



THE  
COMPASSIONATE  
FRIENDS

## 33rd National TCF Conference – 2010 Arlington, Virginia



### Featuring

... **friendship, understanding, and hope** as attendees join in the workshops, sharing sessions, banquets, as well as other conference activities.

... **a complete sibling program**, with special events including a trip to the International Spy Museum.

... **a special Friday evening performance** by the *Capitol Steps* an American political satire group. Free for all attendees.

... **the very special eleventh Compassionate Friends Walk to Remember®** rounds out the conference Sunday morning before the closing.

... **114 workshops** covering most aspects of grief after the death of a child.

... **hospitality rooms, memory boards**, butterfly boutique, silent auction, raffle and much, much more.

### Keynote Speakers

**Gordon Smith**, a two-term US Senator and now president and CEO of the National Association of Broadcasters, experienced the death of his son Garrett by suicide while Garrett was attending college. Gordon wrote the book *Remembering Garrett, One Family's Battle with a Child's Depression* and was successful in having the Garrett Lee Smith Memorial Act enacted authorizing \$82 million for suicide-prevention and awareness programs at colleges.

**Maria Housden** is author of *Hannah's Gift: Lessons from a Life Fully Lived*, the best-seller in which Maria shares the lessons in living she received during the last year of her three-year-old daughter's courageous, but losing, struggle with cancer. *Hannah's Gift* has been translated into more than 15 languages.

**Cathy Read's** 19-year-old step-daughter was killed in French class during the Virginia Tech Shootings on April 16, 2007. As Cathy worked to keep her family intact through grief, she pushed for legislative change and worked with the Virginia Tech Review Panel to ensure accuracy of the public record and provide lessons learned to help prevent future tragedies.

**Helen Fitzgerald**, a bereaved mom, is a nationally known psychotherapist, Certified thanatologist, and author of *The Grieving Child*, *The Mourning Handbook*, and *The Grieving Teen*. She coordinated an extensive grief program for mental health services in Virginia for over 23 years.

Visit the TCF website at [www.compassionatefriends.org](http://www.compassionatefriends.org)  
to register online  
and to receive the most up-to-date conference information.

The Compassionate Friends  
P.O. Box 3696  
Oak Brook, IL 60522





# Conference Workshops

(Workshops are subject to change without notice.)



## ***Our Child(ren)'s Age***

1. Death of an Adult Child Over Twenty
2. Death of a Teenage Child
3. Grieving an Infant While Making Decisions about the Future
4. What Parents Need to Know About Teen Grief
5. How Children Grieve

## ***Circumstances of Our Loss***

6. Bereavement Difficulties of Parents Losing a Child to a Drug Overdose
7. Dealing with the Legal System After the Death of a Child
8. Death After Long Term Illness
9. Death from the Disease of Addiction
10. Death of a Child from a Drunk Driver
11. Death of a Child in a Vehicle Accident
12. Death of a Person in the Military
13. Death of the Difficult or Troubled Child
14. Fathers Only—A Panel
15. Hope for Bereaved Parents with No Surviving Children—A Panel
16. It's High Time to Discuss and Heal from AIDS/ARC Related Deaths
17. The Life and Death of a Special Needs Child
18. Multiple Losses—A Panel
19. The Other Side of Homicide
20. Single and Grieving
21. Stigmatized Losses
22. When Our Children Have Struggled with Mental Illness
23. Sudden Death—Non-Vehicular
24. Sudden Death—Vehicular—A Panel Discussion
25. Suicide and Mental Illness
26. Suicide—Dealing with Struggle, Stigma, and Survival
27. Witnessing the Death

## ***Healing***

28. The Art of Healing—Loss, Grief, and Grace (Collages)
29. Finding Hope Again after Loss
30. Grieving to Live or Living to Grieve
31. The Gifts of Grief
32. The Healing Power of Ritual
33. The Healing Power of Stories
34. Lessons from The Knitting Circle
35. Making a Commitment to Survive
36. Making Tear Soup
37. Organ and Tissue Donation
38. Preparing for Special Events
39. Sibling Panel for Bereaved Parents/Grandparents

