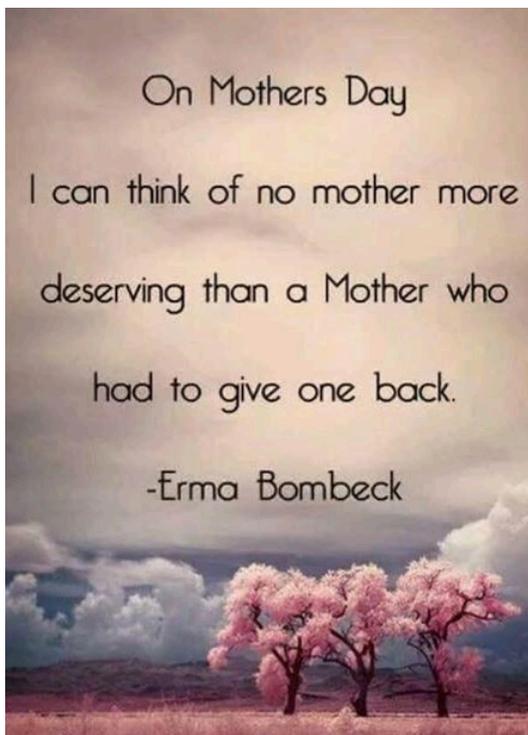
Melissa Rourke  
Daniel Erik Schuster

### July

Natalie Joy Adamo  
Melissa Elizabeth Allin  
Patrick Christian Barbosa  
Kendra Bowers

Dillon DiDomenico  
Amando Gomes  
Sara Grundy  
Matthew K. Serio

Paula Jane Torrico  
Christopher Paul Valliere  
Conor Alexis Young



## Volunteers Needed for TCF Chapter Leadership Positions

We looking for folks who are interested in getting involved in our Greater Providence Chapter. Serving on our Steering Committee is a great way to help our Chapter provide the vital services to our members. We are looking for people to fill in the following positions:

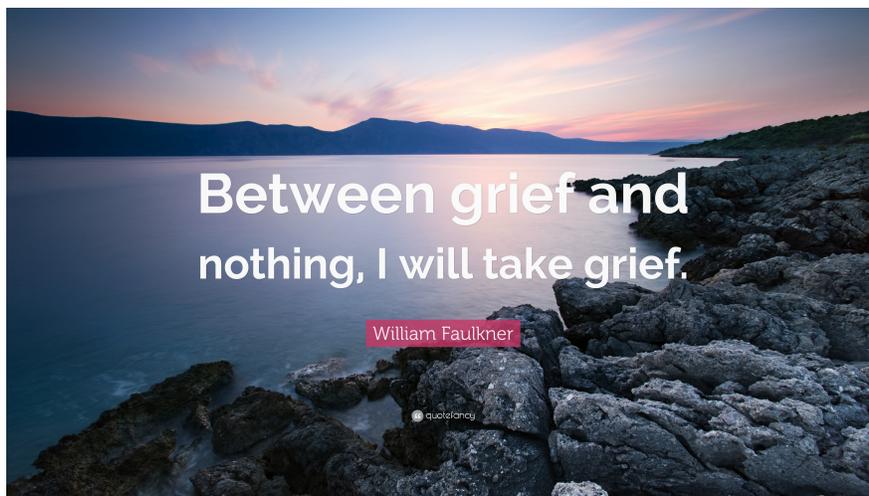
- **Chapter Leader(s)** — Runs monthly support group meetings and other TCF functions, performs other duties as needed
- **Treasurer** — Makes deposits, pays bills, balances the books, prepares financial reports for Steering Committee meetings
- **Newsletter Editor** — Designs quarterly newsletter
- **Steering Committee Member** — Roles to be defined based on your interests

Please contact **Lucille at 401-231-9229 or [lcvalliere49@gmail.com](mailto:lcvalliere49@gmail.com)** or **Sheila at 401-272-6267 or [capasso25@verizon.net](mailto:capasso25@verizon.net)** if you are interested in learning more about the Steering Committee and/or any of these rewarding positions. Thank you for helping to ensure the future success of our Chapter!

