

The COMPASSIONATE FRIENDS
Northern Lake County Illinois Chapter #1511
October 2026 Newsletter
*A self-help organization offering friendship and understanding
to bereaved parents.*



A Note from Susan

Dear friends, the month of October, brings us Autumn colors and a stirring of the holidays and the winter months ahead of us. The holidays will soon be here; they are approaching and are just around the corner. I wanted to share a few words of wisdom that were shared to me. It's for those of us many years in, a few years and for those who have a very recent loss of a loved one.

Focus on what you can control ~ do what is right for you during the holidays. Plan for family gatherings, have an A plan and a B plan. Communicate, Listen, and pause for understanding ~ it's ok to take a breath and sit for a minute. Find a way to honor your memories ~ Embrace your treasure of memories. Continue with traditions, create a new tradition, or make slight changes. Express your faith. Do something kind for others. Set healthy boundaries. Be with supportive comforting family and friends. Allow yourself a range of emotions ~ It's ok to be sad, it's ok to share tears, it's ok to feel joy and it's ok to celebrate.

Thinking of you and your families during the holidays,

Your Friend, Susan ~ Westley's mom

~~~~~

We will have our Annual Candle Lighting Ceremony  
Thursday December 3, 2026 and  
Sunday December 13, 2026.

The first Thursday of the month meeting; December 3, 2026, is our Zoom meeting. 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. A zoom link will be emailed and can be shared to family and friends.

The Compassionate Friends Worldwide Candle Lighting Ceremony is Sunday December 13, 2026. The Worldwide Candle Lighting 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. All around the world candles are lit on December 13<sup>th</sup> by hundreds of thousands of people commemorating and honoring the memory of all children gone too soon.

Our Ceremony is 6:30 pm – 8:30 pm at the Millburn Congregational Church 19073 West Old Town Court Lake Villa, IL 60046. We invite you, family and friends to meet in the gather space following the ceremony for refreshments and conversation.

The candles are provided at the ceremony. We do invite you to purchase a luminary in memory of your loved one. A luminary is an opaque bag that holds a flameless candle. We will place a name label "In loving Memory" with your loved one's name on the outside of the bag. The luminaries will line the hallway to the sanctuary, the location of the Ceremony. After the Ceremony, please take the luminary in memory of your loved one. The photo montage is a slideshow presentation of our members' loved ones who have gone too soon. We are inviting our new members to send a picture of your child, sibling or grandchild to Susan Banks and the photo will be included in our Chapter's photo montage, presented at the conclusion of the Candle Lighting ceremony.

Luminary forms are in this newsletter and information about the photo montage ; see pages 8 and 9.

If you have any questions about the Candle Lighting Ceremony, the Luminary or the Photo request please email, Susan at [Lanwesmar@comcast.net](mailto:Lanwesmar@comcast.net)

## 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  
October 1, 2026

#### Third Thursday of the month meets at

Millburn Congregational Church  
19073 West Old Town Court  
Lake Villa, IL 60046.

7:00 – 8:30 pm

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

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

Open discussion

October 15, 2026

## Chapter News

Our chapter held its annual HeART Remembers; an evening of creating art in memory of our loved ones. It's a gentle event that brings us together to remember, celebrate and care for each other as we think of our loved one who has gone too soon. We came together for a comforting evening; spending time together and sharing.

We had some special guests join us this evening from the LLC K-9 Comfort Dog Ministry; 2 comfort dogs and their handlers; Jenni Hoffmeyer with Tobias and Chelsi Todd with Gethsemane. It was wonderful to visit with the handlers and snuggle with the dogs. We enjoyed their visit and kindness.

Tobias and Gethsemane



## GIFTS OF LOVE

A donation to our chapter in honor of or in loving memory of your child.

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 thanks-giving that their own children are alive and well, or simply a gift from someone who wants to help in the work of our chapter.

Love gifts are acknowledged each month in the newsletter.

