



The Compassionate Friends

Supporting Family After a Child Dies

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



Honoring September Suicide Prevention Month

Many of us find it hurtful when it's implied that we could have done something to have prevented our children's death.

I want to acknowledge something that often gets left out when people talk about suicide "prevention." For those living with chronic, relapsing psychiatric illness, the standard interventions—safety plans, hotlines, even hospitalizations—often don't change the long-term outcome.

There's no solid evidence that these tools reduce suicide in this specific group. Much of the published data focuses on people in acute, impulsive crises, where an interruption can make a difference, or are follow up studies after those who attempt suicide and come to the ER. But here's the truth. When someone has lived for years with relentless suicidality, they often learn how to "job the system"—saying whatever they need to say to avoid hospitalization or to appease therapists and loved ones. That doesn't mean they're manipulative; it means they've adapted to survive in a system that doesn't actually treat the other underlying illness.

So while public health experts need broad terms like "prevention," those of us who have lived it know that word can feel offensive or hollow. It implies that if only we—or our children—had used the tools correctly, the outcome would have been different. The reality is more complicated. Interventions may help the majority who are in momentary crisis, but they don't necessarily change the trajectory for people with chronic, treatment-resistant illness. My heart goes out with love to all of you who have lost. This month is to remember and celebrate the lives of our children. And for those who struggle to stay. Anonymous Parent

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 / Passcode

VIRTUAL FACILITATORS

Debbi & Dom Montisano
(858) 349-5573

In-Person

1st THURSDAY of EACH MONTH
7:00-9:00pm

Northminster Presbyterian Church
4324 Clairemont Mesa Blvd
San Diego, CA
(TCF IS NONDENOMINATIONAL)



The Compassionate Friends

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WELCOME TO OUR 21 ST

ANNUAL *Memorial* FAMILY Picnic



SUNDAY



SEPTEMBER 13, 2026

11:00 AM - 2:00 PM

LUNCH 12:00 PM



ADMIRAL BAKER



FIELD



3604 Admiral Baker Rd

San Diego, CA 92120

Field Pavilion #4

Gather your friends & Family for a day filled with unforgettable moments and friendship Remember to bring your Child(ren), Sibling, Grandchild's favorite side dish to share. The San Diego Compassionate Friends will provide juicy burgers, hot dogs, and water! Let the feasting begin!



JOHN TREADWELL

SON OF LORI TREADWELL

REMEMBERING THE GLORY OF YOUR BIRTHDAY SEPT 8



Ethan Estlin Wozniak
heralding the splendor of your
birthdayday October 10th



*Happy Heavenly Birthday To Tina.
Tina is taking the Stairway to Heaven.
She is waiting for Esther in December*

*Our Children, Brothers, Sisters,
Grandchildren
Loved Missed & Remembered*

September Birthdays

Ronald P. Jones 9/01
Klay Budz 9/07
John Treadwell 09/08
Lindsey Faye Whelchel 9/08
Megan A. Landis 9/08
Vincent G. Ruddy 9/10
George Brers IV 9/13
Mario De La Rosa 9/15
Duane Charles Alley 9/16
Samuel M. Parente 9/20
Philippe Leyva 9/22
Aubrey Apodaca 9/24

October Birthdays

Michelle Weihe 10/01
Guy C. Green 10/07
Kristina M. Bennett 10/07
Mark Metz 10/07
Ethan E. Wozniak 10-10
Joshua M. Jensen 10/10
Brian Gillis 10/11
Nathaniel Poteat 10/12
Renee E. Dawson 10/17
Pamela Brodrick 10/24
David Sullivan 10/25
Marta L. Zamora 10/26
Michael Dylkiewicz 10/28
Lenors Valdez 10/31

September Anniversaries

Nicole Clark 9/03
Ryan McDonough 9/03
Cynthia L. Kessler 9/06
Mathew S. Spiewak 9/09
Jason L. Hansen 9/13
Alexander N. Model 9/15
Teresa Bowers 9/15
Ron Laverty 9/16
Jered Dillard 9/18
Kristina Bennett 9/19
Stephen W. Anderson 9/19
Michelle Weihe 9/24
Willian S. Virdee 9/27
Aubrey Apodaca 9/28
Brittnay Dawn Williams 10/29
Spencer Clay 9/30