40. Songs of Sorrow—Five Key Elements in Healing from Loss
41. Spiritual Grief
42. Staying Healthy Through Your Grief
43. Whispers of Love, Signs from Our Children

## ***Grief Related to Family and Friends***

44. The Bereaved Parent: Issues Involving Surviving Grandchildren
45. A Deafening Silence: Communication Issues for Bereaved Families
46. Don't Forget about Stepparents
47. A Grandparent's Lament— My Grandchild, My Child
48. Stepparents—So Many Different Situations

## ***Early Grief***

49. Am I Going Crazy?
50. The Dawn of Our Grief (Early Years of Bereavement)
51. Surviving the First Year

## ***For the Long Term Griever***

52. The Bereaved Parent—5 Years Later
53. Humor and Grief
54. Transformation Through the Years—How We Grieved, How We Healed (Also for Siblings; 13-17 Year-olds Invited to Come with Their Parents)

## ***Using Creativity to Help Healing***

55. Bears, Quilts, and Projects in Memory of Our Children
56. Chipping Away at Grief—for Parents, Grandparents
57. Drawing Your Child (*bring photo of child*)
58. Griefwriting
59. In Loving Kindness—Healing the Wounds Through Yoga
60. Journaling as a Healing Tool
61. Music and Movement to Soothe the Injured Soul
62. Poetry—Language of the Heart
63. Preserving Photographs—Printed Photos and Digital Solutions
64. Songs from Our Journey
65. Sporting Our Spirit
66. Traditional and Digital Scrapbooking
67. Using Art and Other Creative Ideas to Communicate Effectively with Grieving Children
68. Wisdom Bowls—the Inner Journey of Healing
69. Writing and Publishing Your Book

## ***Other Topics Related to Grief***

70. "Growing Up" the Child We've Lost
71. Coping with "If Onlys" and "I Should Haves"
72. Coping with Anger
73. Handling Worry
74. Healthy vs. Unhealthy Grief
75. Introduction to TCF's Online Support Community
76. How to Start a TCF Chapter
77. Is Your Grief Holding You Hostage?

78. Law and Disorder
79. Struggling to Reclaim My Faith
80. What To Do with My Child's Possessions
81. Who Am I Now?
82. Why Did You Say That?

## ***Siblings All Ages***

83. Ask the Parents—A Panel
84. Chipping Away at Grief
85. I Remember You—Writing through Loss
86. Sibling Stories
87. Witnessing the Death
88. A Year of Firsts—for Newly Bereaved

## ***Ages 9-12***

89. Coping with Family, Friends, and School
90. Nikita's Journey, a Story of Loss and Hope

## ***Ages 9-17***

91. Using Creativity to Help Heal

## ***Ages 13-17***

92. Being a Teenager is Hard Enough
93. Teen Panel—for Teens by Teens
94. Why Did My Sibling Leave Me?

## ***Sibling Teens and Adults***

95. The Often Forgotten Population: The Grieving Teen and Adult Sibling
96. Siblings Grieve, Too
97. Sporting Our Spirit
98. When People Don't Know What to Say—How Can We Help Them to Help Us?

## ***Ages 18+***

99. Adult Siblings—A Panel
100. Am I Grieving Correctly?
101. Becoming an Only Child After the Death of a Sibling
102. Caught in the Middle
103. Dealing with Surviving Sibs After Sibling Loss
104. Life for an Adult Individual After the Death of a Sibling
105. Personal Websites and "My Space": Memorializing Your Sibling Online
106. Sudden Death of a Sibling

## ***Leadership***

107. The Chapter Newsletter —Advanced
108. The Chapter Newsletter— Beginning
109. Chapter Website
110. Community Awareness and Outreach
111. Facilitating Effective Chapter Meetings
112. The FUN Words: Finance, Funding, and Fiduciary
113. Leadership Transition
114. Managing Challenging Behaviors in Chapter Meetings