The October newsletter is sponsored by Barbara Fleming in Loving Memory of her daughter, Kerrin Lee Fleming, October 21, 2014.

We received combined donations of \$335.00.

Thank you for your generosity.

Please remember that our chapter will never solicit for donations. You will never receive an email, text message or phone call soliciting for a donation or a need of money or payment from any steering committee member. I, as the chapter leader will never ask for money for assistance with any chapter finances. We provide the opportunity for Gifts of Love as a place to give a donation in honor or memory of a loved one. Susan Banks and the Northern Lake Co TCF Steering Committee.



***OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED THIS 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**

|                                |                   |                                                  |
|--------------------------------|-------------------|--------------------------------------------------|
| <i>Victoria Piela</i>          | <i>October 1</i>  | <i>Daughter of Joanna and John Piela</i>         |
| <i>Levi Nichols</i>            | <i>October 4</i>  | <i>Son of Bambi Nichols</i>                      |
| <i>Dan Furlan Jr.</i>          | <i>October 9</i>  | <i>Son of Dan and Pat Furlan</i>                 |
| <i>Kian Williams</i>           | <i>October 10</i> | <i>Son of Jeanda Williams</i>                    |
| <i>Susan Allbee</i>            | <i>October 11</i> | <i>Sister of Toni Nesheim</i>                    |
| <i>Marc Hawkinson</i>          | <i>October 11</i> | <i>Son of Mary Kay Clark</i>                     |
| <i>Marleea Gerfen</i>          | <i>October 12</i> | <i>Daughter of Marsha &amp; Lee Bell</i>         |
| <i>Nick Weber</i>              | <i>October 16</i> | <i>Son of Glenda Weber</i>                       |
|                                |                   | <i>Brother of Karen Lumusga</i>                  |
| <i>Martin H Bernal</i>         | <i>October 17</i> | <i>Son of Leticia Bernal</i>                     |
| <i>Jennifer Corbett Dennis</i> | <i>October 17</i> | <i>Daughter of Joan Corbett</i>                  |
| <i>Timmothy James Pitzen</i>   | <i>October 18</i> | <i>Grandson of Alana Anderson</i>                |
| <i>Marcia Stone</i>            | <i>October 19</i> | <i>Daughter of Kathryn &amp; Arthur Castillo</i> |
| <i>Donyel Prather</i>          | <i>October 22</i> | <i>Son of Donna Prather</i>                      |
| <i>Kelly Klawonn</i>           | <i>October 23</i> | <i>Son of Raymond &amp; Dorothy Klawonn</i>      |
| <i>Karlis J. Lazda</i>         | <i>October 26</i> | <i>Son of Mara Lazda</i>                         |

**ANNIVERSARIES**

|                                |                   |                                                       |
|--------------------------------|-------------------|-------------------------------------------------------|
| <i>Sharon Beth Gray</i>        | <i>October 4</i>  | <i>Daughter of Pam Gray</i>                           |
| <i>Martin H Bernal</i>         | <i>October 6</i>  | <i>Son of Leticia Bernal</i>                          |
| <i>Russell Isaac Thomashow</i> | <i>October 6</i>  | <i>Son of Blythe &amp; Andrew Thomashow</i>           |
| <i>Kian Williams</i>           | <i>October 10</i> | <i>Son of Jeanda Williams</i>                         |
| <i>Elora Jane Montgomery</i>   | <i>October 11</i> | <i>Daughter of Linda &amp; Christopher Montgomery</i> |
| <i>Tracie Musich</i>           | <i>October 19</i> | <i>Daughter of Trisha Musich</i>                      |
| <i>Lisa M. Johnson</i>         | <i>October 20</i> | <i>Daughter of Isabelia Lugo</i>                      |
| <i>Abram Tonon.</i>            | <i>October 20</i> | <i>Son of Terry &amp; Alan Tonon</i>                  |
| <i>Kerrin Fleming</i>          | <i>October 21</i> | <i>Daughter of Barbara Fleming</i>                    |
| <i>Charlotte Martin</i>        | <i>October 29</i> | <i>Daughter of Angela Martin</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.