October Anniversaries

Lawrence O'Brien 10/03
Mathew Lewis Scott 10/05
Kai Wright 10/09
Duane C Alley 10/10
Emil Ian de la Barrera 10/18
Julie E. Richardson 10/21
Michael Scott Ayers 10/24
Rory D. Boyer 10/28
Davey Johnson 10/30

TCF Siblings Page

Grief-How alive

Oh, sweet irony
that my grief is alive
while you are not.

That I must feel something
so visceral, so alive, so deep,
when your earthly being
is gone.

Your memory is alive
in me
and others you left behind.

I hear your laughter
sometimes
as clearly as if you were
standing here before me.

Then, I hear the silence
of your departure
and the sound
of my heart
still beating.

- Krista Rose

Krista finds solace after the passing of
her brother Cory through Loss, Losing,
& Loosening: Exploring Grief & Healing
Through Poem-Making



Grief - How alive
inspired by

Cory Scott - Krista's brother

.....
**To include a photo of your sibling, child,
grandchild see page 10 / QR on page 11**

WHAT PEOPLE THINK WE GRIEVE:

- The person we lost.

WHAT WE REALLY GRIEVE:

- The memories of our life before they passed away.
- The inability to create new memories.
- The conversations that can no longer happen.
- Unfulfilled plans for the future.
- The sense of safety and comfort.
- The familiar day-to-day activities.
- Someone to confide in.
- The emotional closeness.
- All the milestones.
- A unique and irreplaceable bond.
- The advice and wisdom they provided.
- At the sight of empty chairs at the dinner table.
- Life without them in upcoming events.
- Changes in friend circles and social life.

WellBeing Etcetera

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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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".

Chapter Leader

Grace Saputo 619-386-6986

Debbi Montisano 619-583-1555

Lisa Hohman 619-701-5641

Secretary

Lori Treadwell

secretary@SDTCF.org

Treasurer

Long Kha

treasurer@SDTCF.org

WebMaster

Jason Kha

secretary@SDTCF.org

Newsletter Editor

Anita Barletta

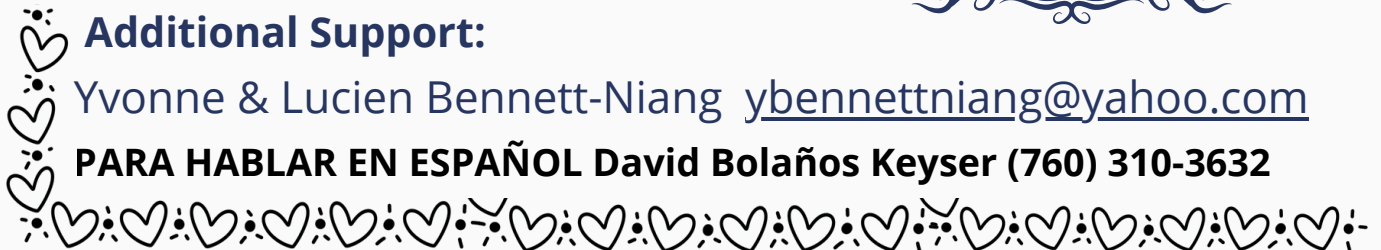
newsletter.sdtcf@gmail.com

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 10 and/or QR Code on page 11

Additional Support:

Yvonne & Lucien Bennett-Niang ybennettniang@yahoo.com

PARA HABLAR EN ESPAÑOL David Bolaños Keyser (760) 310-3632



San Diego Chapter of TCF
3805 Garden Lane
San Diego CA 92106
(619) 583-1555
www.sdtcf.org

The National Office of TCF

PO Box 46

Wheaton, IL. 60187

Phone toll free (877) 969-0010

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 1 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
C/O Long Kha
3805 Garden Lane, San Diego, CA 92106,
Phone (619) 583-1555
email: treasurer@SDTCF.org**