# 2010 Conference Schedule

## ***Pre-Conference Activities***

### ***Thursday, July 1***

8:00 am – 6:15 pm	Chapter Leadership Training Program
12:00 noon – 10:00 pm	Hospitality Room Open
3:00 pm – 10:00 pm	Conference Registration
7:00 pm – 8:00 pm	Sibling Orientation
7:00 pm – 8:00 pm	Grandparents Meet & Greet
7:00 pm – 8:00 pm	Online Support Community Meet & Greet
7:00 pm – 8:00 pm	TCF Facebook Fans Meet & Greet
7:00 pm – 8:30 pm	Sharing Sessions

## ***Conference Activities***

### ***Friday, July 2***

7:00 am – 7:00 pm	Conference Registration
8:00 am – 9:00 am	Annual Meeting
8:00 am – 9:00 am	Orientation for First-Time Attendees
9:15 am – 10:30 am	OPENING CEREMONY Speaker: Gordon Smith
10:30 am – 11:00 am	Break
11:00 am – 12:15 pm	WORKSHOP SESSION I
12:30 pm – 2:30 pm	LUNCHEON BANQUET Speaker: Maria Housden
2:45 pm – 4:00 pm	WORKSHOP SESSION II
4:00 pm – 4:30 pm	Break
4:30 pm – 5:45 pm	WORKSHOP SESSION III
7:30 pm – 8:30 pm	Capitol Steps Performance
9:00 pm – 10:30 pm	Sharing Sessions

### ***Saturday, July 3***

7:00 am – 8:00 am	Yoga Session
8:00 am – 12:00 noon	Conference Registration
9:00 am – 10:15 am	WORKSHOP SESSION IV
10:15 am – 10:45 am	Break
10:45 am – 12:00 noon	WORKSHOP SESSION V
12:00 noon – 1:30 pm	Lunch
1:30 pm – 2:45 pm	WORKSHOP SESSION VI
2:00 pm – 4:00 pm	Regional Coordinator Meeting
2:45 pm – 3:15 pm	Break
3:00 pm – 6:15 pm	Siblings International Spy Museum
3:15 pm – 4:30 pm	WORKSHOP SESSION VII
6:30 pm – 9:00 pm	BANQUET/CANDLE LIGHTING SERVICE Speaker: Cathy Read
9:30 pm – 11:00 pm	Sharing Sessions

### ***Sunday, July 4***

7:00 am – 8:00 am	Walk Registration
8:00 am – 9:00 am	TCF WALK TO REMEMBER
10:00 am – 11:30 am	CLOSING CEREMONY Speaker: Helen Fitzgerald

## ***Sibling Program***

### ***Thursday, July 1***

**Orientation and Wii Party** – At 7:00 pm there will be an orientation for siblings 18 years and under, parents are invited to hear about the planned activities. At 8:00 a short orientation will be held for the siblings 18 years and over. The two groups will wrap up the evening with a Wii party.

### ***Saturday, July 3***

**International Spy Museum** – Siblings of all ages will have the opportunity to visit the International Spy Museum in Downtown Washington D.C. Workshop session VII will not be offered for the siblings. Those siblings who are not going to the museum may attend the parent/grandparent workshops or a sharing session.

Siblings will have the opportunity to join the always popular sibling choir that will be performing at the closing ceremony.

Note: Siblings who wish to sit at a sibling table during the banquets can make that request on the registration form.

### ***Special Performance – Capitol Steps***

*Friday evening we've arranged a special performance at the Hyatt by the political satire group, the "Capitol Steps." Originally formed in 1981 by former staffers with the tenacity to satirize Capitol Hill people and political life, "Capitol Steps" is a fixture in Washington, D.C., regularly performing at the Reagan Building. They've recorded 29 albums and been featured on most major television networks, as well as National Public Radio. Admission is free to all conference attendees.*

## ***Special Meet & Greet Opportunities***

Thursday evening in addition to our regular sharing sessions there will be meet and greet opportunities for Grandparents, our Online Support Community members, and fans from TCF's Facebook page.

