



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

April 2024 Newsletter



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

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## Chapter Leader Notes from Susan

Dear Friends,

This is the month of April and I have always enjoyed the awakening of spring; I do know this month is a challenge for me... I have shared this before; "April, this month has many meanings for me; it tells me spring is coming, the perennials are sprouting, the birds are busy finding food and nesting materials, I see new buds on the trees and the weather is warming. Yet this is the month 7 years ago that my son, Westley, died. April 19, 2017. It is also the month my daughter, Marllys, was born on April 29, 1998." My family has a birthday to celebrate and a Remembrance day to honor. I think of all the families when I write this "note from Susan". I think of all the times you might have wanted to give up, but you did not. You fought through another day. Never forget the strength you've gained along the way. Grief changes from day to day, but it never goes away. It becomes a part of you, that you carry every day. Some days it's very heavy and other days it can be light.

I find myself thinking, how have I made it this far, 7 years of not having Westley here with our family. Yes, we have him with us, always. We hold him in our hearts, and he is in our thoughts and wishes at all times. We honor him and remember him in many ways. One thought that has given me pause is forgetting. But we will never forget our child. I came across this note and I want to share it with you all. As I read the words, it gave me peace.

The Fear of Forgetting; "With grief come an unspoken fear. The fear of forgetting. Forgetting memories together, forgetting their voice, the sound of their laugh, their mannerisms, and all the things that made them who they were. There are days where the memories are so vivid and yet there are days where I feel the pain of time pulling me further away, scared that I'm slowly forgetting the details. *Grief* is holding on as tight as you can to those memories because they are proof of a life and love that was so very real." *The Heart of Grief*

I know each April will always bring a mixture of emotions for myself and my family. As I know for each one of you and your families the many days approaching a birthday, the day your child died and the many special occasions we have in our lives will always be full of emotions. We love and miss them because of who they were. They contributed to us and those around them in ways that made a difference. "I told myself, I need to focus on how he lived, not how he died, because it is how he lived that really defines his life" Louise Weil.

I wish each of you the happiness of the season and that you may find peace with the season changing; the sunshine, the warmth, and the opportunity to enjoy the outdoors, however you may do this. I think of each of you and your journey when you share your stories at our meetings, and as you share your loved one's names, hopes, dreams and memories. I hope you know we all are listening and thank you for sharing your loved one with us.

Take care, your friend Susan  
In honor and memory of her son, Westley.

## Lake Villa Meeting Northern Illinois Chapter TCF

**The third Thursday of the month** meeting will remain as an in-person only meeting. The location is at the:

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.

## Holy Family Church

**The first Thursday of the month meeting** will remain a Zoom meeting only. This will change to in-person the date is to be announced.



Dear Friends, we will have our spring Adopt a Highway Clean up **Saturday, April 27, 2024**. Please check Friday evening for a weather update.

Our Adopt a Highway event for our Northern Lake County IL chapter of The Compassionate Friends is **SATURDAY April 27, 2024**. Meet at **8:45 am** to review rules and safety

guidelines. (Walmart parking lot on the garden side, 475 West IL Rte. 173 Antioch, IL 60002). According to the rules we will need to begin on one side of the road, cleaning as we walk, cross the road at the

end and walk back, cleaning as we walk to where we started. We can organize with more detail at the site on April 27th. 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 water-proof. Bring water, bug spray and sunscreen. Bring a "grabber" if you have one or we have grabbers to share. I will have a wagon to pull along for storage of anything we might need.

Rain-date on **Saturday May 4, 2024**.

Please call, text, or email me with any questions.

Please review the video for your information before joining us at our event. <https://lakecountyil.new.swagit.com/videos/16309>

We quickly find there are no words to describe the experience of losing a child. For those who have not lost a child, no explanation will do. For those who have, no explanation is necessary.

