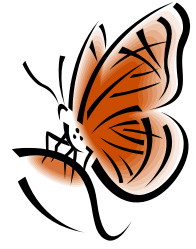


The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

September 2024 Newsletter

A self-help organization offering friendship and understanding to bereaved parents



A Note from Susan

Dear friends, the month of September, the start of school for so many. For those walking in new school shoes and carrying new backpacks and supplies; May your school year start off with happiness and blessings for a wonderful school year ahead of you and your family.

I wanted to take a moment to mention the word *thank you*; it holds so many meanings, gestures and promises. In the early days and years of my grief and feelings of painful loss, I know I replied with thank you when someone would approach and say something to me about Westley's death. But I did not always say the words with heartfelt gratitude, just politely responding. As I truly did not have the strength or wisdom of thank you. I'm in a place now where I once again can passionately feel gratitude for all that is in my life, and I am acutely aware of this as I navigate my every day. With that said, I appreciate and say thank you to all of you, who receive our newsletter, attend our meetings, bring a refreshment, donate to our chapter, attend our Candle Lighting Ceremony or other special events, and our chapter volunteers. I thank you for sharing your loved one with us and sharing their story, their name and your love for them. I am thankful for my family and for my friends who stayed close and the new friends who are by my side.

Thinking of each of you, those who I have met and those I have not, may you have a safe, kind and thankful September.

Susan, Westley's mom

Chapter Events

The HeART REMEMBERS Expressions of Love Through Our Hands

We are inviting you to attend The HeArt Remembers memorial "make and take" event for parents, grandparents, siblings and friends. The *HeART Remembers* ~ Creating art in memory of our loved one(s). Thursday September 19, 2024, at 7:00pm – 8:30pm. We will have our Compassionate Friends meeting and during the meeting each person may choose a simple craft project and create a very personal memorial of your loved one for you to take home.

~

What: Make your own memorial to your loved one by painting an inspirational rock, planting a small terrarium/pot, or creating a memory charm cable or memory pocket box. There will be coloring pages to explore and color.

When: Thursday, September 19, 2024.
7:00 p.m. – 8:30 p.m.

Where: Millburn Congregational Church
19073 W Old Town Court
Lake Villa/Old Mill Creek, Illinois 60046

Who: Susan Banks and the steering committee will facilitate the activities.

The Northern Lake Co IL Chapter of The
Compassionate Friends

Questions? Contact Susan Banks at
lanwesmar@comcast.net or 847.366.9375



Chapter Meetings

Northern Illinois Chapter TCF #1511

<http://www.iltcf.org/index.html>

Zoom meeting

First Thursday of the month

7p.m. to 8:30pm

Susan Banks will email the link to the meeting

Third Thursday of the month meets at

Millburn Congregational Church

19073 West Old Town Court

Lake Villa, IL 60046.

Park in the parking lot behind the church, enter through the double glass doors.

Open discussion

It's also ok to sit and listen and when you feel comfortable sharing, please share with us.

Chapter News

Upcoming events for our Chapter

Thursday September 5

~ is our zoom meeting.

Thursday September 19

~ in person meeting

The HeART Remembers. We will create art in memory of our loved ones.

Saturday October 5

Adopt a Highway Clean – up, rain date Saturday October 12. Our Adopt a Highway event for our Northern Lake County IL Chapter of The Compassionate Friends is SATURDAY, October 7, 2023. Meet at 8:45 am to review rules and safety guidelines. (Front Garden side of the Walmart parking lot) Begin cleanup at 9:00 am. *Rain date is Saturday, October 14, 2023.* We can organize with more detail at the site on Saturday October 7. The section of road we have adopted begins at the corner of Deep Lake Road and IL Route 173 going north on Deep Lake Road to the County Line. It is approximately 2.02 miles.

There is a sign with our group name identifying the location.

A few things to know for the cleanup:

No children under 10 are allowed.

Wear long sleeves, long pants, a hat, and gloves that are waterproof.

Bring water, bug spray and sunscreen.

Bring a “grabber” if you have one or we a few to share.

Please review the video for your information before joining us at our event.