## ***Attention Chapter Leadership!***

This year we are again offering the unique opportunity for chapter leadership to attend a Chapter Leadership Training Program and the National Conference! A full day Chapter Leadership Training Program will be held on Thursday prior to the conference. Note: if you wish to attend this program, please register for the conference. Conference registration refunds for program participants will be issued before July 31. A Chapter Leadership Program registration will need to be filled out and returned to the national office. Registrations for this program can be obtained by calling the National Office or from the leadership website. *Sorry, there will be no on-site registration for this program.*





# Registration



## The Compassionate Friends 2010 National Conference Registration

P.O. Box 3696 ~ Oak Brook, IL 60522

Phone: 877-969-0010 ~ Fax: 630-990-0246

Website: [www.compassionatefriends.org](http://www.compassionatefriends.org) (online registration available)

Please return this form completed on BOTH sides, along with your check (made payable to TCF) or credit card information for the full amount to the above address.

### Conference Registrants

(Circle code as appropriate.)

First Time  
at a TCF  
Conference?

Person 1 Name \_\_\_\_\_ BP CS TS AS G R F P WP NE CL RC BD  Yes  No

Person 2 Name \_\_\_\_\_ BP CS TS AS G R F P WP NE CL RC BD  Yes  No

Person 3 Name \_\_\_\_\_ BP CS TS AS G R F P WP NE CL RC BD  Yes  No

Person 4 Name \_\_\_\_\_ BP CS TS AS G R F P WP NE CL RC BD  Yes  No

**BP**-Bereaved Parent, **CS**-Child Sibling (9-12), **TS**-Teen Sibling (13-17), **AS**-Adult Sibling (18 & over), **G**-Grandparent, **R**-Relative, **F**-Friend, **P**-Professional, **WP**-Workshop Presenter, **NE**-Newsletter Editor, **CL**-Chapter Leader, **RC**-Regional Coordinator, **BD**-Board of Directors

Attendees Participating in Sibling Program: Person # \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Ph (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ Work Ph (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

(Please provide a separate registration form for registrants not residing at the same address. Make additional copies of this form.)

Please fill in below the name(s) of your deceased child(ren) sibling(s) or grandchild(ren), birth and death dates, and cause of death.

#### Child's Full Name

(Also note the first name you want on nametag, if different.)

#### Date of Birth

(Mo/Day/Yr)

#### Date of Death

(Mo/Day/Yr)

#### Cause of Death

_____	____/____/____	____/____/____	_____
_____	____/____/____	____/____/____	_____
_____	____/____/____	____/____/____	_____
_____	____/____/____	____/____/____	_____

(If more space is needed, please attach a separate page.)

### Workshop Choices

To help us plan the size of the workshop rooms, please list seven preferred workshop numbers for each person attending:

Person #1 #2 #3 #4	Person #1 #2 #3 #4	Person #1 #2 #3 #4	Person #1 #2 #3 #4
Workshop 1: ____/____/____	Workshop 2: ____/____/____	Workshop 3: ____/____/____	Workshop 4: ____/____/____
Workshop 5: ____/____/____	Workshop 6: ____/____/____	Workshop 7: ____/____/____	





# Registration



*The Compassionate Friends 2010 National Conference*

P.O. Box 3696 ~ Oak Brook, IL 60522

Phone: 877-969-0010 ~ Fax: 630-990-0246

Visit TCF's website at *www.compassionatefriends.org* for convenient online registration and to obtain the most up-to-date conference information.

## Conference Registration Fees

**All Adults**, ages 18 & up: \$85.00 each by May 31, 2010; \$125.00 each after May 31, 2010 x \_\_\_\_\_ = \$ \_\_\_\_\_  
(includes Bereaved Parents [BP], Grandparents [G], Adult Siblings [AS], Relatives [R], and Friends [F])

**Siblings** \$35.00 each by May 31, 2010; \$60.00 each after May 31, 2010 x \_\_\_\_\_ = \$ \_\_\_\_\_  
(Child Siblings [CS] and Teen Siblings [TS], ages 9-17)

**Full-Time College Students** \$35.00 each by May 31, 2010; \$60.00 each after May 31, 2010 x \_\_\_\_\_ = \$ \_\_\_\_\_  
(student ID required at check-in)

