



Alfreda Bolden

DEC 20, 1951 - SEP 8, 2005



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Alfreda Bolden

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Alfreda Bolden was born on December 20, 1951, in Philadelphia, Pennsylvania, to the late Wilhelmina Bolden and Millard Alva Bolden Sr. She passed away on September 8, 2005, in San Diego, California, at the age of 53, following a lifelong journey with mental illness.

Alfreda possessed a beautiful and complex mind. She was thoughtful, intelligent, and deeply loving. She worked hard to live an independent life and raise her three children, with whom she shared deep, enduring bonds. Alfreda strove to be the best mother she could be and to remain present in her children's lives despite the challenges she faced. She navigated life with courage during a time when mental illness was widely misunderstood and insufficiently supported.

Alfreda was passionate about being a mother and sought to understand the complexity of her mental health by pursuing medical support so she could be present for her children. Even when external systems intervened in her role as guardian, she traveled to where her children were to be with them and to demonstrate the unconditional protection and love she held for them.

Alfreda was a loyal parent who instilled resilience, strength, and grit in her children, preparing them for the world ahead.

Alfreda's life was complex and shaped by endurance. She searched for peace and love within systems that were unaware of the internal battles she faced. Still, her commitment to motherhood remained constant. She fought to be present in her children's lives. When she gained a greater understanding of her mental illness, she remained committed to stabilizing her mental health so she could show up for them fully, ensuring her children always knew they were loved and that they had a mother who cared for them deeply.

Alfreda loved reading love novels, spending time with her children, and African jewelry. She was deeply intuitive and carried a strong presence wherever she went.



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Alfreda is survived by her children, Nehemiah Bolden, William Charles Bolden, and Ashley Antoinette Bolden, all of San Diego, who carry forward her strength and unconditional love. Her nine siblings also survive her: Sylvia Bolden of San Diego; Muriel Anderson of Seattle; Wilma Bolden of Albuquerque; Belinda Edwards of Duluth, Minnesota; Prudence Bolden of Atlanta; and her brothers, Tiran Bolden of Atlanta, Millard Bolden of San Diego, Vincent Bolden of San Francisco, and Gilbert Bolden of Seattle, as well as many nieces and nephews.

Alfreda was preceded in death by her parents, Millard Alva Bolden Sr. and Wilhelmina Bolden.

Alfreda's memory lives on through her children, who carry her strength and unconditional love forward and ensure her legacy is one of truth, resilience, and protection for generations to come, and through the extended family who remember her life and spirit in their own ways.

The following dedication was written by Alfreda's son, William Charles Bolden, following her passing:

A Son's Dedication

Goodbye

I always took for granted
what I thought I'd never lose,
because I never thought it would happen
until I heard the dreaded news.
They say you were chosen for His garden,
His precious hand-picked bouquet.
God really needed her.
That is why she could not stay.
Saying goodbye is never easy;
It is the hardest thing to do.
But what hurts me even more
is not having the chance to say it to you.
So today, Jesus, as You are listening
in your home above,
would You go and find my mom
and give her all my love.



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Sincerely,
William Bolden

Final Blessing / Dedication

May Alfreda rest in peace, free from suffering, free from burden, and held in eternal love.

Her life mattered.
Her motherhood mattered.
Her story deserves to be told with truth and dignity.

Alfreda lived with a beautiful and complex mind in a time when mental illness was misunderstood and poorly supported. Still, her commitment to her children never wavered. She loved fiercely, showed up whenever and however she could, and fought to remain present in their lives despite the obstacles she faced.

Her legacy lives on through her children, who carry forward her strength, resilience, and unconditional love. Through them, silence ends, truth is honored, and protection replaces harm. What was once carried alone is no longer inherited.

May Alfreda be at rest.
May her children live free, whole, and uncontained.
May the generations that follow know love without condition, truth without fear, and safety without compromise.

Ashley, "Be strong."
I will, Mom.

Psalm 23:4

"Even though I walk through the darkest valley, I will fear no evil, for You are with me."

1 Kings 19

Elijah experiences deep depression and exhaustion, to which God responds with care, nourishment, and rest.



