## The Compassionate Friends of Southwestern Manitoba

(taken from The Compassionate Friends of Southwestern Manitoba website: www.compassionatefriends.ca)

**The Compassionate Friends** is a self-help organization for bereaved parents. Its purpose is to provide comfort and support based on personal experience and shared understanding of grief.

When a child dies...an international self-help organization for families who have experienced the death of a child at any age, from any cause.

It is difficult to say welcome because if you are seeking help from The Compassionate Friends, it means that a child has died. The Compassionate Friends offers support in the grief and trauma which follows the death of a child at any age and from any cause. All bereaved parents, grandparents and siblings are welcome.

We have no magic to ease your pain, and we don't have the answers to your questions, but we can help you understand more about this life altering experience. Sometimes just knowing you are normal can be helpful. Though it may be difficult, we encourage you to attend a Compassionate Friends meeting.

## **Contact Information**

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