**A) Total Registration Fees** \$ \_\_\_\_\_

## Conference Meals

**Friday Luncheon Banquet** (Chicken or Vegetarian) \_\_\_\_\_ Total Meals x \$35 = \$ \_\_\_\_\_  
*Which person has vegetarian choice? Person 1, 2, 3, 4, None (circle)*  
*Does sibling wish to sit at sibling table if attending banquet? \_\_\_\_ yes \_\_\_\_ no*

**Saturday Night Banquet** (Beef or Vegetarian) \_\_\_\_\_ Total Meals x \$47 = \$ \_\_\_\_\_  
*Which person has vegetarian choice? Person 1, 2, 3, 4, None (circle)*  
*Does sibling wish to sit at sibling table if attending banquet? \_\_\_\_ yes \_\_\_\_ no*

**B) Total Conference Meals** \$ \_\_\_\_\_

Persons wishing to eat at either the Friday afternoon or Saturday evening banquet must be registered for the conference. Sorry, no exceptions.

## Special Sibling Event

**Spy Museum** \_\_\_\_\_ Total Attending x \$12 = \$ \_\_\_\_\_

**C) Total Special Sibling Event** \$ \_\_\_\_\_

## Summary of Charges

**A) Total Conference Registration Fees** \$ \_\_\_\_\_

**B) Total Conference Meals** \$ \_\_\_\_\_

**C) Total Special Sibling Event** \$ \_\_\_\_\_

**D) Total Walk to Remember Registration** \$ \_\_\_\_\_

**E) Total Sponsorship Opportunity** (see page 9) \$ \_\_\_\_\_

**Total of A, B, C, D, E** \$ \_\_\_\_\_

**Method of Payment**  Check  Visa  MasterCard  Discover

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Pre-Registration Ends June 15, 2010—After that date, attendees must register on-site.

There will be no refunds after June 15, 2010. Hotel reservations must be made directly with the hotel.



# Conference Location and Hotel Information

The conference will be held July 2-4 at the Hyatt Regency Crystal City at 2799 Jefferson Davis Highway, Arlington, Virginia 22202. A Chapter Leadership Training Program will be held July 1.

A block of rooms has been reserved at the Hyatt Regency Crystal City for guests attending The Compassionate Friends National Conference. Located near Ronald Reagan Airport, the Hyatt Regency Crystal City offers safe and easy access to the airport and Washington D.C. area attractions.

**Hotel Reservations:** Reservations may be made by calling 1-703-418-1234. For your convenience, a link has been provided from The Compassionate Friends national website, [www.compassionatefriends.org](http://www.compassionatefriends.org) to the hotel's online reservation services. The negotiated room rate is available for persons staying June 26-July 7.

**Room Rate:** TCF has negotiated a block of guest rooms which will be available until June 8 or until the room block is full. Rates are: \$129 for a single or double room; \$154 for a triple room; and \$179 for a quad.

**Space is limited. We urge you to make your reservations early! If you call, be certain to inform the hotel that you will be attending The Compassionate Friends Conference to receive the special room rate. If an over-flow hotel becomes necessary, please visit TCF's national website for the latest information.**

## Area Attractions

Area attractions: Northern Virginia offers an array of attractions, and with the conference on the July 4th weekend, advanced planning is important. Here are some places you may want to consider visiting: The White House; The U.S. Capitol; Washington Monument; Lincoln Memorial; Arlington National Cemetery; Franklin Delano Roosevelt Memorial; U.S. Supreme Court; Pentagon Memorial; Smithsonian Museums. There are July 4th scheduled activities including fireworks at the National Mall—these cannot be seen from the hotel. **Some attractions, such as The White House, U.S. Capitol, and Washington Monument require advanced arrangements. Check the national website at [www.compassionatefriends.org](http://www.compassionatefriends.org) for expanded information on what's available.**

## Conference Information

**TCF National Walk to Remember**—In conjunction with the national conference, the eleventh Walk to Remember will be held Sunday, July 4. This symbolic two-mile walk shows that as members and supporters of The Compassionate Friends **We Need Not Walk Alone!** All are welcome to register and participate in memory of a special child or in memory of all children who have gone too soon—attendance at the conference is not required. Register to receive the Walk packet with customized 2010 Walk to Remember T-Shirt.