<https://lakecountyil.new.swagit.com/videos/16309?t s=446>

Thursday December 5, 2024

Zoom Meeting: Annual Candle Lighting Ceremony. At this meeting you will be invited to light a candle for your loved one and share a picture with those joining the meeting. This will not be a formal Candle Lighting Ceremony, but we will honor the memories of our loved one with readings, lighting a candle and showing a picture. I will send an email with the Zoom link for the meeting the week of November 25, 2024.

Sunday December 8, 2024, Annual Candle Lighting Ceremony; The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. *Location is the Millburn Congregational Church.*

If you have any questions about the mentioned events, please call, email, or text Susan at 847.366.9375 or Lanwesmar@comcast.net

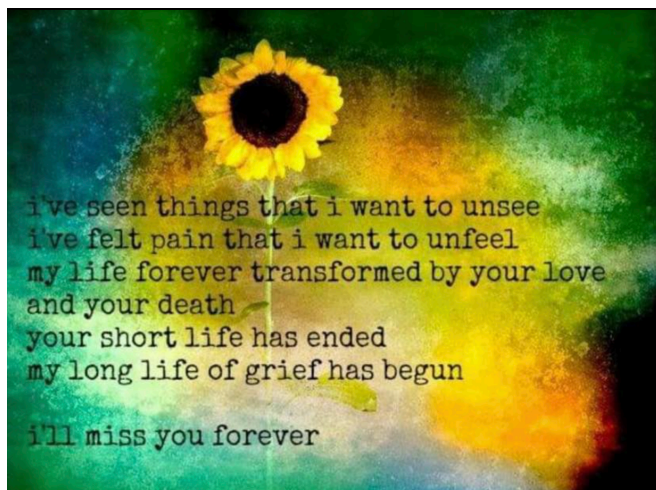
Informational flyers will be included in the October and November newsletters.



GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the Compassionate Friends. It is usually in memory of a child who has died, but donations can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of your chapters. Love gifts are acknowledged each month in the newsletter.

"Gifts of Love" in remembering our children and siblings help to pay for Newsletters, Postage, Books for our Lending Libraries and Resources, Heart Remembers, Memorial Services, Candle Lightings, Telephone and Outreach, and Dues to the National TCF Office. Thank you.



WHEN YOU LOSE AN ONLY CHILD

The loss of an only child is neither greater nor less than the loss of one of many children. However, the loss of an only child is experienced differently. It is different because you lose your parenthood, which is such a large part of the life of any parent.

With the death of an only child, you lose the one person who could use all of the love you had to give every hour of every day. One of

the secrets of parenthood is that from birth, children teach us that we have a greater capacity for unselfish love than we thought possible.

When your only child dies, you may feel that you are drowning in the parental love your heart continues to generate for the child you have lost. With the death of an only child, you lose so much of your own future that was tied to your child's future.

The first day of school, sporting events, learning to drive, A first crush, a first date, a first heartbreak, High school, College, Trade school, a career, engagement, marriage.

Children, grandchildren, great grandchildren Your only child lost all of this from his or her future. And so did you. With the death of an only child, you suffer many tiny losses that cause pain only another grieving parent can comprehend. You have lost the joy of checking the cereal aisle to see if Cocoa Puffs are on sale.

You have lost the reason to keep up with the top ten hits on the pop music charts.

You have lost the joy of caring what prize is in a box of Cracker Jack.

You have lost the joy of getting up early on a Saturday morning for kids' soccer, basketball, or bowling.

You have lost the reason to hope for a December snow.

You have lost the person who thought you made the best cocoa on a cool December evening.

For me, I lost a gentle, kind, generous child who loved, watched for, and shared beautiful sunsets.

