



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

Chapter email: [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

Tucson Chapter  
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**WALKING THIS VALLEY- Tucson Chapter Vol. 48 No.4 July-August 2026**

Welcome!

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard, but you have nothing to lose and much to gain. For many it is the first real step toward healing. Although it may seem overwhelming, we encourage you to come to several meetings to give yourself a chance to become comfortable. The hope of The Compassionate Friends is that those who need us would find us and that those that find us would be helped. TCF also provides information to help members be supportive to each other. We are not professional counselors. We are bereaved families who want to help each other.

**We're sorry for the reason you're here, but we're glad you've found us-Tucson TCF**

**Tucson Chapter Meetings: Christ Church United Methodist 655 N. Craycroft**

**Second and Fourth Wednesdays, 7-9pm**

**July 8, 22**

**August 12, 26**

**September 9. 23**

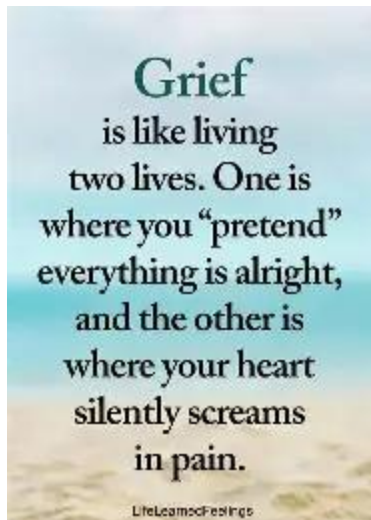
**Last Moments**

Last moments  
Snatches of conversation  
That echo across all decades...  
Priceless words  
Indelibly etched on the heart.

Sometimes  
Thoughts were never spoken  
But unexpected sentiment—  
A quick embrace, a silly smirk,  
Or joyous laughter—  
Reaches through the pain  
And warms the heart.

We came too soon to understand  
The folly of harsh words  
Or neglected touch,  
For who can know which  
Taken-for-granted event  
Will become  
A last moment.

-Diane Fields TCF Westmoreland, PA



### **Tissues, Tears & Treasures**

A circle of chairs and boxes of tissues,  
A roomful of tears and emotional issues.  
Frightening at first, I did not want to enter  
Into this strange group and be in the center.

What I soon learned, as we sat side by side,  
We were bound by the love of our children who died.  
Each shattered heart,  
desperately seeking a moment of peace,  
from the pain and weeping.

So many things different, and yet all the same,  
Hearts lost in a fog of loss and pain.  
Those who have journeyed, much further than me,  
Reached out in comfort, listened quietly.  
Each shattered heart spoke, and the tissues were passed,  
We never avoid speaking of the past.

This circle of friends has found a bond,  
And here I'm still known  
As "Tony's Mom."  
Slowly, I've found  
I can reach out to others  
Who are newly bereaved, fathers and mothers.  
Strength I have found in this  
Circle of chairs,  
To grieve and to heal  
And to show that we care.

Diane Barta TCF Portland, OR In Memory of my son, Tony

## July Birthdays

ANTHONY ABNEY  
MARK BATES  
DEANA CAPPUCCIO  
CARM-IDRELLE CASSEUS  
ELLILAH ROSE CHICO  
COLETON DAVID DORMAN  
ELISA GASTELLUM  
RYAN GRIFFIN GAMBLE  
ZACHARY TAYLOR JONES  
RAUL "RULLY" JR LOPEZ  
RYLIE MCREYNOLDS  
JASON PHANCO  
KATHERINE RILEY  
CINDEE TURNER  
SCOTT RUSSELL  
ALBERT CORONA JR (AL)  
BABY TSOSIE SIQUIERUS  
JESSICA GRACE WING  
SHAWN DOUGLAS RAMON II  
ERIC ALEXANDER RUBOYIANES  
JORDAN ESTES  
EDWARD VINCENT ANDREW RAMOS  
JOEL ARANDULES  
TRISTAN BAKER

JAMIE ARNOLD  
JENNIFER BUNNELL  
JENNY CRIM  
FRANK GARCIA  
ANGELA DILLON  
SEAN HOLDEN  
JONATHAN KALOS  
GABRIEL LOPEZ  
CHRIS MAIER  
TIMOTHY PARFREY  
DALE MELLBERG  
LANCE SENICK  
JOSEPH SHIELDS  
BRYSE VASQUEZ

