

## Mourning Is My Mode

Today I realized that I have become a shell of the person I once was. What would my child think of this? I am alone, my only child is gone, yet I know he would not be pleased with the way I have isolated myself, wrapped in invisible crepe, sheltered by a mental wall. This is not the mom he knew. I am someone different now.

What am I to do with this? I feel like a lonely, mourning swan, swimming endlessly from shore to shore. I have no direction, I want no direction, I just keep moving with no purpose. I must get a grip on myself.

I know my motions must take on some meaning. I look to others for help. Yet I realize that if I do not reach out and help myself, I will crash on the rocks with the raging tide.

I attend another meeting of the parents who have lost their children. I feel as if I do belong here.

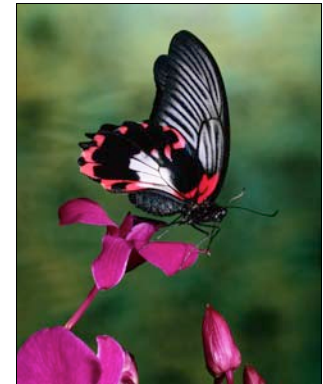
*Annette Mennen Baldwin  
In memory of my son, Todd Mennen  
TCF, Katy, TX*



### **Welcome to The Compassionate Friends of Katy**

Meetings: 2nd Tuesday of the Month  
Time: 6:30 doors open, 7:00 Meeting  
Place: Kingsland Baptist Church,  
20555 Kingsland Blvd, Katy, TX 77450  
Burns Building (East End of complex)  
Chapter Leader: Melinda Ginter (281) 492-1262  
Web site: [compassionatefriends-katy.org](http://compassionatefriends-katy.org)

## **Welcome to The Compassionate Friends of Katy**



The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.



**We Need Not Walk Alone**

[compassionatefriends-katy.org](http://compassionatefriends-katy.org)

## *Newly Bereaved Parents Find Help and Hope*

The Compassionate Friends of Katy welcomes you to our Chapter. We sincerely regret the circumstances that brought you to our meeting. Each of us has made the journey that you are now making. We reach out to you with love, compassion and caring, and offer you the understanding and hope that only bereaved parents can share.

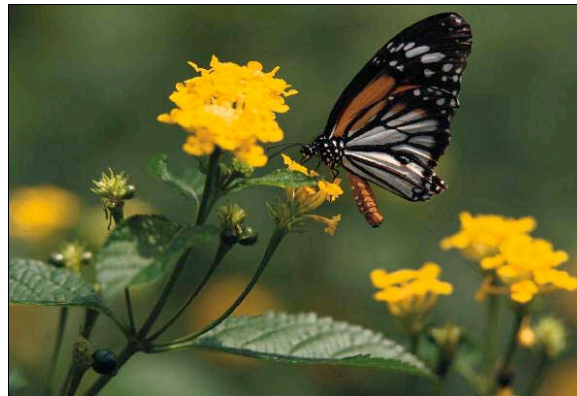
Together we will walk this road of grief as we share our thoughts, feelings and the memories of our beloved children with each other. We are a unique group because, although we come from many different circumstances, we each have lost our child. It matters not whether our child was young or old or the circumstances of our child's death. We are parents, and we love our children unconditionally..... in life and in death.

Some of us are angry, others are depressed and withdrawn. Some of us are far into our grief, others of us are raw with pain from our recent loss. Some of us have moved out of the darkness of grief and into the light of hope and personal peace.

## RESOURCES

- Monthly meeting, second Tuesday of each month
- Web site: [compassionatefriends-katy.org](http://compassionatefriends-katy.org)
- National web site: [compassionatefriends.org](http://compassionatefriends.org)
- Library of specially selected books and audio tapes available at our monthly meeting
- Special notices of seminars, retreats, events and articles sent by e-mail
- Katy Chapter monthly newsletter
- Telephone friends available by request to our Chapter Leader
- Information on other community grief resources for you and your family

## WE NEED NOT WALK ALONE



We invite you to join us again for our monthly meetings and participate in the informal discussions at whatever level you choose. We offer you our experience, our hope and our willingness to walk this road with you.

### Some Suggestions

Drink plenty of water

Deep Breathing Exercises calm the mind and body

Eat balanced meals

Maintain a schedule with which you are comfortable

Choose your pace .... The opinions of others do not matter at this time

Avoid negative people and external negative emotions

Try to take two or three short walks each day.

Seek private counseling if this is your personal choice

Put yourself first until you feel ready to cope with the problems of others

Talk about your child's life and the deep loss you feel

Listen to the emotional concern of others. Hear their feelings for you even if their words seem painful

Consider keeping a journal during the first year or two of your grief