The loss of an only child is a devastating loss. Your child has lost his or her life. And you have lost an important piece of your own life, your parenthood. The Compassionate Friends chapter near

you are there to help you acknowledge and grieve these losses by sharing your pain with others who have known their own pain.

by Bill Snapp, Atlanta (Tucker) TCF

In Memory of his son Billy Snapp 6/23/81 – 2/25/96 Lovingly lifted from Atlanta, Ga TCF newsletter

Jan/Feb 2003 Greater Kankakee IL Area TCF



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED SEPTEMBER & OCTOBER

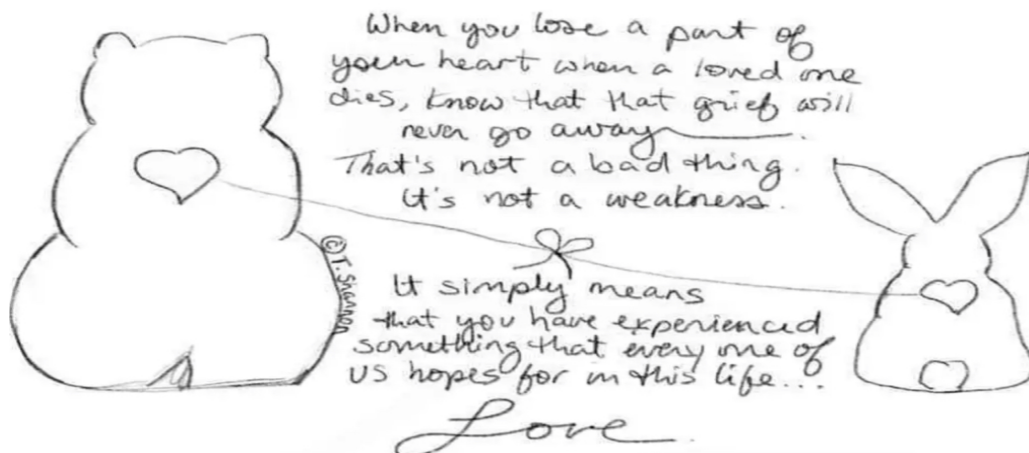
Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, if we remember them and celebrate their lives.

BIRTHDAYS

Marlon Meana	September 2	Son of Joy Steward
Chris Houchin	September 3	Son of Scott Houchin & Heather McDonald
Shannon McCarty	September 5	Daughter of Kevin McCarty & Pat Hayes
Mary Margaret (Maggie) Miles	September 5	Daughter of Jim & Mary Lou Miles
Korey Hill	September 6	Son of Deena Hill
Thomas Mattingly	September 6	Son of Sue & Jerry Mattingly
Kevin Lopez	September 13	Son of Diahnn Estes Lopez
Anthony Alexander Sosa	September 16	Son of Yvette Sosa
Shane Betar	September 21	Son of Leia Betar
José De Jesús Hernández	September 24	Son of Jesús and Virginia Hernández
Andrew Shaver	September 28	Son of Dolly LeMaster
Alyson Bixler	September 29	Daughter of Cathy & Dave Bixler
Donette Klawonn	September 30	Daughter of Raymond & Dorothy Klawonn
Tony Trejo	September 30	Son of Martina Williamson & brother of Victor Trejo

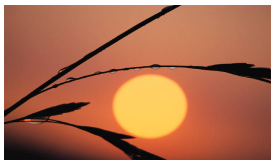
ANNIVERSARIES

Brian Scott Ludlow	September 1	Son of Ronald & Karen Zaylik
Donyel Prather	September 1	Son of Donna Prather
Levi Nichols	September 5	Son of Bambi Nichols
Brendan Hall	September 5	Son of Diane Arndt
Anthony Alexander Sosa	September 12	Son of Yvette Sosa
Marleea Bell Gerfen	September 13	Daughter of Marsha & Lee Bell
Heidi Anne Hermann	September 14	Daughter of Bonnie Brackus
Michael Curtis	September 17	Son of Sonya Curtis
Victoria Pickett	September 17	Daughter of Rose Hernandez
Luke D Laskowski	September 18	Son of Pam & Mark Laskowski
Aaron R Moore	September 19	Son of Rob & Sherry Moore
Kelsey Heaps	September 26	Son of Dawn Heaps & sister of Steven Heaps



Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how important it is to bereaved families to have their children remembered.
 Susan Banks; lanwesmar@comcast.net 847.366.9375

THE END OF SUMMER, THE AUTUMN OF OUR HEALING AND THE HARVEST OF THE HEART



September summer has always been a time of nostalgia for me. The days are noticeably shorter with daytime temperatures beginning to cool down and the slightest chilliness of beautiful star filled evenings requiring a sweatshirt or sweater. Early morning streets are filled with children going back to school. Most everyone is finally back to work, relaxed and sharing the adventures and experiences of summer vacations. And then one day, there is a wind from the west. And just by its feel you know these are the last days of summer and that fall will soon gently ease itself into our Rocky Mountains. Before we know it, the canyons are blazing with the fire of fall color working its way down into our valley.

