

NATIONAL OFFICE
The Compassionate Friends, Inc.
PO Box 700
Jensen Beach, FL 34957
Toll Free
1-877-969-0010
www.compassionatefriends.org



The Compassionate Friends
Supporting Family After a Child Dies
Oscoda Area Chapter

The Compassionate Friends of
Oscoda Area
4087 Forest Rd.
Oscoda, MI 48750
989-254-5888
Email: tcfoscodagmail.com
www.tcf-oscoda.org

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A Note from our Chapter Steering Committee.....

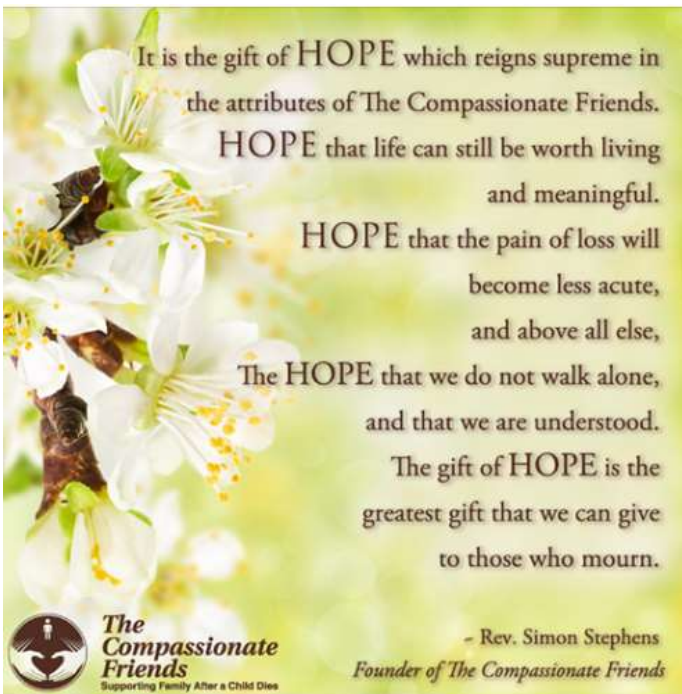
Because we want our Chapter to be safe and want all of you to take care of yourselves during this COVID-19 time.....we are canceling our support group meeting for April and possibly May. Sorry for any inconvenience and we will keep you posted on when our meetings will resume.

If you need some support, please use the


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Our email--tcfoscodagmail.com
Our Chapter Website www.tcf-oscoda.org
TCF National Website www.compassionatefriends.org

Since we have never experienced this kind of distancing for a virus, we are all learning what to do. We look forward to the day when we can greet and hug each other face to face and resume our regular chapter meetings and events. These uncertain times will end one day soon. It's important we that we stay connected with our members.

Please take good care of yourselves.....we want you all to be safe. We are all in this together. Remember: We need not walk alone, we are the Compassionate Friends.



It is the gift of HOPE which reigns supreme in the attributes of The Compassionate Friends.
HOPE that life can still be worth living and meaningful.
HOPE that the pain of loss will become less acute, and above all else,
The HOPE that we do not walk alone, and that we are understood.
The gift of HOPE is the greatest gift that we can give to those who mourn.

 **The Compassionate Friends**
Supporting Family After a Child Dies

- Rev. Simon Stephens
Founder of The Compassionate Friends

MONTHLY MEETING

*At this time
NO MEETINGS UNTIL
FURTHER NOTICE*

If Oscoda Area Schools is closed due to weather our meeting is canceled—per Sacred Heart Policy

CHAPTER LEADERSHIP

Mail: TCF-Oscoda Area Chapter
4087 Forest Rd., Oscoda, MI 48750
Phone: 989-254-5888
Email: tcfoscodagmail.com
Web: www.tcf-oscoda.org
The Compassionate Friends Oscoda



Area

CO-LEADERS-

FRAN WHITNEY & CHARLIE NEGRO
SECRETARY-CHARLIE NEGRO
TREASURER-JANE NEGRO
OUTREACH-TRACY TOPPA
DIRECTOR-VICKY WEICHEL

REGIONAL COORDINATORS

Gail Lafferty 734-748-2514
Kathy Rambo 734-306-3930

NATIONAL COORDINATORS

The Compassionate Friends
PO Box 3696
Oak Brook, IL 60522-3696
(877) 969-0010
nationaloffice@compassionatefriends.org
www.compassionatefriends.org



The following link is an *Open to Hope* Interview with the new The Compassionate Friends National Executive Director, Shari O'Loughlin. Her message is about dealing with triggers, stress and the overall anxiety we are facing with the COVID-19. This was published March 26, 2020.

The death of her 14 year old son, Connor in a small plane crash led Shari on a journey that has brought her to the Compassionate Friends. She believes that discovering what's on the other side of loss and tragedy can help us to lead more powerful lives filled with meaning and joy—*hope*.

[Shari O'Loughlinhttps://www.youtube.com/watch...](https://www.youtube.com/watch...)

Other Resources:

This is a short video from Mia Bolte, Counselor/Coach/Life Path Advisor, and Mentor about dealing with stress.

<https://www.facebook.com/helloMiaBolte/videos/293621081621032/>

Private Facebook Groups:

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