**Walk T-Shirts**—If you bring a picture of your child with you, it can be converted and ironed on the back of your Walk T-Shirt for only \$10.

**Sharing Sessions**—Sharing sessions will be held Thursday, Friday, and Saturday evenings on a variety of topics.

**Picture Buttons**—Our friend, Shirley Beene will be on hand to provide picture buttons for conference attendees.

**Hospitality Rooms**—Separate hospitality rooms will be available for parents and siblings to renew old friendships and make new ones.

**Memory Boards**—Bring up to an 8X10 photo or memento of your child, sibling, or grandchild to place on the memory boards. Please place a return-address label on the back of each photo in case it is misplaced.

**Reflection Room**—A reflection room will be available, providing a peaceful atmosphere and tranquil environment for private reflection.

**Butterfly Boutique**—A variety of appropriate gifts and mementos will be available in the Butterfly Boutique.

**Bookstore**—Our friends from Centering Corporation will set up a complete bookstore at the conference stocked with books, audio-and-video-cassettes and CDs, as well as other items of interest. Time will be set aside for authors to sign your books!

**Age Restrictions**—Children age nine and older who are registered may attend sibling workshops. Sorry, no young children or infants allowed at banquets or workshops.

**Many volunteer opportunities will be available during the conference; please e-mail the National Office at [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org) if you feel you will have some time available to make a commitment.**



# Join Us As We Walk to Remember All Those Gone Too Soon

Dear Compassionate Friends,

TCF invites you to join with hundreds on Sunday, July 4, for the eleventh Compassionate Friends Walk to Remember®. A highlight of the last ten conferences, the walk kicks off the final day of the conference with a time for peace and reflection—to hold hands and remember times past.

Whether you walk the two miles or a couple of hundred feet is not important. What matters is that you have taken this time to join with friends—new and old—and family who are walking the same journey with you. As in past years, TCF is expecting up to 1,400 walkers. Many people register simply to show their unity with the walkers, remaining at the hotel to welcome those completing the walk.

Help TCF in its mission by asking friends, family, and businesses to back you with pledges. Whether or not you attend, you can now join from your home this year in the exciting “Friends Asking Friends®” virtual walk Internet program. This allows you to be a very real part of the walk and to have the great feeling that comes from knowing you are helping bereaved families by assuring, through your participation, that TCF will always be there. **Note: Participation in the Friends Asking Friends program does not register you for the on-site walk.**

## **THE COURSE:**

The two-mile route will begin and finish at the Hyatt Regency Crystal City, site of the 33rd TCF National Conference.

## **MEMORIAL WALK T-SHIRTS:**

All registered participants will receive a Walk to Remember T-shirt. In addition, each participant will receive a race-style bib to wear during the walk. The name of the child or children in whose memory the participant is walking can be listed on this bib.

## **REGISTRATION:**

The cost to register for the walk is \$15 if postmarked by May 31; \$20 thereafter. Additional donations are greatly appreciated and are tax-deductible.

## **PACKET PICKUP AND LATE REGISTRATION:**

Late registration and packet pickup will be located in the registration area of the Hyatt Regency Hotel during the conference. Times for packet pickup will be posted.

## **PLEDGING OPPORTUNITIES: RAISE ADDITIONAL FUNDS FOR TCF! (See over)**

## **REGISTRATION — TCF Walk to Remember**

MAIL TO: TCF Walk to Remember  
P.O. BOX 3696  
OAK BROOK, IL 60522-3696

Sunday, July 4, 2010 - 8:00 am • Registration Fee: \$15.00 • After May 31: \$20.00 • Make checks payable to: THE COMPASSIONATE FRIENDS • Visa, MasterCard, and Discover Accepted