DANIELLE BARNETT  
JAMES THOMAS BUSEY  
JOHN CROCI  
DONALD GREENE  
ANDREW GAINES  
DAVID KETTUNEN  
JASON KRAUSE  
MORGAN LOR  
DANIEL J. McCLAIN  
BOBBY PARKINSON  
LINDA STUBBINS  
ALYSSA RILEY  
TARA SWAIN  
ASHLEY HOWARD

JOSHUA GRABENBAUER  
MARINA ESTRELLA PALOMO  
NATHAN SPANGENBERG  
JOSEPH CAMPBELL  
GAGE SLOSS



## July Remembrance Days

ANTHONY ORANTEZ  
SEBASTIAN ALDECOA  
JENNIFER BAIN  
PAUL BRUMBAUGH  
SELENA BURNEY  
SHANTI CARLISI  
DREW DAVIS  
MICHELLE HALEY  
ROLAND JAMES  
GABRIEL LOPEZ  
SCOTT MILLER  
BLIXA PARDEE  
JOE ROMMEL  
KATHERINE RILEY  
AMANDA SUMAN  
KATHLEEN TEMPONE  
JAMES TURNER  
RUDY URIAS JR.  
JESSICA GRACE WING  
ASHLEY ANGELOQUE HUBER CAMACHO  
CHRISTOPHER THOMAS ARNOLD

TABATHA VEAZEY  
JAMIE ARNOLD  
MARTY BEDELL  
BOB BRUMMETT  
ASHLEY CALLAHAN  
JORDAN CHRISTENSON  
COLETON DAVID DORMAN  
MARTHA HARRINGTON  
DEVIN KAMBER  
JOSEPH (JAY) KAPLINSKI  
SANTINO MARTINEZ-PACHO  
TODD PIERCE  
REBEKAH MARIE RAY  
MAURICIO B. SALAZAR  
BABY TSOSIE SIQUIERUS  
JAMES THELEN  
MATHEW VYBORN  
MARINA MAY WALDRIP

PALINA ALDECOA  
JACK ATKINSON  
CHRISTOPHER BREY  
JENNIFER BUNNELL  
WENDY CARBONEL  
ALEAH CRUCE  
KAREN FORD  
TIMOTHY HESKIN  
CLAYTON LEVIS  
PAIGE LOVE  
ROLANDO MONGE  
CASSIE RAO  
ALYSSA RILEY  
JAMES SELBY  
GEOFFREY STENSON  
ROBERT ERIC TURNER  
CODY HOOVER  
CHERIL AGUILAR  
ROBERT "BOBBY" GONZALES  
HANNAH ELIZABETH PAIRRETT  
JOSEPH CAMPBELL

OTHER TUCSON IN PERSON AND ONLINE INFORMATION AND SUPPORT

- \*Information & Referral Services: <http://www.211arizona.org/>
- \*Homicide Survivors, Inc.: 520-740-5729
- \*FOOTPRINTS-Pregnancy and Infant loss: 520-873-6590
- \*Tu Nidito/Children to Children: 520-322-9155
- \*Alive Alone <http://www.alivealone.org/> -for parent(s) who have lost their only child
- \*Survivors of Suicide..... 520-989-0467
- \*www.empactsos.org (suicide loss support group)
- \*Rachel’s Gift (pregnancy and infant loss-national group) [www.rachelsgift.org](http://www.rachelsgift.org)
- \*Miss Foundation <http://www.missfoundation.org/>
- \*babysteps.com
- \*griefwatch.com (books and products)
- \*Pomc.com (families of murder victims)
- \*webhealing.com
- \* thegriefftoolbox.com
- \*whatsyourgrief.com
- \*save.org (suicide awareness)
- \*taps.org (military death)

CRISIS HOTLINE INFORMATION

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
The National Institute for Trauma & Loss in Children (TLC)	1-877-306-5256
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773

**The 2026 Jim Click Millions for Tucson Raffle**



**This year Jim Click is donating a 2026 Nissan Frontier Pro-4X Roush® Edition as the Grand Prize!**

**Second prize is two round-trip, first class airline tickets to anywhere in the world (some restrictions apply) and third prize is \$5,000 in cash! Tickets can be purchased at meetings or leave an email or phone message to meet up. Cost is \$25 each or 5 for \$100. All money stays with our organization.**

## **National Conference 2026 (Last minute but you can still go)**

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.