## In the Beginning

In the beginning we hurt so bad  
We can't think straight.  
Our days and nights run together,  
As we cry out for relief  
From the pain that has  
Seemed to swallow us whole.  
That pain now accompanies us everywhere.  
There is no place to hide.  
It has taken over our life.  
It knows our name.  
It knows where we live.  
It knows that our loved one has died  
And so do we  
Sort of but not really.  
We are still looking for them  
To walk in the door,  
To say our name,  
To reach over and give us a hug.  
With every day that passes  
Our longing for them grows.  
We do not want to believe that  
They died and are not coming back.  
That reality chases us relentlessly,  
Until one day their empty chair  
Speaks louder than our denial,  
And the wall begins to break  
Where we have hidden our heart.

*Deb Kosmer  
TCF, Portland, OR*



**The Compassionate Friends**  
Greater Providence Area Chapter  
Supporting Family After a Child Dies

### OUR MISSION:

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.

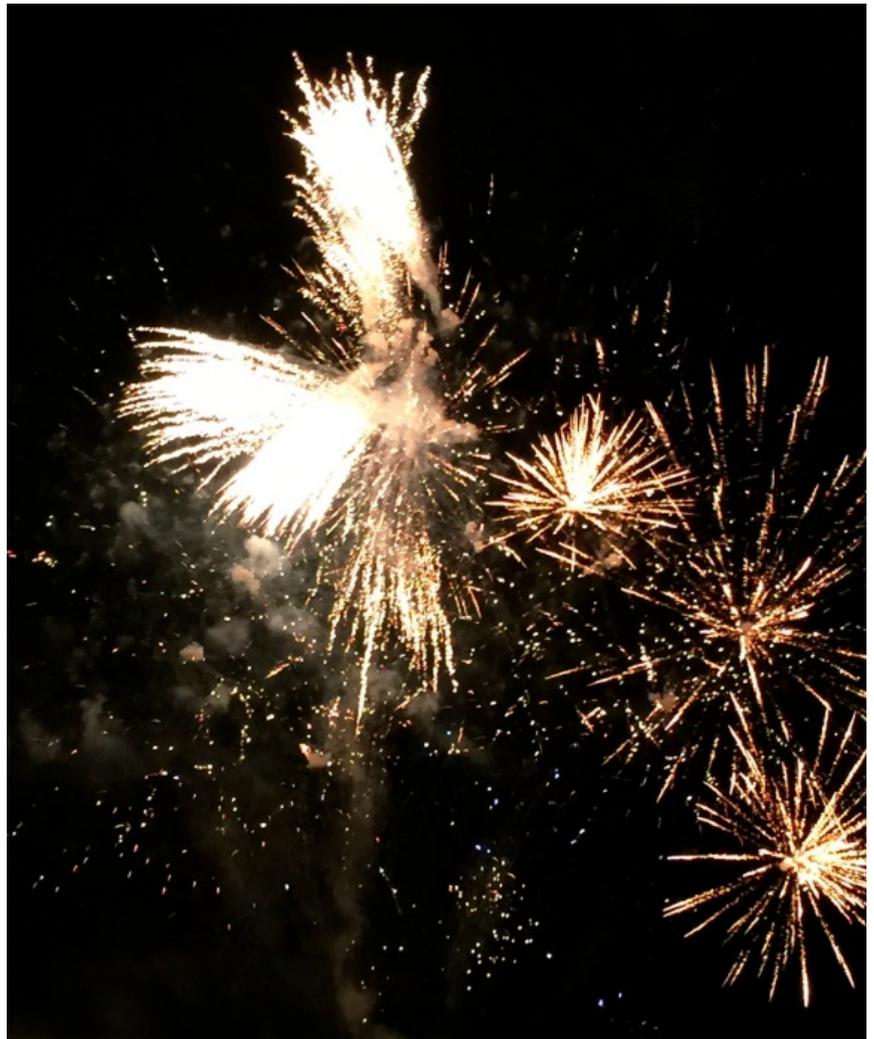
## July's Child

Fireworks race toward heaven  
Brilliant colors in the sky.  
Their splendor ends in seconds  
On this evening in July.  
"Her birthday is this Saturday,"  
I whisper with a sigh.  
She was born this month,  
She loved this month  
And she chose this month to die.