Two-Mile Walk     \$\_\_\_\_\_ Additional Donation

MasterCard     Visa     Discover

Name: \_\_\_\_\_ Credit Card No.: \_\_\_\_\_

Address: \_\_\_\_\_ Signature: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_

Phone: \_\_\_\_\_ Shirt Size (Circle one):    S    M    L    XL    XXL    XXXL

### **LIABILITY WAIVER MUST BE SIGNED BEFORE MAILING: Please copy and complete this section for each person walking.**

In consideration of being accepted as a participant in the TCF Inc., Walk to Remember, I hereby affirm, acknowledge, and agree to the following: (1) That I assume all responsibility for any and all damages to, or theft of, my personal property or any bodily injury (including death) that may occur to me, and further, I assume responsibility for property damage and bodily injury (including death) that I may cause to others, in each case arising or resulting from, incidental to, or as a consequence of, my participation in the TCF Inc., Walk to Remember; (2) That I, for myself, my heirs, my executors and administrators, release and hold harmless from and waive all claims, damages, and rights of action, present or future, whether the same be known or unknown, anticipated or unanticipated, foreseen or unforeseen, arising or resulting from, incident to or as a consequence of, my participation in the TCF Inc., Walk to Remember, which I may now or hereafter have against The Compassionate Friends, Inc., any business or companies along the route and any and all sponsors and volunteers for said event, and the respective directors, employees, and agents of all of the foregoing; (3) That I grant the permission for use of my name and/or picture in any broadcast, photograph, video, or other account of The Compassionate Friends, Inc., Walk to Remember; and (4) That I am aware of the physical demands and hazards of participating in a two-mile walking event such as The Compassionate Friends, Inc., Walk to Remember.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian if under 18)



# I Would Like to Do More!

There are now two ways in which you can make your participation in the Walk to Remember go further and thus assist the organization to assure families who suffer the death of a child in the future will not walk alone.

**Option one:** Join us for the fifth year of our “Friends Asking Friends<sup>®</sup>” program, which allows you to be a part of the Walk to Remember from your home!

"Friends Asking Friends" is a proven concept that allows you to participate in the Walk to Remember even if you are not able to come to Arlington. It's very simple. Individuals, teams, and chapters register online at [www.tcfwalktoremember.org](http://www.tcfwalktoremember.org), create a memorial website, and using e-mail and other methods, receive pledges and donations that support the programs of The Compassionate Friends both on a national and a chapter level. You also have the option of supporting a team that has already been established or making a general donation to the Walk to Remember in memory of a special child.

**Option two:** Raise additional funds for TCF through pledges! Pledging is optional and is not required to participate in the walk. It does, however, provide funding for the organization to assure that families suffering the death of a child in the future will not walk alone. Full pledge payment is requested at packet pickup. Make checks payable to: The Compassionate Friends.

Participant \_\_\_\_\_

Address \_\_\_\_\_

Walking in Memory of \_\_\_\_\_

NAME	DONATION	NAME	DONATION

(Please use additional sheets of blank paper if needed.)



**2010 Memorial Walk to Remember**  
 Sunday, July 4  
 Hyatt Regency Crystal City  
 Arlington, Virginia  
 Register on reverse side.  
 Thank you for your support of TCF!!





# Opportunities to Support the 2010 TCF National Conference

## Arlington, Virginia

Staging a national conference involves the commitment of many volunteers and the generosity of countless individuals, businesses, and organizations. The following range of sponsorships is offered to support TCF, our mission to grieving families, and to assist in defraying costs of the conference. If you are able to help in this endeavor, please accept our heartfelt thanks. Simply check off the appropriate item, complete the donor information and mail or fax to the National Office. Please include your tax-deductible donation, (if faxed, include credit card information). Sponsorships will be acknowledged in the conference program book and on a sign in the area sponsored. Your generosity is greatly appreciated.