~Mary Lingle



## **OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN APRIL**

*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**

<i>Lea Ann (Heise) Knuth</i>	<i>April 2</i>	<i>Daughter of Leslie &amp; Shirley Heise</i>
<i>Michael Sean Gaede</i>	<i>April 8</i>	<i>Son of Maureen Gaede</i>
<i>Russell Isaac Thomashow</i>	<i>April 8</i>	<i>Son of Blythe Thomashow</i>
<i>Scott Ewing</i>	<i>April 11</i>	<i>Son of Alan &amp; Renee Ewing</i>
<i>Qua'Shawn Wade</i>	<i>April 12</i>	<i>Son of June Andrejewski</i>
<i>Alyssa Carranza</i>	<i>April 15</i>	<i>Daughter of Angel &amp; Raquel Gaso</i>
<i>Adrien Gonzales</i>	<i>April 21</i>	<i>Son of Lauren Gonzales</i>
<i>Jammi Hui</i>	<i>April 25</i>	<i>Daughter of William &amp; Joyce Hui</i>
<i>Sean Jones</i>	<i>April 26</i>	<i>Son of Octavine Jones</i>
<i>Timothy Reece</i>	<i>April 27</i>	<i>Son of Joanne Prihoda-Reece</i>

### **ANNIVERSARIES**

<i>José De Jesús Hernández</i>	<i>April 1</i>	<i>Son of Jesús &amp; Virginia Hernández</i>
<i>Selene Martinez</i>	<i>April 8</i>	<i>Daughter of Manuel &amp; Lidia Martinez</i>
<i>Ruthie Johnson</i>	<i>April 9</i>	<i>Daughter of Paula Ali</i>
<i>Matthew Tisch</i>	<i>April 10</i>	<i>Son of William &amp; Barbara Tisch</i>
<i>Jennifer Corbett Dennis</i>	<i>April 12</i>	<i>Daughter of Joan K Corbett</i>
<i>Daniel Wang</i>	<i>April 13</i>	<i>Son of Millie Yu</i>
<i>Montana (Monti) Brown</i>	<i>April 16</i>	<i>Son of Donna Brown</i>
<i>Shannon McCarty</i>	<i>April 18</i>	<i>Daughter of Kevin McCarty &amp; Pat Hays</i>
<i>Westley Banks</i>	<i>April 19</i>	<i>Son of Susan Banks</i>
<i>Alexander Rettinger</i>	<i>April 20</i>	<i>Daughter of Kathleen Rettinger</i>
<i>David Nesheim</i>	<i>April 24</i>	<i>Brother of Toni Nesheim</i>
<i>Lisa Rosemann</i>	<i>April 25</i>	<i>Daughter of Pat &amp; Craig Rosemann</i>
<i>Griffin Schumow</i>	<i>April 26</i>	<i>Son of Jeff &amp; Krista Schumow</i>
<i>Timothy Reece</i>	<i>April 29</i>	<i>Son of JoAnn Prihoda-Reece</i>
<i>Gavin Short</i>	<i>April 29</i>	<i>Beth &amp; Alan Short</i>
<i>Anne Thomson</i>	<i>April 30</i>	<i>Daughter of Nancy &amp; Tom Thomson</i>

*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.*

[vszech@comcast.net](mailto:vszech@comcast.net) - 847-337-4168



## IN THE BEGINNING....

Your child has died. As a newly bereaved parent you have experienced the most devastating life-changing event. Your whole world has been shattered and you are in a new world now. You will be relearning how to survive when at times you won't even want to survive. The only hope I can give you is that we in The Compassionate Friends have survived and we are here to help you. It won't be easy but keep in mind, if you hadn't love so much you wouldn't hurt so much now.

"How long will it last?" is probably the first question we hear from ones like you new to grief. It is a very important question to us at the beginning. Professionals have managed to place timetables based on their studies and you will hear "two years" quoted, but those of us who have been the road a number of years will tell you that you will not "get over" the death of your children in two years. You probably never will "get over" his or her death, but you will learn to live with the fact of it and rejoin life and lead a normal life again; it will just be different from before.

There is no timetable on grief. Some work through the process sooner than others but for us who are bereaved

because our child died, grief is no longer and more devastating than grief from any other

death in our lives. We operate on our individual timetable; we cannot judge our progress or lack of it by anyone else.

Grief is a process, a moving through. Sometimes we go forward, but sometimes backward, and sometimes we get "stuck" for a while, but keep in mind it is a process and eventually you will move through it. Within this process there are "stages". We're told those stages are shock, denial, anger, bargaining, and acceptance. They don't

necessarily come in that order.