Susan Banks [Lanwesmar@comcast.net](mailto:Lanwesmar@comcast.net)

*Memories*

*You are gone, but thank you for all these soft, sweet things you have left behind  
In my home, in my head, in my heart...*

*Nikita Gill*



## Halloween

The witches and hobgoblins  
Were on the loose that night.  
Our entryway eerily decorated  
To present a gruesome sight.

Six-foot teenager dressed as Captain Hook,  
Pegleg thumping on the tile,  
Eye patch covering a freckled face  
Accentuating a mischievous smile.

Popcorn balls concocted with delight  
Lusciously snuggled in a plastic hump  
Disguising a tape of wicked laughter  
Guaranteed to cause a terrified jump.

Once, my darling son, this memory  
of Halloween past was a time of despair.  
Now, looking back, on the love you gave,  
What pride I feel in a boy so fair.

The neighborhood hero to the younger set,  
Adults viewed, skeptically, the pranks you played  
Never in bad taste.... just good clean fun...  
They will never forget the genius you displayed.

Though the tears have come,  
Don't feel sorry for me.  
It's just that I miss you  
Oh, so desperately!

Jean Lipson, Grand Junction, CO  
~reprinted from Bereaved Parents Central Savannah  
River Area Chapters  
October 2002 Newsletter

## *Musings on Halloween's Past and Present*

On the evening, I type this, the nip in the October air is a reminder that the major holidays are just around the corner. Halloween decorations have been in the stores since July and Christmas décor even as early as August. For those of us who are bereaved parents, siblings and/or grandparents this means the sooner they are “in our face” the longer we have the constant reminders that we will be facing the holidays without our child. Whether it is your first Halloween following your child’s death or years down the road, such as in my situation, the holiday season stirs the emotions bringing varying levels of sadness, anxiety and sometimes even anger. With Halloween, there is the sorrow of no longer having to find that perfect costume or witnessing the delight in your child’s eyes when you found just the right one.

Many parents find Halloween a particularly hard one to get through. In the past, I always thought of it as innocuous enough; there were the costume parties with bobbing for apple, children excitedly dashing door-to-door trick-or-treating, pumpkin carving, and the occasional harmless prank. However, after my daughter Nina died, I became acutely aware of things that I never gave a second thought to in the past. For instance, my former neighbor made her whole front yard into a graveyard scene, complete with fake headstones that said R.I.P. with scary or silly epitaphs as well as hideous ghosts coming out of the earth with bony bloody fingers. Before Nina died, I too found the cemetery “creepy”, but now I look at it differently, even with a sort of reverence, and no longer have a problem going out to my daughter’s gravesite, even in the middle of the night. I find the solitude of the historic countryside graveyard where she is buried peaceful and dignified and worthy of respect, and I was hurt by what I felt was apparent ridicule and disdain for the final resting place of our loved one’s physical bodies to the point of tears and anger.

(Continued on page 5)



*(Musings on Halloween's Past and Present continued from page 4)*

Moreover, some of the masks and costumes portrayed faces of death in a way that I found highly offensive, especially since I knew many who lost their children to some of the means depicted. I took it personally and didn't appreciate what I perceived as a mockery of death.

Though I still don't pretend to understand the allure of the above-mentioned Halloween depictions, they aren't as painful to me as they were the first few years after Nina died. During the early grief years, we become very hypersensitive to our surroundings and more keenly conscious of anything related to death. It is pretty hard to look past the general non-bereaved populations seeming nonchalance about something we take so personally. Though we wish there was more empathy and understanding, we also know all too well that they cannot truly sympathize unless they also have walked in our shoes. It is easy to forget that we too, before our children's deaths, may have shown the same indifference. I believe that we would like to think that we wouldn't have been so callous because we now personally know how much this hurts those affected; however, before we lost our "innocence" truth be told, we probably didn't give any of it much thought. That being said, oftentimes it is still easier said than done.

