




E-NEWS

Sacramento-South Placer County Chapter
Bereaved Parents of the USA

www.sspcc.org

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Have you lost a child? We have, too. We understand your pain. We're here for you.

In This Email:

- February bereaved parent gatherings.
Moms: Thursday, February 2nd
Dads: Saturday, February 11th
- Mom's one-day retreat in Lodi – Saturday, April 29
- Coming Soon! New Email/Newsletter Format. Register by April 15th to continue receiving our E-Newsletters. See information below

FEBRUARY BEREAVED PARENT GATHERINGS

For Moms – Thursday February 2nd

- **RSVP:** Send email to sspccnewsletter@gmail.com or txt to Lisa 916.220.7281
- **Time:** 6:00 – 8:30 p.m.
- **Discussion topic: SHE DID IT ANYWAY.** When a child dies, the whole world seems wrong. It's difficult to imagine that we'll ever be strong enough to handle life's challenges. Well, many of us are living examples that *we CAN do it anyway!* After Donna's only child died, she found the courage to find beauty and peace in her world. You can, too! We hope you'll join us!
- **Location:** Chris' home in Roseville. Address will be sent to those who RSVP. Send email to sspccnewsletter@gmail.com or txt to Lisa 916.220.7281 to let us know you're coming.
- **Potluck Dinner:** Please bring a main dish, side or salad to share. Please have dishes ready to serve when you arrive. First time attenders are invited to simply come, be our guest, and don't worry about bringing anything.
- **Book Exchange:** Our Book Basket is loaded with helpful books that you can take home with you, read and either bring back or share with a friend.
- **Who is invited?** We'd love to have you join us whether you are newly bereaved or a "seasoned" griever who has learned how to engage in life again after the loss of your child. We're all in this together and helping others helps us to heal as well.

For Dads

RSVP to RonHarder@heritageoaksmc.com or txt to Ron 916.806.7305

Date: Saturday, December 10th **Time:** 8:30 - 10:00 am

Location: Window Box Café, 6835 Five Star Blvd, Rocklin (off Stanford Ranch Road near Hwy 65)

Breakfast: Ordered off the menu

Discussion

One of the most effective forms of grief therapy for bereaved parents is to attend a support group with others who have also experienced the loss of a child. Our gatherings are open to bereaved parents, grandparents and adult siblings. We are a nonprofit self-help group that offers support, understanding, compassion and hope to those who come. We make every attempt to provide a safe place where we can connect with other people who understand our pain, talk about our children, and gain helpful information about the grieving process. There is no charge to attend, however, donations are accepted to allow us to continue reaching out to families who are coping with their unthinkable tragedy.

SAVE THE DATE for our One-Day Retreat for bereaved moms!



“Retreat - Refresh - Remember” A very special day for our bereaved moms to take a break from their everyday routine, renew their spirit and relax in beautiful surroundings.

[Register Now](#)

The Birdhouse Project: Our retreat will be focused around this interactive experience that will empower us to grow through the tragedy we have experienced in the loss of a child. Bring a hammer and screwdriver for constructing your birdhouse.

When: Saturday, April 29, 2017

Time: 10:00 a.m. - 4:00 p.m. (Plan on arriving between 9:30 and 9:50 a.m. We will begin promptly at 10:00.)

Where: Marchelle’s getaway in Lodi.

Registration: Please register on line at www.eventbrite.com or at our monthly mom’s gatherings. Registration is open through Sunday, October 9th.

Cost: \$30 donation per person. Payment in advance is appreciated to help with the cost of lunch and supplies. Payment can be made by PayPal when you register or by sending a check made payable to “SSPCC” to Teresa Welch, PO Box 333, Lincoln, CA 95648.

Who is invited? This special day is set aside for our bereaved moms, grandmothers, aunts and adult sisters of our children who have died. This is for those who have had a recent loss as well as seasoned grievers whose loss was many years ago. Our invitation is extended to those outside of our area even if you have not attended our monthly gatherings.

Contact: Email to bpwingsofhope@gmail.com or call Marchelle 916.947.6767

Coming Soon: New E-News Format!

Our newsletter format is changing! With this new format, each person who wants to continue receiving our electronic newsletters will need to register. We will no longer be able to add you on our end.

Please go to our website www.sspcc.org and click on [Subscribe to our Newsletter](#) and enter the requested information. We will continue sending our newsletter with our current format through March.

Beginning with our April Newsletter, those who have not registered under the new format will no longer receive information about our upcoming events, articles, book reviews, resources, and all the other helpful information that our newsletters provide for our bereaved parents.

INSPIRATIONAL QUOTES & PHOTOS

“Perhaps strength doesn’t reside in having never been broken, but in the courage required to grow strong in the broken places”



Sacramento-Placer County Chapter

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Contact: bpwingsofhope@gmail.com

Reaching out to families in the Greater Sacramento Area, Placer County & surrounding counties, and the Central Valley

Leadership Team

Marchelle Meyer: Lodi 916.947.6767 - son died in motorcycle accident
Chris Harder: Roseville – 916.768.3891 - son died due to drowning
Rinda Pope: Orangevale 916.524.1939 - son died in active combat in Iraq
Teresa Welch: Lincoln 530.210.3737 - son died due to drowning
Donna Woodard: Antelope – 916.338.3521 - son died in single car accident
Jean Johnson: Citrus Heights – 916.224.1991 - daughter was murdered
Heidi Crosbie: Carmichael – 916.966.7970 - son died by suicide
Lisa Downs: Folsom - 916.220.7281 - son was hit by a drunk driver
Marilyn Sadeq: Orangevale - 916.719.7774 - son died by suicide
Bonny Young: Orangevale - 916.708.4376 - son died from cancer

Ron Harder: Roseville 916.806.7305 - son died due to drowning

Leader of the Bereaved Dads Group and Founder of [Hope, Healing & Help Grief Ministries](#).

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