Most of us do experience shock and denial or disbelief first. We can't believe it has happened! There must be a mistake! This happens to other people...not us! That shock is so tremendous that it affects us physically as well as psychologically. It is marked by a lowering of blood pressure, coldness of the skin, rapid heartbeat and an acute sense of terror. That shock insulates us and allows us to go through our duties and do things at this time that we never could have done otherwise. I praise that shock because it keeps us from dying too. That shock allows some of us to carry on with grace and skill during the days surrounding the death and the funeral. That same shock knocks some of us into merciful oblivion and we don't remember a thing during that time. We are all individuals and we react differently during grief, but there are common reactions we all share. This is why you will find very quickly that the only one who really understands what you are going through is another bereaved parent.

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**(In the Beginning... continued from page 4)**

Anger, another stage, may come at any time. It is very natural, normal reaction; don't be afraid or ashamed of it. Know it is okay, you won't always feel this way, there is nothing wrong with you for feeling this way - most of us feel some anger toward something, someone, even at God, even the child in some instances. You have been hurt beyond your wildest imaginings. I have described my own anger as rage. Society frowns on anger so don't expect always to be treated kindly when you display it, but remember you have a right to be angry. Anger is often unfocused and we sometimes take it out on innocent people. Medical personnel are often the first to receive this anger and funeral directors are next in line. Later that anger can attack anyone who crosses our paths. It is good to recognize anger and try to focus it, learn to use it as a tool. Take up social issues, find healthy outlets for it. It is important to do something physical about anger. Hard work and sports are ways, and we've heard many stories of chopping wood, breaking dishes at garage sales and breaking them when we need an outlet. Scream in the shower, in your speedboat or closed up in your car, but get it out. Anger turned inwards becomes depression.



With the death of our child everything we ever believed in is shattered. In my own case I had to

struggle for a long time to even figure out what I did believe in; I was so confused. Our egos, our beliefs in ourselves, were badly shaken because, as parents, we truly believed we could protect our child from anything. We were careful, good parents, and now our child is dead. **WE HAVE FAILED TO KEEP OUR CHILD ALIVE** and our ego tells us we are a failure! This devastates us; we can no longer believe in ourselves; we feel

that obviously we are incapable of doing anything right. We have no self-confidence, no longer any self-esteem: These are all natural, normal responses to the horror of your child's death. Given time and care these feelings will pass. We will achieve a balance in our personal life again.

Remind yourself to be patient, to be kind to yourself. You are not a failure, you did the very best you could, and you would surely have given your own life to save your child's. You did not fail; life just isn't always fair. These feelings, and others as bizarre, may cause you to think you are going crazy. Ask any bereaved parent of some years and they will all tell you they thought the same thing at some time. You are a changed person now; you will never again be the same as you were before your child died. Someday you will accept that fact: Out of the ashes of grief you can grow, if and when you choose to do so. Look around you to the other bereaved parents; you will find role models and hope in them. There will be many tears, allow them, they are healing and necessary to survival and recovery.

Many of us suffer from the lack of ability to concentrate. It is a common complaint. We can't think, we can't remember from one minute till the next and we have no idea what we've read when we finish a page. Be patient, given time and some effort you will return to normal.

Hang on to any shred of your sense of humor that you can, even a small chuckle

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**(In the Beginning... continued from page 5)**

now and then can break your tension and give some relief. It may be a while in coming but one day you will laugh again. I know you can't believe it now but you will.



You will have a strong need to talk. You will find that you can talk more than one

person can listen, so seek out several good friends who will let you talk to them. You will find some at the Compassionate Friends meetings. You will need to tell your child's story over and over again. You will need to talk about the whole life and death and what you are going through now. Talking is therapeutic. Talk and talk, and talk, until your story is told.

At night you may go over the events again and again and again, night after night. This is called obsessional review. Sleep disturbances are not unusual. We either can't sleep or sleep too much.

We suffer guilt real and imagined. We recall punishments and in turn punish ourselves with them when at the time the punishment was probably fair. We through the "if onlys." If only we had or hadn't....

Beware of isolation. We need to be with people, not alone. When we isolate ourselves with no one to talk to about our feelings, we become depressed: and isolation plus depression equals suicidal feelings and that spells real trouble.