On this 10th Halloween without Nina, I pretty much ignore all the ghoulishness surrounding this time of year. If I do find I am having difficulty, I try very hard to focus on positive and precious memories of Halloween's past, such as her belated birthday/Halloween party where our basement became a makeshift haunted house where giggling blindfolded costumed witches and princesses plunged their hands into bowls full of peeled grape "eyeballs" and wet macaroni "brains" to the shrieks of "Yuck!" or the photo taken of Nina on her last Halloween. No longer of trick-or-treat age, she stayed home to pass out the candy and carve an awesome Jack-O-Lantern that she is pictured proudly alongside, with her ever present smile and that wonderful twinkle in her brown eyes. Or the photos I have of her in her costumes over the years from Care Bear to Punk Rocker. Because of my photographs and precious memories, I also realize that I was one of the

"lucky" ones in that regard. There are those whose children died before they ever had the opportunity to create memories; there is the sorrow that they were never able to experience even one holiday with that child, yet alone several, and that saddens me very much.

For those with a missing trick-or-treater this Halloween or the conspicuous empty chair at Thanksgiving dinner this year, the first ones are the most difficult. Though I find they are easier to bear as time goes on, you never really forget the absence from the family holiday gatherings of one loved so much, nor do you want to forget, really. Please try to remember that this roller-coaster grief rides each year brings different feelings. It is important that you just allow those feelings and let them happen. Try not to be waylaid by other's expectations of you. Trust your instincts and go with them. Truly, only you know what you can or cannot handle.

With gentle thoughts,  
Cathy Seehuetter  
TCF/St. Paul, MN  
~reprinted

*Another Year*

Another year has come,  
And you're so far away from us now;  
But in our hearts still.  
Forever, we will hold you close.  
Each smile, laugh and tear we've cried  
Are a testament to our love for you.  
We will always love you,  
No matter what happens.  
Your death cannot separate us.  
We're right here, loving you as always.  
Our hearts are true to you.  
We will never forget your love and spirit.  
We are no longer afraid -  
For to live or die is the same for us.  
You are still with us on this journey of life.  
We raise your light to the heavens, and smile as we remember you!

*by Barbara Dwyer, TCF Gwinnett*



## **HALLOWEEN AND BEYOND**

**By Shirley  
Carrigan  
BP/USA of North  
Texas**

I was getting ready to go to the store to purchase candy for the “great Pumpkin day,” which brought my attention to the holidays of preceding years: Thanksgiving, Christmas, Chanukah and New Year’s - those days that threaten bereaved parents so much. This is the fifth holiday season since my Douglas’s death, yet I still have a fleeting desire to run and hide. Although last season was not as terrible as the one before, I know I’ll shed tears again this year during some lonely and sad times. These are very private moments of grief for me now.

For those of you who do not attend support meetings, our newsletters may be the only link you have to other bereaved parents. Please take time for yourself during the holidays. Take time to cry and to be alone. Try not to take on assignments from other family members who cannot know the exhaustion you experience. Ask for the things you think you need. Others cannot read your mind, yet it is so difficult to tell someone that you are hurting and need something from him or her. There is no requirement to pretend you are okay, when in fact, you are not.

Healing is a slow process requiring a lot of work. I always know when others have never experienced a great loss for, they will say, “Time will heal all wounds.” What they do not know and cannot know is that healing a great grief requires hard work and lots of time. Time itself cannot heal anything. It is not the passage of time in itself, but the pain and suffering endured and the

struggle to reclaim one’s life which will make healing possible. Others see only the end result without realizing the work that went into the healing process.