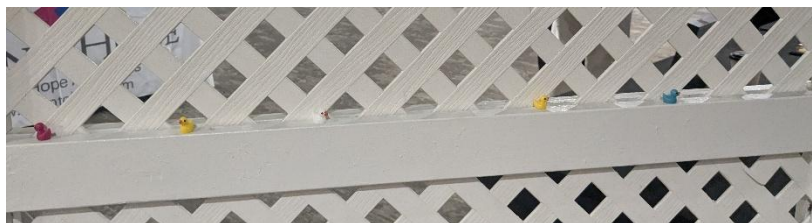
[www.compassionatefriends.org](http://www.compassionatefriends.org) to register and for hotel link

**The 2027 National Conference will be held mid-July in Phoenix.**



## **Opening Ceremony at Regional Conference in Hawaii March 2026**

**There was a “Chance” you might find a duck.**



## **Tucson Chapter Steering Committee:**

Leader/Facebook: Kirsten Bice    Co-Leader: Sharon Farrell

Treasurer: Nancy Richards    New Attendee Coordinator: Cat Morrow

Editor: Diane Allison    Contributing Editors: All members- contributions wanted!

Outreach/ Correspondence: Kirsten Bice, Nancy Richards, Kenny Allison

Website: Julie Shulick    Library: Debbie Russell

**Regional Coordinator:** Susan Wadsworth

**Remembrance Cards** To receive remembrance cards for your loved one’s birthday month and the death anniversary month, sign-up with your complete information, for the memorial book (<https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/>).

## **The Compassionate Friends National:**

Online Support information is available on the National Compassionate Friends Website at [www.compassionatefriends.org](http://www.compassionatefriends.org). (NationalOffice@compassionatefriends.org)

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions.

**Facebook Groups:** The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so they can confirm your request.

**Name Badges:** If you would like a name badge to wear on a lanyard at meetings, please send your name, your child’s, grandchild’s, or sibling’s name, and a photo of your loved one to our email at [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

### **Butterfly Moments with You**

My dear, sweet child, how you left us so soon  
it feels like just yesterday you were safe in my cocoon.

I wasn't ready to release you – you were safe in my grasp  
but somehow I lost you, leaving my heart in a gasp.

The world now seems so dull, and left without color  
missing its sparkle, like a scent-less flower.

As I look around, I see so many reminders of you,  
like a well-placed penny, a cloud or a rainbow's fine hue.

A butterfly is something that charms me the most  
as it flutters around, it makes me feel you so close.

As its delicate wings fly it lightheartedly,  
I imagine it's you dancing in front of me.

As you whisper hello on the tips of your wings,  
it both comforts my soul and yet pulls my heartstrings.

"Come closer", I whisper back, "and stay with me here."  
I'm enchanted by the feeling that you're finally near.

Your fluttery dance somewhat makes you show off  
and it's almost as if I can hear your sweet laugh.

I can picture your smile, your warmth, your eyes  
like you're right here with me as a yearful surprise.

My heart soaks in this precious, fleeting moment  
"I love you" my lips echo in a breathless lament.

The flutter of your wings almost seems to say  
"I love you too, but you know I can't stay."

And suddenly, my mind is broken out of my spell  
as your beautiful wings start to whisper farewell.

For just a few moments, it felt like you had returned  
which is what for so long my poor heart has yearned.

My beautiful child, your life was so precious to me  
and although it was fleeting, it touched me so sweetly.

As my senses return to my grieving mind,  
I'm reminded that the only cure is inescapable time.

I long for the joyful day that I will see you again  
when we finally reunite together in heaven.

Until then, I will live my life in your remembrance  
and continue to find things that bring reminiscence.

In everything beautiful, I will always find you,  
from the glorious sunset to the ocean so blue.

I watch as you flutter away towards the sky  
knowing I'll always feel you when I see a butterfly.