It is a beautiful season and perhaps my favorite time of the year. We can sit for hours in Sugar House Park, watching the birds gather and head south for the winter and enjoy the trees now fully aflame with oranges, browns and reds so beautiful it can make our hearts sing with joy. And yet, with all the beauty that surrounds us, we as bereaved parents sometimes struggle to let it all in. For as summer wanes, and fall begins, our thoughts naturally turn to grammar school homework, high school parties and dances, college football games, shopping for new clothes, and the specter of holidays ahead without those of our children who have too soon been taken from us.

It is difficult to write about this just today. I just went to a wedding of my closest friends' son, where Jacob's cousins, nieces and nephews, brothers and sisters and past friends all came together for three days of reunion and celebrations filled with stories of the past. On Sunday, over thirty people were at my place sharing enchiladas and childhood memories of those years we were all together. And of course, the occasional, "I wish Jake were here to see this." For me, not an hour went by that I did not think of him or see his face in his young nephew who bears his name. And yet ... and yet the season, the color, the beautiful

days and evenings, the weddings, the parties and football games, and the eminent holidays now fill me with thanksgiving that Jake was part of my life for sixteen years. No small thing that. I consider myself lucky for that much time, for I know so many friends who had much less time with their beloved children. So, this year, I choose to find the good and the beautiful of the season, and let the holidays come. For, it is in remembering his face and the goodness of his life and the beauty of the season; I find sweet healing for my grieving soul. Very soon now, autumn and the harvest season will be upon us, and the bounty of summer's growth will begin to fill our barns and sheds. And this will be an opportunity for us, even though we grieve, to discover the rich harvest of memories with those of our lost children. In their season, they provided us with a bounty of their own. If we are able to accept it, this can be a fall season where we reflect on their abundance of smiles, laughter, humor, growth, learning, and sharing of love. God how we loved them, and how they loved us. Even through all the difficulties, the energetic exchanges of opinions and ideas, the heartaches, the tears, anxiety and disappointments, we cannot avoid the fact that we loved them with a measure beyond our comprehension. And in spite of the difficult times, their sweet and sometimes very short lives provided us with an abundant harvest of experiences that are able, if we let them, to bless us with healing memories to last for as long as we live.

So, as we say goodbye to summer, as best we can, let us welcome the fall season and the coming holidays and all the beauty these seasons can and will bring to us. I fully realize that for those of us most recently bereaved, this will be difficult, and in our sorrow and grief, seem perhaps almost impossible. Please let me reach out my hand and my heart to you in the quiet of your reading this right now.

If you can, imagine I am looking right into your eyes with all the compassion I can muster. And in that moment, I will share your tears, your agony of loss, and your grief, for I am truly one of you. I am after all and have been a Compassionate Friend for over eleven years now. And as we share this moment, please hear the warmest feelings of my heart as I say to you this wretched agony of grief, this painful time of suffering, and this nightmare and horror you now feel will pass. At some point I promise you will begin to experience the light at the end of this painful tunnel of grief.

*(THE END OF SUMMER, THE AUTUMN OF OUR HEALING
AND THE HARVEST OF THE HEART
Continued from page 5*

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I promise you will have summers and falls and holidays to come filled with healing memories of your children.

I promise as Halloween comes, and you are finally able to turn your porch light on to welcome trick-or-treaters, you will see your own children in the bright and joyful faces at your front door, and smile and be glad they once blessed your life. I also promise the time will come when you will move past Halloween and look forward to Thanksgiving and the December holidays.