We are fatigued, lack motivation, we suffer numerous physical complaints, headaches, stomach disorders, we are either nervous or feel dead inside... many and sundry are our complaints, most of which are normal and to be expected in this time of enormous stress

and always we ask ourselves and others, ""Why?" "Why me?" "Why my child? Simply because life isn't always fair, my friend.... Your world is topsy-turvy now, nothing makes sense, nothing fits....family balance is upset, the numbers are all wrong, there is one too empty chairs at the table now, so you choke on your food and think of the empty chair. Grocery shopping is a nightmare because your child's favorite food greets you from the shelves of every aisle; you don't dare think of holidays because you know you'll never survive them without your child. Your child's birthday and the memory of all the joy of that day looms like a mountain far too high to climb. Some days all you want is for the pain to stop. Some days you just can't get out of bed. Some days you work hard and fast like something has possessed you. Every day you cry. You find you are very lonely even in the midst of a crowded shopping mall. You want to scream at the busy, happy people, "Don't you know my child is dead?' How can they go on as if nothing has happened?" No matter how many people you are with, you are lonely.



Compassionate Friends understand: each one of us has had a least one child die. We know what you are going through. We don't pretend to have all the answers, but we want to share this time of your life with you. We want you to know you are not alone.

Fay Harden TCF Tuscaloosa, AL



## SPRING CLEANING

*Posted on February 20th, 2024*

We used to live in a townhouse, one of those inventions designed to minimize housekeeping chores, mortgage payments and a tendency to accumulate more things than one needs to cross the Sahara in summer. We moved there because I liked the idea of no yard work, and we would be unburdened by conversations of "It's-Saturday-so-mow-the-lawn." I hate housework (it hates me too!), and we wanted a less complex life.

Smaller places do have a certain appeal...especially during the "It's Spring and that means let's-get-organized-around-here-and-throw-out-all-YOUR-stuff" mood that tends to permeate the months of March and April.

When you only have one closet, cleaning it takes a minimum of time. Opening the door starts the process, and if you are clever, you will stand with an open trash bag as you pry open the door. Always do this at 2:00 a.m. when the other nearby occupants in your townhome are asleep, or during those few quiet moments of solitude you get after announcing that Dairy Queen is having a twenty-minute-

only-special, and you have (thoughtfully) placed the keys in the car.

Designed by some psychologist in an effort to help patients rid their psyches of old memories, useless information and general "clutter," spring cleaning has become an American phrase most often associated with grief. It is a painful process, this sifting and sorting of all the things that tell us (and the rest of the world) who we are or were.

There are as many ways to spring clean as there are homes and hearts and minds and spirits that need "adjusting" (a real psychological term thrown in just to remind you that I am a professional too!)

How many times have you been told "It's time to move on," or, "It's time to get back to normal," or, "You mean you haven't gotten rid of that yet?" (That can refer to a multitude of things such as his favorite pipe, her bathrobe that the dog attacked during one his "spells," or an odd assortment of baseball cards, used gum wrappers and dirty socks that were secreted under the bed, left behind for you to find and cry over .

How come everybody else knows when it is time for me to spring clean! How come everybody else knows when it is time for me to open that closet and sort through all those memories, trying to decide which ones to

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keep and which ones to pass on to the Salvation Army? How come everybody else knows when it is time for me to get back to living?

I am spring cleaning. I am sifting through the “stuff” that made up my loved one’s life and I am learning to let go of a few things...slowly.

When we moved to a townhouse, we thought life wouldn’t be so complicated. I wouldn’t have to go out into the yard and remember how wonderful it was to enjoy the first spring flowers...with him. I don’t want to cut the grass, because we loved playing in it, tickling our bare toes and laughing our way through spring into summer. We moved to a townhouse so we couldn’t keep everything forever. It doesn’t stay around anyway, so why have storage space? Why have cupboards that no longer need to hold cereal that turns the milk blue, or closets that no longer need to hold baseball shoes, bats and crumpled homework pages? Why have room for memories?

WHY? Because, I can’t live without them! Spring is a time for spring cleaning, for sifting and sorting and re-reading and remembering. Spring is a time for things to go a stay. We just have to decide which what. Spring is a time for renewal, when the earth begins to defrost after a harsh and bitter winter. It doesn’t matter when your loved one died ; it does matter when you begin to let spring back into your life. It does matter when you open that closet and let the memories come out, along with the hurts and the hopes that you buried one day not so very long ago.

You never know what you are going to find when you start spring cleaning. You might discover treasures you had long forgotten, or the tax papers you needed, or the Easter egg

no one found last year. You might find a few bits of joy lurking under the bed (we found dust bunnies). What fun to remember how that stuff got there or who might have been hiding under the bed when you were looking for volunteers for trash patrol!

