



The Compassionate Friends

Supporting Family After a Child Dies

email - leaders@sdtcf.org / phone - (619) 583-1555 / www.sdtcf.org



Understanding Guilt During Bereavement

By Bob Baugher, Ph.D.

Definition Of Guilt

One definition of guilt is "Remorseful awareness of having done something wrong" For the purpose of this book, I will revise the definition to read "Remorseful awareness stemming from a PERCEPTION of having done something wrong or failing to have done something." The word perception has been added to the definition of guilt because it doesn't matter whether the bereaved person was actually guilty of wrong doing. All that matters is that the individual has a self-perception of guilt...

Turning guilt around isn't easy; but it is possible. The first step is to identify guilt in your life.

Putting a name to the various aspects of guilt is a way to begin to work on it. In this book we will identify guilt in four ways:

- Discover the ways guilt is related to other grief reactions
- Examine dimensions of guilt
- Delineate types of guilt
- Look at the process of guilt

Following this, we will look at suggestions for coping with guilt.

Excerpt from Understanding Guilt During Bereavement Pgs 2-3
Bob Baugher Author Professor & Speaker at TCF National Conference

Meeting Information

The San Diego Chapter of
The Compassionate Friends

Dates Times Addresses

Virtual / Online

1st Wednesday of month

7:00-8:30pm

Email sdtcfzoom@gmail.com for

ZOOM link and passcode.

VIRTUAL FACILITATORS

Debbi & Dom Montisano

619-583-1555

In-Person

1st Thursday of month 7:00-9:00pm

Northminster Presbyterian Church

(TCF is nondenominational)

4324 Clairemont Mesa Blvd

San Diego, CA

Our Children Loved Missed & Remembered

MARCH BIRTHDAYS

EMIL IAN DE LA BARRERA 03/01

AMY SARA BOWDEN 03/16

MICHAEL LOPEZ 03/14

ALEXIS MORGAN DALE 03/05

JOSEPH ROY ELKINS 03/24

JASON LEE HANSEN 03/13

NICHOLAS JAMES REYNOLDS 03/09

DEE LOUSE HOCHSTETLER 03/21

CYNTHIA LEE KESSLER 03/10

MARCH ANNIVERSARIES

RAMIRO ZUÑIGA-CEDILLO 03/02

NATHANIEL POTEAT 03/03

KELLI R. SMITH 3-4

JAMESON CONNOR SEGEL 03/06

KATHRYN R, MAIN 3-8

COOPER JANCIC 03/09

JULIE HAMILTON 03/12

RONALD PAUL JONES 03/14

MALINI ELIZABETH SATHYADEV
03/16

GREGG GARON 03/17

LEONARD VALADEZ 03/17

KRISTIN ELIZABETH HAWKINSON
03/18

TREVOR SHANE KIRBY 3-20

JOSHUA LINZY FOGEL 03/27

DYLAN LIBBY 03/28

APRIL BIRTHDAYS

ALEXANDER JOSEPH NIAZI 04/08

IAN KINNEY 04/09

DAVID MICHAEL ELLIS 04/11

MATHEW BEAVER 04/13

ANGELA SCARBROUGH 04/14

LISA MARIE STOEFFEN 04/14

JANA A. WARDA SCHOLT 04/15

MATTHEW RAIMER 04/15

SPENCER KENI WATTS 04/19

CHRISTOPHER ANDREW FULSTON 04/20

CHRISTOPHER L MARIANO 04/20

TERESA BOWERS 04/22

DEL & LISA'S NIECE

DOMINIQUE YNETTE YOUNG 04/23

MATHEW AIDEN BAXLEY 04/27

STEPHANIE JOHANNA WESTRICH 04/30

APRIL ANNIVERAIES

JASMINE BELLOFATTO 04/03

ROOSEVELT JERARD "RJ" CARTER 04/03

BRIAN JAMES GILLIS 04/04

SON OF KATHY LEE 04/05

MARIO DE LA ROSA 04/04

PAUL ALBERT ALFEROS JR 04/04

MIKAEL LARSON 04/08

CHRISTOPHER ANDREW FULSTON 04/08

MICHAEL DYLKIEWICZ 04/09

DARRYL CHARLES HOHMAN 04/09

SON OF LISA AND DEL

BRIAN MICHAEL BENNETT 04/11

JOSHUA MICHAEL JENSEN 04/11

EMILY QUINLAN 04/15

SPENCER KENI WATTS 04/22

BRITTANY STAR CURCIO 04/24

JAMIE MORGAN MYCHAEL BRATTON- MC NEELEY
04/24

FRANCISCO "FRANKIE" MORALES 04/27

ANDREW K. SCOTT 04/28

GEORGE BRERS IV 04/28

To Our Dear Son Darryl



**Darryl Charles Hohman 1-04
Birthday**

WE KNOW WE'VE TOLD YOU WE LOVED YOU,
BUT ONE THING WE MAY NOT ALWAYS
HAVE REMEMBERED TO SAY IS HOW PROUD WE WERE OF YOU, TOO.
WE WERE PROUD OF YOUR SUCCESSES -
OF YOUR SKILLS AND TALENTS,
OF YOUR HARD WORK AND ACCOMPLISHMENTS,
OF YOUR DREAMS AND PLANS FOR THE FUTURE.