As I wrote earlier, I realize this may be too soon for some of you. All I ask is that you be willing to let these most difficult times pass -- as I have promised they will and allow your hearts to soften and show you their rich places where you still love your children. For it is in those painful, tender places you will begin to find the abundance of love given to you by your children which will bring healing. And when that happens, you will look forward to Thanksgiving Day with its abundantly filled table and realize an equally abundant harvest of the heart.

Whenever we are able to accept it and

embrace it, the grace of healing will come to all of us. Of course, our lives will never be the same. We will always have the sadness of their absence in our lives and experience those frequent bittersweet times when we simply miss them. But the dark pain and suffering of their passing will itself pass -- this I can promise you. For in these past eleven years, I have looked into every dark and secret corner of grief, and have spent with you, all those endless weeks and months of intense pain and tears.

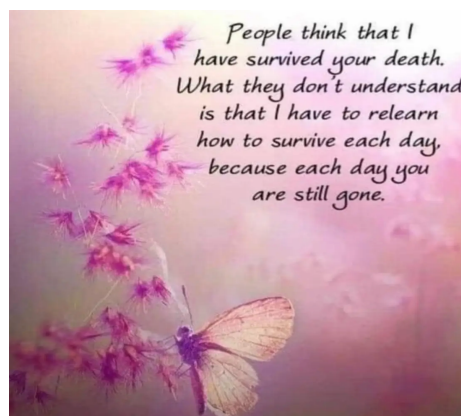
I have shared those endless days of self-reproach and regret and anger. And in all this I have finally found the autumn of my healing and have feasted in the abundant harvest of love. Yes indeed, I promise you the light of joyful memory at the end of this dark tunnel.

So may you look forward to the fall and all its beauty and grace and anticipate the holidays' peace and joy with a sure knowledge that this present darkness will pass, and that your life will once again be able to embrace the abundance of harvest enjoyed by the rest of your family and friends.

And along with Rabbi Harold Kushner, who wrote the book, *When Bad Things Happen to Good People*, be able to say as he did of his own son's life and death, "... I think of Aaron and all that his life taught me, and I realize how much I have lost and how much I have gained. Yesterday seems less painful, and I am not afraid of tomorrow."

Erin Silva, erinsilva@earthlink.net

TCF, Salt Lake City, Utah -- Borrowed from Atlanta Online Sharing September 7, 2007



Memories Surround Me

I have learned that there is a comfort in keeping my son here, beside me, sharing my life, his journey as he once did. No, he is not here in a physical sense. He is here in my memories and in my daily life. I keep his presence alive on the earthly plane. In my home are pictures that remind me of my child's life. A picture in an announcement, a beautiful, sleeping baby boy who is just one day old. Next to that is one of my son's standing beside his GTO. Now I can relive any year of my son's 35 years of life. Whether it is high school graduation or graduation from Texas A&M, there is Todd ...smiling, happy, radiating the joy of his accomplishments. He's in the pool as a teenager and then on another shelf, he's holding his daughters, one in each arm, as he stands in that same pool. Smiling, always smiling. Todd loved life. He looked forward to each new adventure. This is portrayed in all the pictures displayed and those that are yet to be brought out from their hiding places.

In my bedroom is a wood shop project that Todd made for me when he was in eighth grade. It is an alpaca, which rests on a wall stand. Todd made these treasures with his hands; his name is forever etched into both pieces. Each week I lovingly dust that alpaca and its shelf and remember how proud my son was of his first woodshop accomplishment.

And then there are the projects from the "macramé summer." Todd made a lovely plant holder for me and then he boldly went to a large wall design that is something akin to a dream catcher. It has always been displayed in the atrium of my home.

Each time I walk past it, I reach out and touch it and feel the love that went into this creation. Ironically, I now have another dream catcher attached to the one that Todd made. This is the dream catcher with his picture and my words of remembrance that were written for the National Compassionate Friends Conference in Oklahoma City. I touch them both now remembering my beautiful child.

In my bedroom is a Queen Ann desk. This was purchased and refinished by my son during his "wood working summer" in high school. He painstakingly sanded and worked the wood to a smooth finish. Then he used fine sand paper and later steel wool to finish the staining and glossing process. It is a beautiful desk with a fold out writing area, tiny drawers and hidden compartments. I keep much in this desk. Every night as I am getting ready for bed, I touch Todd's desk.

