

If you are grieving the loss of a child, grandchild or sibling. . .we encourage you to try TCF . . .

The Compassionate Friends is a national, mutual assistance, self-help organization offering friendship and understanding to bereaved parents and their families through the work of local chapters such as ours, here in Omaha.

Our two-fold mission is to promote the positive resolution of families' grief following the death of a child at any age or any cause, and to foster better understanding of parental and sibling grief among family members, friends, and employers of those who have suffered this tragedy.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

"Who, then, can so softly bind up the wound of another, as he, who has felt the same wound himself."

~ Thomas Jefferson

The Omaha Chapter of Compassionate Friends was started in 1978. Monthly support group meetings provide a caring environment in which bereaved parents can talk freely about the emotions and experiences they are going through and receive the understanding support of others who have "been there". We publish a newsletter, featuring writings aimed at helping readers understand and manage grief. Our lending library provides books, pamphlets, videos & music on subjects helpful to families grieving the death of a child.

Omaha TCF depends entirely upon the voluntary donations of our members and the generosity of the community. The Compassionate Friends is a non-profit organization and all donations are tax-deductible. There is no religious affiliation.

Support Group Meetings
Parents, Grandparents & Adult Siblings
7:00– 9:00 pm

1st Thursday of the month
New Cassel Retirement Center
Auditorium—Level 2
900 N. 90th Street, Omaha

Spanish Meeting
3rd Wednesday of the month
One World Health Center
Conference Room
4920 S 30th Street, Omaha

Our chapter holds two memorial events a year for families to attend.

An outdoor memorial program is held in the summer.

On the 2nd Sunday in December, our chapter hosts a local observance of the Worldwide Candle Lighting. Candles are lit at 7 p.m. in every time zone around the world creating a virtual 24 hour wave of light in memory of all children who have died.

Our Credo

We need not walk alone.

We are The Compassionate Friends.

We reach out to each other with love, with understanding and with hope. Our children have died at all ages and from many different causes, but our love for our children unites us. Your pain becomes my pain just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races and creeds. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope. Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression; others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share just as we share with each other our love for our children. We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together as we reach out to each other in love and share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other to grieve as well as to grow.

We need not walk alone.

We are the Compassionate Friends.

The Compassionate Friends, Inc.
P.O. Box 3696 Oak Brook, IL 60522-3696

www.compassionatefriends.org

**The Compassionate Friends
11825 Dorcas Street
Omaha, NE 68144-2948**

www.tcfomaha.org

Non-Profit Org.
US POSTAGE
PAID
Omaha, NE
Permit No. 1300



THE COMPASSIONATE FRIENDS

Over 220,000 infants, children, teenagers and young adults will die in the United States this year. In addition, at least twice that many families will face a miscarriage or stillbirth.

The death of a child is a shattering experience for a family. When a child dies, where does a family turn for the emotional support they will need during the grief journey that lies ahead of them?

(402) 571-4011
mail@tcfomaha.org
www.tcfomaha.org