Like the bright and beautiful fireworks  
Glowing briefly in the dark  
They are gone too soon, and so was she  
Having been, and left her mark.  
A glorious incandescent life,  
A catalyst, a spark...  
Her being gently lit my path  
And softened all things stark.

The July birth, the July death of  
my happy summer child  
Marked a life too brief that ended  
Without rancor, without guile.  
Like the fireworks that leave images  
On unprotected eyes...  
Her lustrous life engraved my heart...  
With love that never dies.

*Sally Migliaccio  
TCF Babylon, Long Island, NY*



### **A Vacation from Grief**

**Vacations, beaches, traveling and fun  
Playing, talking, baking in the sun**

**Summer a season of relief  
Can there be a vacation from my grief?**

**Grief does not ever go away  
For summer or any other day**

**Remembering is what I can do  
Thinking of all things done with you**

**I can let the tears to be washed away  
By the waves insistent play**

**I can remember all the times of fun  
And feel your love in the hot, hot sun**

**I can feel you in the wind's warm breath  
And for a moment think of life not death**

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www.TheGriefToolbox.com  
www.facebook.com/grieftoolbox

\*Tanya Lord



### **2017 Remembrance Garden Walkway Dedication — Save the Date!**

We will be having our 2017 TCF Remembrance Garden walkway dedication ceremony on **Sunday, September 10 at 1:30 p.m.** Please join us at the garden at Waterplace Park in downtown Providence as we read the new names being added to our garden and celebrate the lives of all our children.

If you would like to add your child's name to the stone walkway in our Remembrance Garden in downtown Providence, please use the form in this newsletter and send in by July 31, 2017. The cost for the engraving is \$50. If you have any questions, please contact Lucille at (401) 231-9229.



## Gifts & Remembrance Garden Love Gifts

*A Love Gift is a living memorial to your child. Usually given on birthdays, anniversaries of their deaths, holidays, or just to remember. Our thanks to the following for their generous donations.*

**Evan Sean Malley** – Tina Peterson

**Martha Elise Noble** – In memory of you on your 5th Anniversary of your death. Much Love, Mom

**Rebeckah Whitefield** – In memory of you, Paul and Lucille Valliere

**Layla A. Charette** – May the Angels be with You

**Jonathan Blake Waxler** – We Love you and Think of you every day. Mom, Dad and Jeremy

**Karyn Jean (D'Luca) Dugan** – Always by our side, Love, Mom and Dad

**Jeffrey Stephen Shank** – Forever missed, Forever loved. Love, Mom and Dad

**Angela Rose Sbardella** – Love and Missed, Auntie Nettie

**Gregory "Josh" Montigny** – Happy Birthday, Josh — Love and Miss you, Mom and Roy

**Brian Squadrito** – Happy Birthday, Love and Missed, Mom

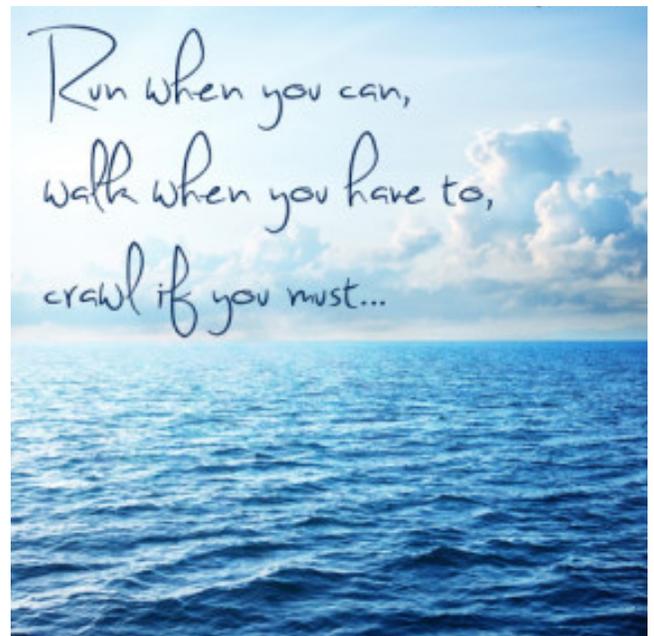
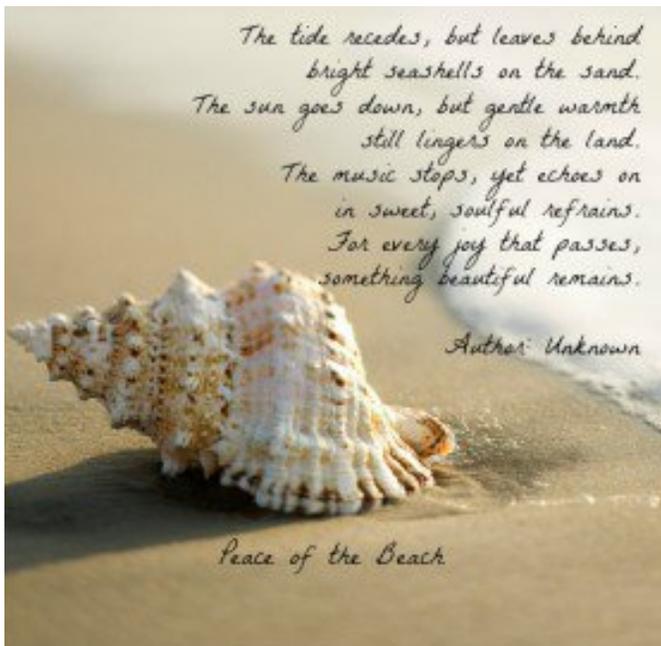
**Christine Grinavic** – You are loved and missed by so many! We will once again celebrate your wonderful life by flying kites this May. Love you! Mom