YET EVEN MORE IMPORTANT THEN THESE,
WE WERE PROUD OF THE PERSON YOU WERE INSIDE -
OF THE GOODNESS AND GENEROSITY
WHICH WERE SO MUCH A PART OF YOUR DAILY LIFE,
OF THE WARMTH AND CARING YOU HAVE SHOWN OTHERS.

YOU WERE SPECIAL AND WE WANT YOU TO KNOW HOW LUCKY WE FEEL TO HAVE HAD THE GIFT OF A SON LIKE YOU.

**Happy Birthday, till we meet again
Love... Mom & Dad**

Del & Lisa Hohman
San Diego, CA



TCF's 49th National Conference

Baltimore, MD | July 2-5, 2026

<https://www.compassionatefriends.org/tcf-national-conference/>

Registration

Schedule

More information

Hotel Reservations

Sponsorships

49TH TCF NATIONAL CONFERENCE

Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Baltimore, Maryland, during the weekend of July 2-5, 2026.





The Compassionate Friends Mission Statement

"When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family".

THE COMPASSIONATE FRIENDS CREDO

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS. WE REACH OUT TO EACH OTHER WITH LOVE, WITH UNDERSTANDING, AND WITH HOPE. THE CHILDREN WE MOURN HAVE DIED AT ALL AGES AND FROM MANY DIFFERENT CAUSES, BUT OUR LOVE FOR THEM 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, CREEDS, AND RELATIONSHIPS. 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 THEY FEEL HELPLESS AND SEE NO HOPE. SOME OF US HAVE FOUND OUR FAITH TO BE A SOURCE OF STRENGTH, WHILE SOME OF US ARE STRUGGLING TO FIND ANSWERS. SOME OF US ARE ANGRY, FILLED WITH GUILT OR IN DEEP DEPRESSION, WHILE 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 THE CHILDREN WHO HAVE DIED. WE ARE ALL SEEKING AND STRUGGLING TO BUILD A FUTURE FOR OURSELVES, BUT WE ARE COMMITTED TO BUILDING A FUTURE TOGETHER. WE REACH OUT TO EACH OTHER IN LOVE TO 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.

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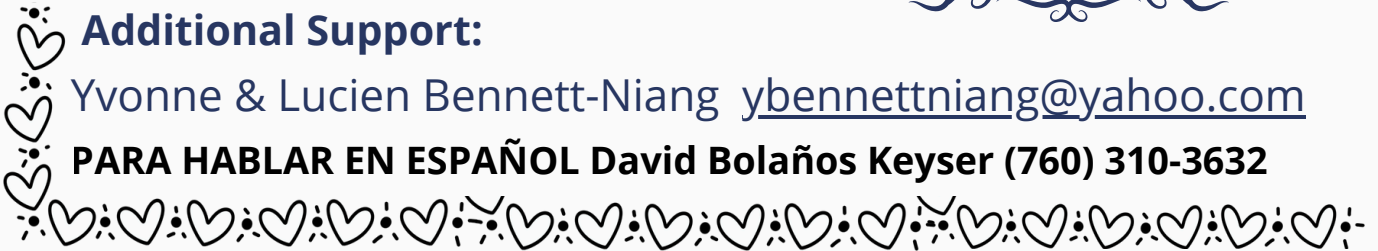
Anita Barletta
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You are invited to share a photo of your beloved child, sibling, or grandchild with us. A suggested donation of \$30 is welcomed for featuring your child's photo in our colorful newsletter. Your contributions and generous donations are highly appreciated. For further information, please refer to the form on page 12 and/or QR Code on page 13

Additional Support:

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The National Office of TCF

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Website:
www.compassionatefriends.org

OTHER LOCAL RESOURCES

MADD 858-564-0780
Empty Cradle 619-595-3887
Survivors of Suicide 619-482-0297
info@SOSLsd.org
Bereaved Parents of the USA
www.bereavedparentsusa.org
Parents of Murdered Children
National 888-818-POMC
Local 619-281-3972
Alive Alone - for now childless parents www.alivealone.org

Gifts of Love and Donations

The Compassionate Friends functions is a nonprofit, volunteer organization for the loss of your Child, Grandchild, Sibling. Your donations given in memory of your loved one, or in support of The Compassionate Friends, is greatly appreciated. To honor your Child, Grandchild, or Sibling in our newsletter, or on our website, please send your generous donation to :

TCF San Diego Chapter
C/O Long Kha
3805 Garden Lane, San Diego, CA 92106,
Phone (619) 583-1555
email: treasurer@SDTCF.org

OR

Scan our QR code on the following page

We welcome you to share your loved one's information with us

We honor your Child, Sibling, or Grandchild by name in our newsletter during the month of their birth date and date of their passing

Send your loved one's information to
Anita Barletta - newsletter.sdtcf@gmail.com

Child, Sibling, Grandchild's Name:

(PLEASE USE A SEPERATE FORM IF YOU HAVE LOSS MORE THAN I CHILD)

Your Relationship: _____

(Child, Grandchild, Sibling)

Birth Date (MM/DD) _____

(to be included in our newsletter)

Date of passing (MM/DD) _____

(to be included in our newsletter)

Tell us something about your child/sibling (Optional) _____

Please provide your E-mail address to our editor Anita Barletta at
newsletter.sdtcf@gmail.com
to receive The Compassionate Friends San Diego Chapter Newsletter
Letting us know

*** Yes, I would like my child's name to be listed on the birthday & anniversary pages of the San Diego TCF chapter newsletter**



**Please scan QR code to donate to our
chapter**

**TCF San Diego Chapter Treasure
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