**As a new sponsorship feature this year everyone who sponsors an activity in memory of a child has the option of having their child's photo appear on the sponsorship sign at the conference. TCF chapters that sponsor signs will have their chapter logo appear on the sign.**

**\$5,000 Sponsorships** (An acknowledgment will be printed on bags/books.)

Registration Bags       Conference Program Book

**\$3,000 Sponsorships**

Friday Evening "Capitol Steps" Performance Sponsorship

**\$2,500 Sponsorships**

Saturday Evening Banquet and Speaker Sponsorship

**\$2,000 Sponsorships**

Friday Afternoon Banquet and Speaker Sponsorship

**\$1,000 Sponsorships**

<input type="checkbox"/> Opening Ceremony and Speaker Sponsorship	<input type="checkbox"/> Parent Hospitality Room Sponsorship
<input type="checkbox"/> Closing Ceremony and Speaker Sponsorship	<input type="checkbox"/> Registration Area Sponsorship
<input type="checkbox"/> Sibling Social Activities and T-Shirts Sponsorship	<input type="checkbox"/> Memory Boards Sponsorship
<input type="checkbox"/> Reflection of Love Area Sponsorship	

**\$750 Sponsorships**

Reflection Room Sponsorship

**\$500 Sponsorships**

<input type="checkbox"/> Bookstore Sponsorship	<input type="checkbox"/> Butterfly Boutique Sponsorship
<input type="checkbox"/> Volunteer Desk Sponsorship	<input type="checkbox"/> Sibling Orientation
<input type="checkbox"/> Sibling Hospitality Room Sponsorship	<input type="checkbox"/> Orientation for First Timers
<input type="checkbox"/> Meet and Greet for Grandparents	
<input type="checkbox"/> Meet and Greet for TCF Facebook Fans	
<input type="checkbox"/> Meeting and Greet for Online Support Community	

**Other Sponsorships**

Workshop Sponsorship — \$100 (nearly 100 available) (list three choices)  
 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Sharing Session Sponsorship — \$50 (several available) Topic \_\_\_\_\_

Table Centerpiece — \$35

Sponsor a Reflection of Love (template available on TCF national website) — \$10

Donate an item for the Butterfly Boutique or the Raffle. (Describe item and value on separate paper.)

Donor Name \_\_\_\_\_

In Memory of \_\_\_\_\_ DOB \_\_\_\_\_ DOD \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Sponsorship Amount \_\_\_\_\_

Thank you for your support of The Compassionate Friend's National Conference!



# Sponsor a Reflection of Love

The 33rd TCF National Conference will be held July 2-4, 2010 in Arlington, Virginia, a mere stone's throw from our nation's capital.

The conference official logo captures the local flavor of the area by depicting the Washington Monument, U.S. Capitol, Jefferson Memorial, the Reflecting Pool, and cherry blossoms. To remain consistent, this year our conference committee offers a unique 5 x 5 ornamental "Reflection of Love" based on the original logo design and encased in an acrylic picture frame. Each Reflection of Love ordered will bear the child's photo and name, with his or her image lovingly cast across the Reflecting Pool. They will be displayed at the conference in a special area designated for that purpose.

The minimum donation for each picture submitted remains \$10.00 again this year. If you cannot attend the conference and would like the picture frame sent to you, then an additional \$5.00 donation is requested to cover postage and handling. Please allow 4 to 6 weeks after the conference for your "Reflection of Love" to reach you.

**We anticipate that this will be a very popular item. We strongly encourage everyone to order the Reflections of Love online by placing your order and uploading your child's digital image directly through the national website: [www.compassionatefriends.org](http://www.compassionatefriends.org). If you are unable to submit your child's image(s) electronically, you may forward a jpg image on a disk or wallet size photo along with payment and this order form to 2010 Conference, 4505 Rachael Manor Drive, Fairfax, Virginia 22032.**

Enclosed is picture/pictures                      No. \_\_\_\_ @ \$10.00 ea = \$ \_\_\_\_\_

Shipping/Handling: (If not attending)                      \$5.00 ea = \$ \_\_\_\_\_ (For frames mailed back to you)

Total Amount: = \$ \_\_\_\_\_

Name of Child \_\_\_\_\_

Your Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

***Child's picture should be 2 ½ x 3 ¼ (Wallet Size)  
Use separate sheet for additional frames being ordered.***