Spring cleaning is a tradition that follows the footprints across your freshly waxed floor. I wish there were still footprints to clean up, but since there aren’t, I’ll just have to spend a few extra moments with this box of treasures I found. No time like the present to inspect the “stuff” in search of few “bits of joy.”

When we lived in a townhouse, we thought that maybe, in a few years, we could stretch out into something a bit larger (and have a maid, too!). Maybe we would just start a little patch of grass out front, plant a seed or two in a clay pot on the patio, and live with what we have. Eventually, my house got larger, and my heart has grown, too!

Darcie D. Sims, Ph.D., CHT, CT, GMS was a bereaved parent, a grief management specialist, a nationally certified thanatologist, a Certified pastoral bereavement specialist, and a licensed psychotherapist and hypnotherapist.



## THE COMPASSIONATE FRIENDS 47TH NATIONAL CONFERENCE

**July 12, 2024 – July 14, 2024**  
New Orleans Marriott Hotel  
555 Canal St  
New Orleans, LA 70130

[REGISTER NOW](#)

We are very pleased to announce The Compassionate Friends (TCF) 47<sup>th</sup> Annual National Conference in New Orleans! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of our conference include our heartfelt Saturday evening Candle Lighting Program, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

This year's conference will be held at the New Orleans Marriott. Reservations can now be made online at TCF's dedicated [reservation link](#). Our discounted room rate with the Marriott is \$144 per night plus applicable taxes and fees. Please note that each attendee can reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in New Orleans!

Fri, July 26, 2024 - 07:00 AM<sub>CDT</sub> - Sun, July 28, 2024 - 11:00 AM<sub>CDT</sub>



**Bereaved Parents of the USA**  
NATIONAL GATHERING CONFERENCE

**July 26 - July 28**

HERNDON, VIRGINIA

Hilton Washington Dulles Airport, 13869  
Park Center Road, Herndon, VA, 20171

Join us at the 'Journey of Love' National Gathering Conference, where we will gather as a supportive community to share our stories, experiences, and insights on navigating the complexities of grief and finding solace in the enduring love we hold for our children, grandchildren, and siblings. Through engaging workshops, insightful discussions, and heartfelt connections, our aim is to provide a space of comfort, understanding, and healing for all attendees.

### [INFORMATION & REGISTRATION](#)

**KEYNOTE SPEAKERS**

**BECKY RUSSELL**  
Weepyseeds

**ROGER MORONEY**  
Alive Alone

**MICHELE BENYO**  
Good Grief Parenting

**MANDY EATON**  
Adrienne's Fund

Bereaved Parents of the USA

**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 in order 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 Tammie Barrera, 821 Roberts Road, Winthrop Harbor, IL. 60096**

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 Vicki Szech at [vszech@comcast.net](mailto:vszech@comcast.net) or 31023 Prairie Ridge Road, Libertyville, IL 60048.

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](http://www.compassionatefriends.org)

**Steering Committee 2022 – 2023**

**CHAPTER LEADERSHIP** Susan Banks 847-366-9375 [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) – son, Westley Banks Age 21 of suicide

**TREASURER** Tammie Barrera 847-872-9684 [julyson2@gmail.com](mailto:julyson2@gmail.com) son, Aaron Barrera Age 29 Auto accident due to Diabetes

**COMMUNITY OUTREACH**

**HOSPITALITY** Kris Frisby 847-366-3170 [Kefrisby88@comcast.net](mailto:Kefrisby88@comcast.net) son, Camden Frisby Age 15 of suicide.

**SECRETARY / LIBRARIAN**

**REMEMBRANCE SECRETARY** Shannon Seay 224-456-2891 [Seayseven1@comcast.net](mailto:Seayseven1@comcast.net) daughter, Ashley Seay Age 17 Auto accident.

**NEWSLETTER EDITOR** Vicki Szech 847-573-1055 [vszech@comcast.net](mailto:vszech@comcast.net) daughter, Rachel Szech Age 16 Horseback-riding Accident

**NEWSLETTER PRINTING & MAILING** Toni Nesheim 847-204-7585 [tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net) & Denny Salomonson, 847-223-7353 [drdeno@sbcglobal.net](mailto:drdeno@sbcglobal.net) - daughter, Rachel Salomonson, 19 Auto accident

**WOODLAND WALK COORDINATORS** Christine Pado 847-455-6642 [chpado@gmail.com](mailto: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](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto: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](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto: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** page <https://www.facebook.com/cfoncil>

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

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