



The Compassionate Friends

Supporting Family After a Child Dies

www.thecompassionatefriendsfw.com

Fort Worth Chapter #1354 | Phone: (682) 201-0837 | email: tcffortworth@gmail.com

STEERING COMMITTEE

Chapter Leader

Becky Long

Secretary

Becky Long

Treasurer

Steve Roberts

Welcome / Hospitality Coordinator

Janet DuPertuis

Welcome / Hospitality Committee

Sharon Austry

Virginia Solis

Elsie Sosa

Juan Sosa

Librarian

Elsie Sosa

Chapter Phone

Sharon Austry

Newsletter

René Willars

Additional Members

Jerry Austry

Charles & Genie Dean

Mark Deegear

Tony Pena

Chloe Willars

Regional Coordinator

Gene Caligari

(480-703-2963)

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TCF National Office :

The Compassionate Friends

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Wixom, MI 48393

Call toll free: (877) 969-0010

9 AM-5 PM, CST, Monday-Friday

Email: nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org

Facebook: The Compassionate Friends/USA

In Spanish: Los Amigos Compasivos/USA

Twitter: Text follow TCFofUSA to 40404

Regular chapter meetings **2nd Tuesday of every month at 7:00pm**

Arlington Heights Methodist Church
4200 Camp Bowie Blvd
Fort Worth, TX 76107
(Enter through west side of building)

All meetings/events held at Arlington Heights Methodist Church

UPCOMING EVENTS

Chapter Meetings

Tuesday, August 11

Topic: Memento's (Bring or share a favorite memento of your loved one)

Tuesday, September 8

Topic: TBD

Tuesday, October 13

Topic: TBD

Tuesday, November 10

Topic: TBD

Tuesday, December 8

Topic: TBD

Other Meetings/Events

Saturday, August 22

Steering Committee

Time: 10AM

Sunday, December 13

Worldwide Candle Lighting Event

Time: 7:00pm local time

A SPECIAL MESSAGE TO NEW MEMBERS

To those of you who are newly bereaved and receiving our newsletter for the first time, we warmly welcome you to The Compassionate Friends. We are a self-help organization of parents, grandparents and adult siblings who have experienced the death of a loved one. We offer understanding and support through our monthly meetings, a lending library, support materials and loving telephone listeners. Please do not be afraid to come to a gathering. Every other person in the room has lost a child, grandchild or sibling. They come because they feel the need to be with someone else who understands. We know it takes courage to attend that first gathering, but those who do come find an atmosphere of understanding from others who have experienced the grief that you have now. Nothing is asked of you. There are no dues or fees and you do not have to speak. There is a special feeling at meetings of The Compassionate Friends.

Monthly Program:

Refreshments are provided each month by volunteers. Please sign up to bring snacks to share. We also ask that no one bring any snacks containing nuts.

Paper goods and drinks provided.

Celebrate Life



IF YOUR LOVED ONE'S BIRTHDAY IS IN THE MONTH, YOUR WELCOME TO BRING REFRESHMENTS TO SHARE AND MEMENTO IN HONOR OF YOUR LOVED ONE'S BIRTHDAY!

New Member Recruitment

We are always looking for volunteers to help with meetings and events.

If you're interested in joining the Steering Committee, contact your Chapter Leader or any Steering Committee member.

TALK TO A TF FRIEND

Listed below are parents, grandparents and siblings who have walked where you are today. If you are having a difficult day and just want to talk, please call. *It isn't necessary to call someone who has suffered a loss identical to yours.*

Addiction

David 214-686-1901

Auto

René 817-504-8976
jrbc@att.net

Grandchild/Multiple Loss

Lydia 817-829-3801

Drowning

Debi 817-602-4018

Long Term Illness

Marty 817-726-7218

Homicide/Loss of all Children

Donna 817-690-8741
drjtusan@gmail.com

Homicide/Loss of Only Child

Steve 682-583-0125
sjr1216osu@gmail.com

Siblings

Suzie 214-686-1907

Spanish Speaking (Español)

David 214-686-1901

LOVE GIFTS

A **Love Gift** is a donation made in memory of a loved one. Your gift helps support books and programs, and ability to hold monthly meetings and special events for bereaved families. You may designate your Love Gift for a specific purpose, such as continuing education, workshops, memorial event, or books for our lending library.

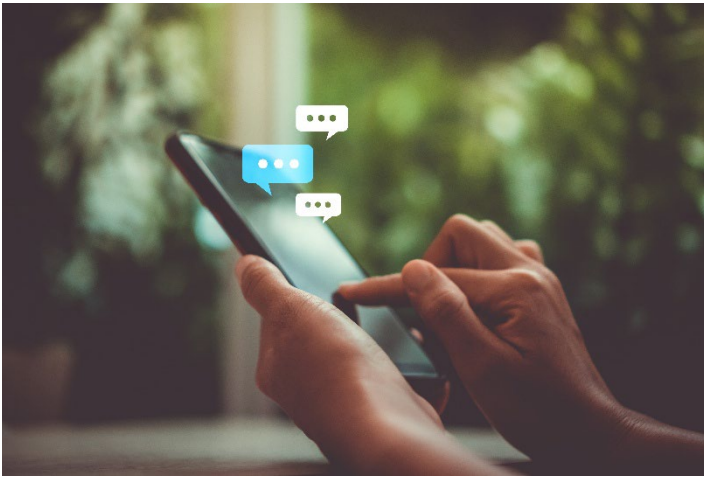


Donations can be made on the TCF Fort Worth website at:

<https://thecompassionatefriendsfw.com/>
or bring a check to any monthly meeting.
(please make checks payable to
The Compassionate Friends Fort Worth)

Recent Love Gifts

Summer Hamilton in memory of Brandon Hamilton



GRIEF IN THE AGE OF SOCIAL MEDIA

Posted on February 24th, 2026

There was a time when grief lived mostly behind closed doors. News of a death traveled by phone calls, hand-written letters, and quiet conversations. Mourning happened in living rooms, places of worship, cemeteries, and support groups. Grief was shared with a trusted circle of people who knew the loss intimately. Today, grief often unfolds on a screen. With the rise of social media, mourning has become both deeply personal and profoundly public. A single post can announce a death, invite condolences, preserve memories, and expose raw emotion — sometimes all at once. This shift has changed not only how we grieve, but how grief is seen, interpreted, and responded to.

Social media platforms have become spaces where millions of people publicly express loss. As of early 2025, there are over 3.3 million Instagram posts tagged with *#grief*, illustrating how many people turn to social media to share mourning, memories, and emotions online. In specific bereavement contexts, research shows that nearly two-thirds of people bereaved by suicide reported using social media after their loss, with most of them describing it as *beneficial* or *very beneficial* to their grieving process. These figures reflect a larger cultural shift: *people now routinely use social media as part of how they remember, connect, and process their grief*, especially when traditional practices feel isolated, inaccessible, or insufficient.

Before social media, grief had clearer boundaries. There was permission to step away, to be unseen, to mourn quietly. People brought casseroles, sent sympathy cards, and sat in silence together. There was no expectation to explain how you were feeling or to update others on your healing. Grief moved at its own pace, largely unobserved by the outside world. Memories were kept in photo albums and told through stories passed between people in person.

Today, grief is often shared in real time — sometimes within minutes of a loved one's death. Posts may include heartfelt stories, photos, videos, and reflections shared with hundreds or thousands of people. Across generations, this visibility can provide a lifeline of support: extended family members, distant friends, coworkers, and even virtual strangers offer condolences, empathy, and shared remembrance.

Research underscores this shift: social media now functions as a *digital mourning space*, enabling what grief scholars call “continuing bonds” — ongoing connections with the deceased through posts, comments, and shared memories.

How Social Media can help:

For many people, social media brings several meaningful benefits:

1. Connection and Support

Sharing grief publicly allows immediate emotional support from a broad network — not just close family or neighbors, but friends from all stages of life, even across continents. This connectedness can reduce isolation, a common experience in grief.

2. Remembering and Legacy-Building

Online memorial posts, tribute pages, and hashtags allow collective remembrance. These become modern digital memorials where stories, photos, and memories live on.

3. Peer Support and Resources

Some people use social media to find groups or peers who have experienced similar losses. These connections can offer empathy and understanding that might not be available in one's physical community.

4. Accessible Expression

Platforms provide space for expression in many forms — text, photos, art, music, poetry, and video — giving mourners options that resonate with their personality and emotional needs.

Despite its benefits, public grief also brings challenges:

1. Pressure and Expectations

There can be pressure to post updates about your emotional state or to publicly display your mourning in ways that others *expect* to see — even when you don't feel ready to share. This can unintentionally turn grief into performance.

2. Constant Reminders

Social media feeds can resurface memories through “memories” features, old messages, or anniversary reminders. For some, these automatic reminders can reopen emotional wounds unexpectedly.

3. Comparison and Visibility Stress

Seeing how others grieve — or perceive others *should* grieve — may lead to unhealthy comparison or self-judgment. Not everyone grieves in the same way, and social media can amplify a sense that there is a “right” or “wrong” way to mourn.

4. Emotional Overwhelm

Notifications, comments, and messages of support can be comforting — but they can also feel overwhelming, especially in the early days of grief.

Grief has not changed at its core — it is still love with nowhere to go. What has changed is the *landscape* in which it lives.

Social media can offer support, connection, and remembrance — but it does not replace the need for personal care, in-person support, or professional help when needed. Thoughtful use of these platforms can amplify healing, but it's also okay to step back, limit interaction, or grieve quietly away from screens.

Most importantly, whether grief is shared in whispers or posts, what matters most is that no one feels they must walk it alone. We invite you to join us in one of our many Facebook groups or connect with us through another platform such as Instagram. You can find a list of our Facebook groups on our website: compassionate-friends.org.

Brenda Busby

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.



SIBLINGS WALKING TOGETHER (FORMERLY THE SIBLING CREDO)

We are the surviving siblings of The Compassionate Friends.

We are brought together by the deaths of our brothers and sisters.

Open your hearts to us, but have patience with us.

Sometimes we will need the support of our friends.

At other times we need our families to be there.

Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be.

We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving siblings of The Compassionate Friends.



P.O. Box 3696

Oak Brook, IL 60522-3696

The mission of The Compassionate Friends: 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.