-Kristen Aguilar: Hailey's (forever 6) Mom

4/22/2026





## THE POWER OF SITTING TOGETHER: WHY PEER-TO-PEER SUPPORT MATTERS IN GRIEF

*Posted on June 5th, 2026 (Brenda Busby  
compassionatefriends.org)*

Grief changes everything. It shifts the rhythm of a family, the meaning of ordinary moments, and the way the world feels when you wake up each morning. For parents, grandparents, and siblings who have experienced the death of a child, grandchild, or sibling, that shift can feel isolating, like living in a space that others simply cannot fully understand. And that is where peer-to-peer support becomes not just helpful, but essential.

There is something profoundly different about sitting across from someone who *knows*. Not someone who has studied grief, read about it, or wants to help, but someone who has walked a similar path. A parent who has buried a child understands the silence that follows the funeral. A sibling understands the complicated mix of grief, identity, and memory. A grandparent understands the layered sorrow of watching their own child grieve. Peer support creates a space where explanations are not required.

In these spaces, you don't have to justify why certain dates are hard, why a song can stop you in your tracks, or why your grief looks different from someone else's. There is a quiet understanding that allows people to show up exactly as they are.

This is the heart of The Compassionate Friends; a mission rooted in the belief that living with grief happens best in the presence of others who understand. Our mission, to support families after the death of a child and to help others better assist the grieving, comes to life every day through peer-to-peer connection.

Across more than 450 chapters, dozens of private online groups, and a growing virtual presence, this mission is carried forward not by professionals alone, but by volunteers, bereaved parents, grandparents, and siblings, who choose to reach back and walk alongside someone else.

It is a model built on compassion, lived experience, and the simple but powerful act of saying, “*You are not alone.*”

Grief often brings thoughts and emotions that feel difficult to share in everyday spaces. There can be fear of saying too much, of making others uncomfortable, or of being misunderstood. Peer support groups remove that barrier.

Within a peer-led group, there is permission to speak openly: to say your child's name as often as you need, to share the raw, unfiltered moments, to talk about anger, guilt, confusion, or even unexpected moments of peace

These are not spaces that try to fix grief. Instead, they honor it. That distinction matters. Because grief is not something that needs to be solved, it is something that needs to be witnessed. Peer-to-peer support does something else that is equally important: it shows people what it can look like to move forward while still carrying love and loss side by side.

For someone newly bereaved, seeing another parent, grandparent, or sibling who is further along in their grief can provide a sense of possibility. Not that the pain disappears, but that life, connection, and even moments of joy can still exist. This kind of hope is different. It is not forced or offered too soon. It is quiet, steady, and believable because it comes from someone who has lived it.

Grief can be incredibly isolating, but community has the power to gently pull people back toward connection. Whether it is a monthly chapter meeting, a meaningful Facebook post at midnight, or a message from someone who remembers an anniversary, these moments matter. They remind individuals that their grief is seen. That their loved one is remembered. That they belong.

Through its chapters, Facebook groups, and online chat, The Compassionate Friends creates multiple pathways for connection, recognizing that grief does not follow a schedule, and support should not be limited to one place or time.

For many, peer support becomes more than something they receive, it becomes something they give. At some point, many bereaved parents, grandparents, and siblings feel a pull to support others. Not because their grief is "over," but because they understand how meaningful it is to have someone walk beside you. This act of giving back can be deeply meaningful. It allows individuals to honor their loved one's life in a tangible way, to create purpose from pain, and to continue a cycle of compassion that defines peer-to-peer support.

Peer-to-peer support matters because grief is not meant to be carried alone. It matters because being understood without explanation is a powerful form of comfort. It matters because in a world that often struggles to respond to grief, these communities know how to simply be present. And it matters because every connection, every shared story, every quiet nod, every moment of recognition, helps someone take one more step forward.