In 1994 Todd and I went out for Mother's Day dinner and later we stopped and picked out a new washing machine. Todd recommended the Amana. I trusted his judgment. I bought the Amana. Each week when I do laundry, I wipe off the washing machine and remember that shopping trip, his words of "keep it simple, Mom, and you won't have to worry about repairs" and consider that he gave me some good advice and a wonderful memory that day.

Other items come to mind each day. In my home office is plant pot made by the eight year old hands of my son. Small pieces of fabric were lovingly glued to the pot to create an interesting look. I have kept that pot all these years. He was so proud of it; that's a Mother's Day present I'll not forget. Each time I look at it, I think of Todd.

Next to my kitchen phone is a pencil holder that Todd made in second grade. It has been in use since then. It's simply part of who I am and will always be. Each week I clean out the inside and replace the pens and pencils. One of the pencils, never used, contains the words "It's a Boy!" on it. That is the pencil that Todd gave me when his son was born. He was so proud of his baby boy. What a great father he was. Memories are everywhere in my home and my office, in my car and even in places that I go. Todd was here, we did this there, I remember when we all met at Ritter's Ice Cream every Saturday night to look at the other collector cars. When I drive by there, I can see Todd, GTO gleaming, hood up, talking with other aficionados, holding a child in one arm, gesturing with the other hand to demonstrate one thing or another. At night, after I touch the desk that was so lovingly restored, I look at the wall next to my bed. Two reproductions of German paintings brighten this wall. These are pictures that Todd bought for me when he was in Germany on an exchange program with Texas A&M. I always look at them as I begin my reading, and then, before I turn out the light, I look at them and think about my son and tomorrow. I remember Todd's glorious European adventure, smile at the joy that is his life and turn out the light. These pictures are the last things I see before I sleep. Good night, Todd. I'm so glad you gave me so much of yourself to treasure, but I wish you were here. Your mom misses you.

Annette Mennen Baldwin

In memory of my son, Todd Mennen

TCF, Katy, TX

August 30, 2007

Borrowed from Atlanta Online Sharing 9/7/2007

Please Let Me Mourn

I've never lost a child before, and I don't understand all these emotions I am feeling.

Will you try to understand and help me?

Please let me mourn. I may act and appear together, but I am not. Often-times it hurts so much I can hardly bear it.

Please let me mourn. Don't expect too much from me. I will try to help you know what I can and cannot handle. Sometimes I am not always sure.

Please let me mourn. Let me talk about my child. I need to talk. It's part of the healing. Don't pretend nothing has happened. It hurts terribly when you do. I love my child very much, and my memories are all I have now. They are very precious to me.

Please let me mourn. Sometimes I cry and act differently, but it is all part of the grieving. My tears are necessary and needed and should not be held back. It even helps when you cry with

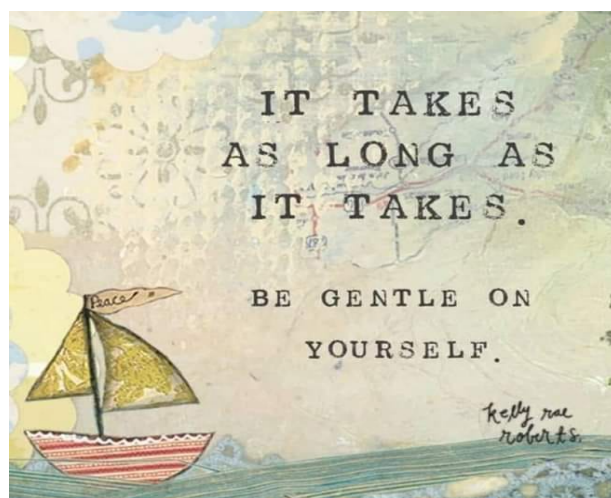
me. Please don't fear my tears.

Please let me mourn. What I need most is your friendship, your sympathy, your prayers, your support, and your understanding love. I am not the same person I was before my child died, and I never will be. Hopefully we can all grow from this shared tragedy.

