

Grief is like  
wearing invisible clothing.

No one else can see it,  
and only I can feel it.

Some days it is heavy,  
some days it is light.

But I know it will be with me  
for the rest of my life.

I wish you friends and love  
and peace of mind.

By Andre Parhamovich  
Painesville, Ohio

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## *Welcome*

To those attending your first meeting or receiving your first newsletter, we extend our hearts in understanding and regret the reason you are joining us. It is so difficult attending your first TCF meeting. Feelings can be overwhelming, but we have all experienced them and know how important it is to take that first step. Topics may vary at the meetings and your first meeting may be a topic which is not of interest to you at this point. Please plan to attend two or three meetings before deciding if TCF is of help to you.

### *Jan 13<sup>th</sup> meeting topic:*

~ The new you -  
*How you've changed*



### *Feb 10<sup>th</sup> meeting topic:*

~ As if I don't have enough already