We invite you to join one of our many Peer-to-Peer support groups, our Peer moderated Facebook groups or participate in our local and National events. Should you have questions, thoughts or needs, please contact our Director of Operations, Brenda Busby at [Brenda@compassioantefriends.org](mailto:Brenda@compassioantefriends.org)

## August Birthdays

MADISON ANGUIANO  
MORGAN COLE  
DAVID LESSER  
JAMIE MULLINS, III  
MADISON RODRIGUES  
JA-MUS WHITFIELD  
BARRY BOYLE  
BILL CARSON  
JADEN ELIJAH BLUE  
ALAN DOYLE  
ROBERT HORSTMAN  
LOGAN PALMER  
OLANDO TRUJILLO  
ISABEL VILLEGAS  
RONALD GARDY  
NANCY KONERTH  
TRACY ANN POLLINS  
ALEXANDER WHEATLEY  
MAXFIELD LANE WILLIAMS  
ALEXANDER FIGUEREDO  
ELIZABETH SMALL  
LOGAN CARICO

KELSEY ELIZABETH BEITEL  
ASHLEY DENEEN  
GABRIEL ADRIAN GASTELUM  
NATHANIEL LEWIS HEDGES  
SAVANNAH GRACE WATSON  
GLENN HARRISON WILLIAMS  
RUSSELL SCOTT NEWSOME  
JOHN DALLIES  
CALEB CANDLER  
MARISA GALLEG0  
ANGELINA KNOX  
JAMISON PESSIN  
PRESTON WERNER  
NATHAN NOWECKI-HUBBLE  
RICHARD HAYES  
SHAUN MOORE  
BENJAMIN ROHEN-TRAPP  
ZEKE ZAVELA

CLYDE BURKEY  
EBERT S.R. EISSENSTAT  
MERCER JOHNSON III  
CHRISTOPHER PALACIO  
DANIEL TATTRIE  
TAMARA DAWN BASS  
ANDREW THOMAS REPP  
CARRIE ANNE ATKINS  
AIDON COPFER  
JARED GIDDINGS  
BRIDGET MCCABE  
JEFFREY SEWELL  
OHN WOOD  
RACHAEL EDWARDS  
MARKO JAKSIC  
BLIXA PARDEE  
LINDA VARGAS



## August Remembrance Days

ARI BLATTSEIN  
KATIE CLARK  
PHILIP GANOTE  
DANIEL HUGHES  
TORRE LYNN CARLS  
SAMANTHA FULCO  
WILEY HERREN  
JUSTIN MOHN  
RAUL "RULLY" JR LOPEZ  
TINA VALENZUELA  
SCOTT NEVINS  
JUSTIN WITT  
ROBERT BREMOND  
BRANDIE CAMPBELL  
ISABEL VILLEGAS  
JOE KEELING  
DONN OWENS  
OHN WOOD  
BROOKE FUNSECA  
NATHANIEL LEWIS HEDGES  
CARTER GARRICK HERNE  
CHRISTINA ESCHENBURG

TIMOTHY BYMP  
ASHLEY DENEEN  
RONALD GARDY  
BARRY BOYLE  
ZAC CLARK  
LORRAINE GUPPY  
MATTHEW KAUFMAN  
CHADWICK THOMAS KENYON  
MICHEAL PESQUEIRA  
CARIE LEE SHAFFER  
NEAL REINACHER  
MICHAEL SCARDAVILLE  
SEAN KELLY CATAUDELLA  
ANTHONY JESUS DURON  
TYLER GROVE  
ERIC SETH KOVITZ  
BRODIE SCHMICH  
DEVIN JACKSON  
KATE STANKO

DEANA CAPPuccio  
LILY FAIRCHILD  
SHANE HARVEY  
ANNABELLE CAMP  
SARAH ESPINOZA  
JARED GIDDINGS  
MELISSA LOPEZ  
AMY LOGAN  
NIKOLAUS SMITH  
COLTON ROBERTS  
ETHAN STRASSMAN  
NATHAN ANDREW BRALY  
ROBERT GLEN CREWS  
CHRISTOPHER J.R. HESSE  
KYLE HOLBROOK  
BRIAN MOHN  
WILLIAM TIDWELL  
IAN LEE ROGERS  
LIAM GULYAS

CARMEN MARTINEZ RUSSO  
KATERI LAURA JOANN FRANCISCO  
LEXI BRADBURN



*The  
Compassionate  
Friends*  
Supporting Family After a Child Dies

Non-Profit Org.  
U.S. Postage Paid  
Tucson, AZ  
Permit No. 2296

A National self-help, non-profit organization for families who have experienced the death of a child

THE TUCSON CHAPTER  
P.O. 30733  
Tucson, AZ 85751-0733

Return Service Requested



(Photo: March 2026 Regional  
Conference in Hawaii.  
Aquarium in Waikiki)

July-August 2026