Please let me mourn. God gives me strength to face each day and the hope that I will survive with His help and yours. Time will heal some of the pain, but there will always be an empty place in my heart.

Please let me mourn. Please let me mourn and thank you for helping me through the most difficult time of my life.

—Lonnie Forland ~ TCF, Northwood, IA



We Remember Them

*The Compassionate Friends of Northern Lake County
invites you and your family and friends
to the Worldwide Children's Candle Lighting Ceremony*

*"We come together in memory of a precious child whose light burnt so brightly,
yet so briefly. These children, who died from so many causes and at all
ages, are forever a part of our lives."*

Sunday, December 8, 2024 ~ 6:30 p.m.

Millburn Congregational United Church of Christ

** Note that road construction has created a new Grass Lake Rd & changed
the access to the building which is now on Old Town Court.*

Candles are provided for everyone at no cost.

*You are invited to stay for refreshments after the ceremony.
You are welcome to bring a dessert or snack to share if you like.
Coffee and water will be provided.*

*A table & display board will be provided for families who would like
to post photos
and/or share mementos of their children and siblings and
grandchildren.*

Questions? Please call Susan 847.366.9375/email Lanwesmar@comcast.net



The Compassionate Friends
Supporting Family After a Child Dies

LOVE GIFTS

Enclosed in a check in the amount of _____ to be used as follows (check all that apply):

In loving memory of _____

In honor of _____

Sponsor the newsletter for _____ month) (\$25 pays ½ monthly cost)

Pay for a book for the chapter's Lending Library _____

Check here to keep receiving the newsletter _____

It is important for our children to be remembered. Please understand that for your child to be included in the "special days" list each month in the newsletter, you must fill out this form that gives us permission to list this information. If you are making a donation, please make the check payable to **The Compassionate Friends**. Return to **Rosita Hernandez 3016 16th Place, North Chicago, IL 60064. rosehernandez@juno.com**

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include the author of any written works. Send your items for the newsletter to Susan Banks Lanwesmar@comcast.net 1427 Clavey Lane Gurnee, IL 60031.

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive

TCF National Office - 48660 Pontiac Trail, #930808, Wixom, MI - 48393 PH 877-969-0010 - Fax: 630-990-0246. The Compassionate Friends home page can be found at www.compassionatefriends.org

Steering Committee 2023 – 2024

CHAPTER LEADERSHIP Susan Banks 847-366-9375 lanwesmar@comcast.net – Son, Westley Banks Age 21 of suicide

TREASURER Rosita Hernandez 847-602-0698 rosehernandez@juno.com Daughter, Victoria Pickett Age 26 of suicide

COMMUNITY OUTREACH

HOSPITALITY Kris Frisby 847-366-3170 Kefrisby88@comcast.net Son, Camden Frisby Age 15 of suicide.

SECRETARY / LIBRARIAN

REMEMBRANCE SECRETARY Shannon Seay 224-456-2891 Seayseven1@comcast.net Daughter, Ashley Seay Age 17 Auto accident.

NEWSLETTER EDITOR Susan Banks 847-366-9375 lanwesmar@comcast.net – Son, Westley Banks Age 21 of suicide

NEWSLETTER PRINTING & MAILING Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net & Denny Salomonson, 847-223-7353 drdeno@sbcglobal.net - Daughter, Rachel Salomonson, 19 Auto accident

WOODLAND WALK COORDINATORS Christine Pado 847-455-6642 chpado@gmail.com - Daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

FACILITATORS AT HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. SPANISH AND ENGLISH. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, Son Raphael Vidal age 17 of suicide. Mirtha is available by phone call or email.

FACILITADORES EN HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. Española e inglés. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, Hijo Raphael Vidal de 17 años de suicidio. Mirtha está disponible por teléfono o correo electrónico.

Northern Lake County IL Chapter #1511 <http://www.iltcf.org/index.html>

NORTHERN LAKE COUNTY COMPASSIONATE FRIENDS FACEBOOK

Facebook Pages for Siblings - The Sounds of the Siblings: <https://www.facebook.com/groups/21358475781/>

TCF SIBS: <https://www.facebook.com/groups/tcfsibs/>