**David Allan DeAlmeida** – Happy Birthday! Forever in our Hearts. Love, Mom, Dad and Mikallan

**Daniel Erik Schuster** – My Son, always and forever in my heart. I miss you so much and will love you always, Mom

**Natalie Joy Adamo** – Missing you, our sweet angel, on what would have been your 12th birthday. Love always, Mom, Dad, Roslyn and Gabriel

Thank You for your donations in memory of Our Children.



## 2017 Remembrance Garden Walkway Engraving Form

If you would like to add your child's name to the stone walkway in our Remembrance Garden in downtown Providence, please use the form below and send in by **July 31, 2017**. The cost for the engraving is \$50. If you have any questions, please contact Lucille at (401) 231-9229. **Our dedication will be Sunday, September 10, 2017 at 1:30 p.m.**



Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**Please clearly print your child's name as you would like it to appear in the stone walkway:**

Child's Name \_\_\_\_\_

**Please enclose a check for \$50 made payable to TCF Greater Providence Chapter and mail to:**

Co-Leader Lucille Valliere  
10 Dail Drive  
North Providence, RI 02911

## Love Gift Donation

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

In Loving Memory Of \_\_\_\_\_

Love Gift \$ \_\_\_\_\_ Message \_\_\_\_\_

\_\_\_\_\_

I would like my Love Gift to go toward (please check one):

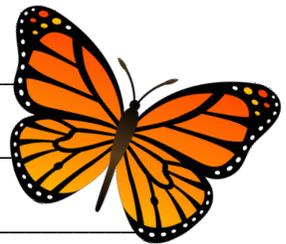
General Chapter expenses

Upkeep of our Remembrance Garden

Your tax-deductible donation provides help for those who are grieving. General Chapter expenses helps defray the cost for the newsletter, postage, and other Chapter expenses. Upkeep of our Remembrance Garden goes toward lawn care and garden maintenance. Your donation is greatly appreciated and will be acknowledged in this newsletter. Please make your check payable to: **TCF Greater Providence Chapter.**

Please send donations to:

Co-Leader Lucille Valliere  
10 Dail Drive  
North Providence, RI 02911





**The  
Compassionate  
Friends**  
*Greater Providence Area Chapter*  
Supporting Family After a Child Dies

10 Dail Drive  
North Providence, RI 02911  
tcfprovidence.com



## Upcoming Events

Our regular support group meetings take place on the second Monday of each month. All meetings begin at 7:00 p.m. at the Central Congregational Church, 296 Angell St., Providence, RI.

- **June 12**
- **July 10**
- **August 14**
- **September 11 — Ladies and Mens Night**
- **October 9**

**September 10 at 1:30 p.m.** — Garden Dedication of new names on our stone walkway, TCF Remembrance Garden, Waterplace Park in downtown Providence

TCF National Conference  
July 28-30, 2017