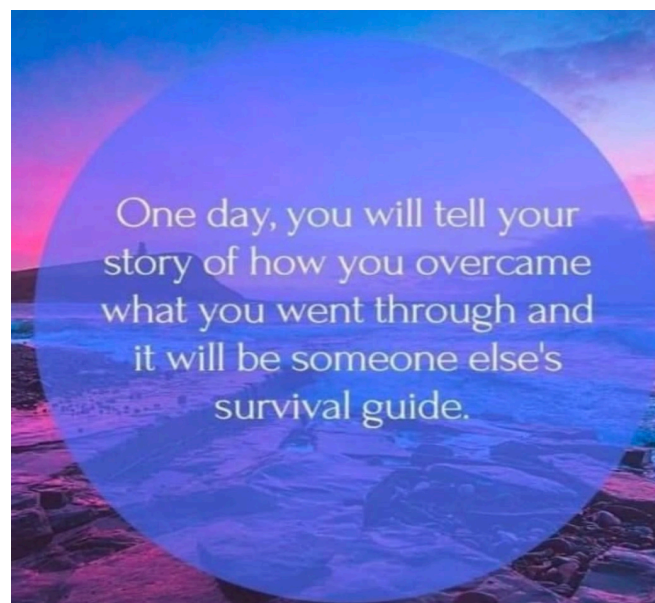
Take the time you need to complete your work; to heal your spirit, mind and body; to regain your will to live. Be good to yourself. Remember that healing is possible through your own effort and determination and not simply by the passage of time.

Lovingly borrowed from the Fall 2008 newsletter of the Bereaved Parents of the USA

### *Valuable Quotations from Ron Greer During the 2008 Gathering*

*“When you reach the top of the elevator in your grief, remember to go back down to help others.”*

*“When a bereaved parent was asked how she was doing, she replied, “I’ve still got my baggage, but I am down to a carry-on.”*



## *You Carry Them*

The longer you live with loss, the more you realize the memories and the love don't stay in the past, they stay in you.

In the way you pause before speaking, in the habits you don't even notice you've kept, in the thoughts that come without warning. In the breath you take when something reminds you of them.

In the smile that appears because, for a split second, you remember something only you and they shared.

They are not something you visit when you choose to remember.

They are someone you carry.

Grief doesn't just hold absence. It holds presence too, not in a way that replaces what was lost, but in a way that keeps them a very real part of your life. Their love doesn't end. Their place doesn't disappear.

They are there in everything

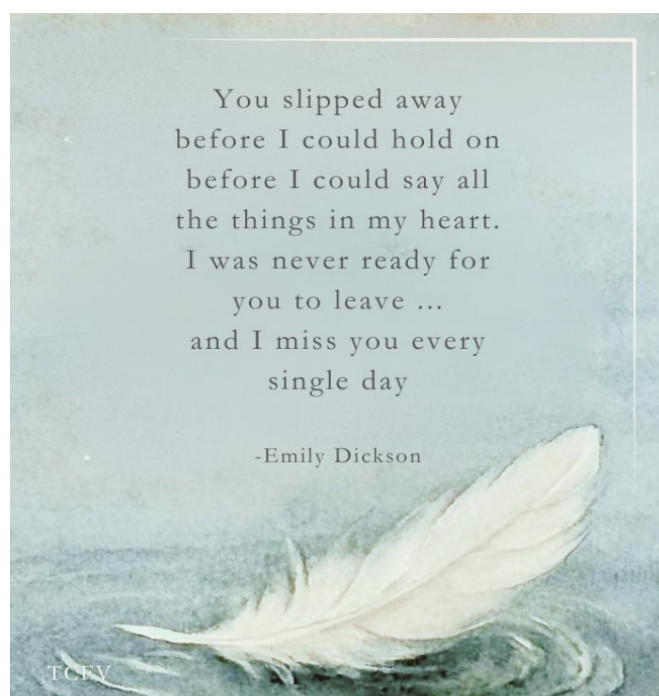
In the hard times and in the times that don't look like grief at all.

Because you don't just lose someone, they may be gone but they really never go,

*You now carry them. TCF*



*A friend who said, "I'm fine,"  
While every unspoken burden  
Pulled tighter like a line.  
We count the names too late,  
Then ask what we could do—  
Perhaps it starts with staying,  
With asking what is true.  
