



The Compassionate Friends
Minneapolis Chapter
Supporting Family After a Child Dies

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Invite to ZOOM Virtual Meeting — April 20, 2020



During our Stay At Home suspension of public gatherings mandate, our chapter monthly meeting needs to be canceled for the next couple of months. However, that doesn't suspend The Compassionate Friends vision to offer support to those who need us, especially during these challenging times.

Since we can't meet in person, we are hosting a **ZOOM video meeting** for our Chapter meeting on **April 20, 2020 at 7:00 pm - 8:00 pm**.

We are planning for a one-hour virtual meeting, similar to our in-person monthly meeting format. After the meeting topic, we will divide into small groups and go into virtual breakout rooms. You're welcome to bring your own coffee and a treat. :)

- Watch your email for an invite to the April 20 virtual meeting. If you are not on our newsletter email distribution list, you need to email tcf.mpls@gmail.com to request a Zoom meeting invite.
- To maintain our privacy, you will need to Register in advance for the meeting before attending. Simply click on the link included in our invite email.
- Next, a follow-up Confirmation email will be sent with the link, meeting ID and password you will use to attend. It is important that you do not share this info with others.
- See our separate post with instructions for loading the ZOOM app and Joining a Meeting. If you are new to ZOOM, or don't have much experience in attending meetings on ZOOM, we hope you find these helpful.

Meeting Topic — Isolation In Grief:

After the loss of a loved one, we tend to isolate ourselves from others for many different reasons. Maybe we don't want to be a bother, or we're afraid others will be uncomfortable around us, or maybe we feel we must be strong and take this grief journey alone. For whatever reason, grief can be a very lonely and secluded experience. Add to this our current situation of "physical distancing," and those feelings of loneliness and isolation can become very intense.

Remember, with The Compassionate Friends, We Need Not Walk Alone.

For the short term, we will be walking virtually, side-by-side, arm-in-arm, hand-in-hand.