



MORRIS AREA CHAPTER

# THE COMPASSIONATE FRIENDS

Serving the greater Morris County area

We are a caring support network of parents  
whose children have died

We offer understanding and hope for other  
parents and their surviving children



# MORRIS AREA CHAPTER:



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Web: [http://angelfire.com/nj4/tcf\\_nj/](http://angelfire.com/nj4/tcf_nj/)

# NATIONAL OFFICE:



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Oak Brook, IL 60522  
Toll-Free (877) 969-0010

email: [NationalOffice@compassionatefriends.org](mailto:NationalOffice@compassionatefriends.org)

<http://www.CompassionateFriends.org>

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from Joe Dupont and The Lions Club of  
Warren Township in memory of Richard Dupont

brochure design by:



mercyboy  
[mercyboy.com](http://mercyboy.com)

# OUR CHAPTER OFFERS

The Morris Area Chapter offers monthly meetings and provides:

- \* *Support and friendship to any bereaved parent, grandparent or sibling, regardless of race, creed or economic situation*
- \* *Information about the grieving process through programs and a Lending Library of books and audio tapes*
- \* *Acquaintance with bereaved parents whose sorrow has softened and who have found fresh hope and strength for living*
- \* *Listening with understanding*
- \* *Telephone Friends*



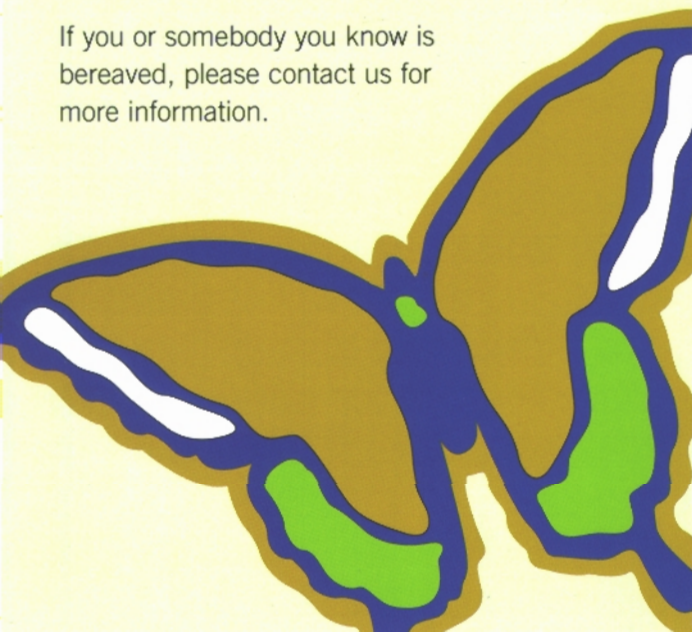
# OUR MISSION

The Compassionate Friends (TCF) is an international, mutual assistance and self-help organization providing friendship and understanding to families who have experienced the death of a child.

**Our primary purpose is to assist one another in the positive resolution of the grieving experience—to achieve both physical and emotional health.**

Additionally, we distribute information concerning bereaved parents and siblings to help members of their community—family, friends, employers, co-workers and professionals—offer the most effective support.

If you or somebody you know is bereaved, please contact us for more information.



# WE'RE HERE FOR YOU

## **PARSIPPANY**

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We meet the 2<sup>nd</sup> Thursday of the month:

**St. Christopher's Church**  
**1050 Littleton Road (Route 202)**  
**7:30 – 10:00pm**

## **CHATHAM**

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We meet the 3<sup>rd</sup> Sunday of the Month  
(2<sup>nd</sup> Sunday in December):

**Chatham Township Presbyterian Church**  
**240 Southern Boulevard**  
**7:30 – 10:00pm**

- \* *All Family Members Welcome*
- \* *No Advance Registration*
- \* *No Dues or Membership Fees*
- \* *No Religious Affiliation*
- \* *Free Chapter Lending Library*
- \* *Free Monthly Newsletter*



# WHEN YOU'RE BEREAVED

Newly bereaved parents often experience strong emotional and physical changes. Many of these experiences are unexpected and can seem abnormal or even “weird”. Among other things, you might:

- \* *Feel depressed and unable to go on*
- \* *Look for your child in a crowd or see sudden reminders*
- \* *Feel exhausted and experience sleep disorders—you might be constantly sleepy or unable to get any sleep*
- \* *Need to remember, tell and retell stories about your child and to recount the details of your child's death*
- \* *Lose your appetite or continuously eat*
- \* *Question yourself: “If only I had....”*
- \* *Repeatedly wonder, “Why?”*

Reactions like these are completely normal.

**It's important for you as a bereaved parent to express your natural feelings.** We understand your reactions, let you know that you're not alone, and provide the support necessary so that you too can find hope and strength for living.