Not "How are you?" in passing,  
Not words that rush away,  
But "Tell me what you are carrying.  
I have time. I will stay."  
Let strength become a doorway,  
Not a wall no one can climb.  
Let men be human, hurting,  
And worthy of our time.  
Because silence is not bravery,  
And help is not defeat.  
Sometimes a life is saved  
When someone takes a seat.  
SANJEEV BANDI*



REQUEST FOR PHOTO FOR  
POWER POINT/SLIDE PRESENTATION  
OF LOVED ONES

## *We Remember Them*

ANNUAL WORLDWIDE CANDLE LIGHTING CEREMONY

Sunday December 13, 2026, 6:30 pm

Zoom ceremony is Thursday December 3, 2026

Millburn Congregational Church  
19073 W Grass Lake Road, Lake Villa, IL 60046

Please consider including a photograph of your loved one in the candle lighting ceremony through a Power-Point presentation. It is very touching to see the faces of the children and brothers and sisters and grandchildren of our fellow members of The Compassionate Friends.

If you have a photo that you would like to include in the presentation, please include your loved one's name, age at time of death, your relationship (son, daughter etc.) as well as your phone number and email address. Attach 1 photo to the email or text. If you are not able to send the photos electronically, you can mail them to me, and I will scan them for the presentation and mail the originals back to you.

If your loved one was included in last year's presentation, we will use the same photographs in the Power-Point presentation.

Please send photo and information by November 30, 2026.

Attach it to an email or send it in a text message or mail your photo to:

Susan Banks 1427 Clavey Lane Gurnee, IL 60031/email; [Lanwesmar@comcast.net](mailto:Lanwesmar@comcast.net)

847.366.9375



***The Compassionate Friends***  
***Northern Lake County Chapter***  
**Supporting Family After a Child Dies**



## IN LOVING MEMORY LUMINARIES – order form



The Northern Lake Co IL Chapter of The Compassionate Friends is offering an additional opportunity for bereaved families to remember their loved ones during the annual Candle Lighting Ceremony on Sunday December 13, 2026. The ceremony will be at the Millburn Congregational Church, 19073 W. Old Grass Lake Rd, Lake Villa, IL 60046 at 6:30 p.m.

The luminary is an opaque bag that has a weight and a flameless, battery-operated candle inside of it. The label on the outside will read “In Loving Memory” and your child’s or sibling’s name will be printed on it. The luminaries will be used to line the hallway of the Millburn church that leads to the sanctuary where the candle lighting ceremony is held. The soft light will provide a touching and welcoming entrance to the ceremony. The luminaries will be placed in alphabetical order by last name so that you can easily find your luminary and take it home with you.

We are asking a donation of \$5. for each luminary but no one will be refused. The donations pay for the materials for the luminaries and the remainder will go toward chapter activities and materials.

If you have questions, please email Susan Lanwesmar@comcast.net  
Please mail in by November 30, 2026.

— — — — — cut here — — — — —

I/we would like to order \_\_\_\_\_ (total no.) luminaries in memory of the following:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ordered by (your name): \_\_\_\_\_

Phone number: \_\_\_\_\_ Email address: \_\_\_\_\_

Enclosed Amount: \$ \_\_\_\_\_ Check #: \_\_\_\_\_

Please make checks to: “Northern Lake CO TCF”  
Mail to: Northern Lake CO TCF – 1427 Clavey Lane Gurnee, IL 60031

**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)

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 donating, please make the check payable to The Compassionate Friends. Return to Rosita Hernandez 3016 16<sup>th</sup> Place, North Chicago, IL 60064. [rosehernandez@juno.com](mailto: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](mailto: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](http://www.compassionatefriends.org)

**Steering Committee 2026– 2027**

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

**TREASURER** Rosita Hernandez 847-602-0698 [rosehernandez@juno.com](mailto:rosehernandez@juno.com) Daughter, Victoria Pickett Age 26 of suicide

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

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**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**

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

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