Tribute Wall

Alfreda Bolden

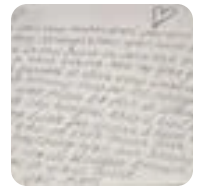
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Ash B shared a photo to the **Tribute Wall** album.

Love you mama. ☐☐.

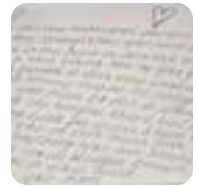
February 27 at 8:33 PM



Ash B shared a photo to the **Tribute Wall** album.

Love you, woman!

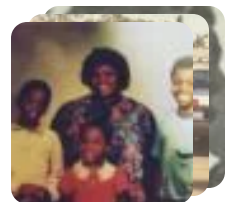
February 27 at 11:51 AM



Ash B shared 3 photos to the **Tribute Wall** album.

Mom, I remember. Your effort never wavered. Your unconditional love carries me. Thank you! Your humanity is restored. Rest, now. Your daughter, Ashley Antoinette

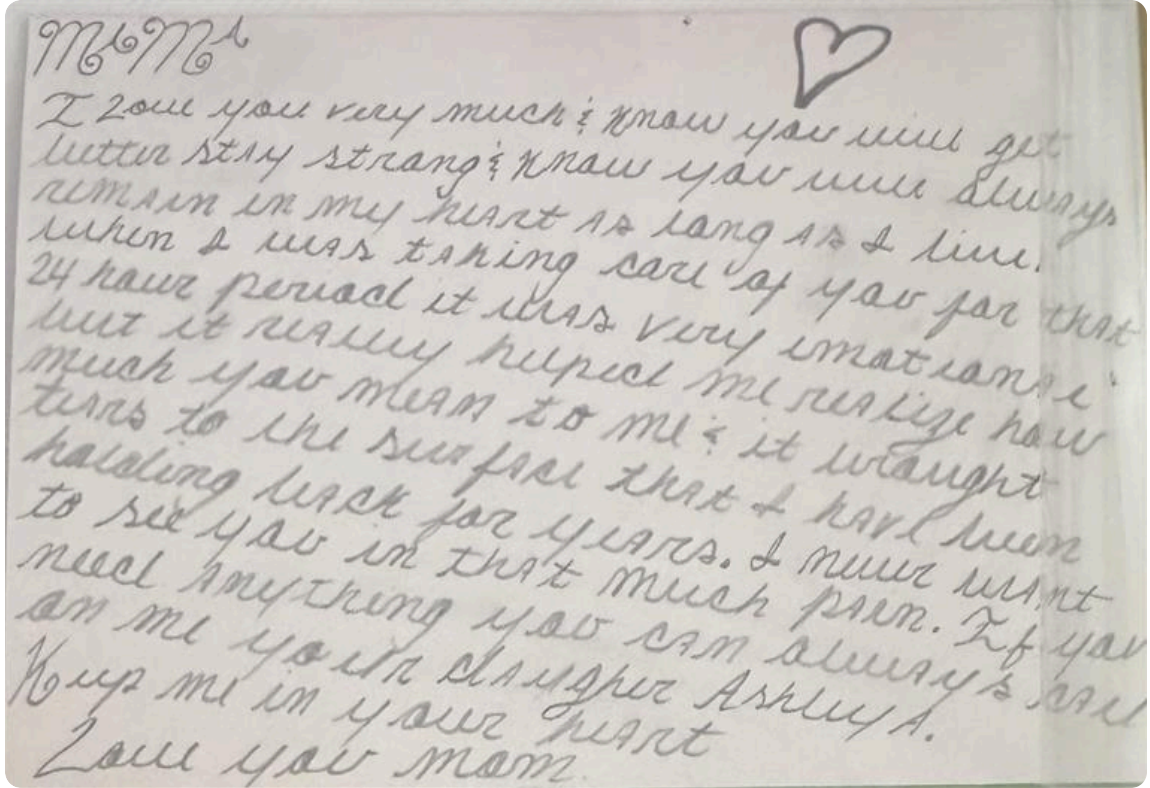
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Ash B shared a photo to the **Tribute Wall** album.

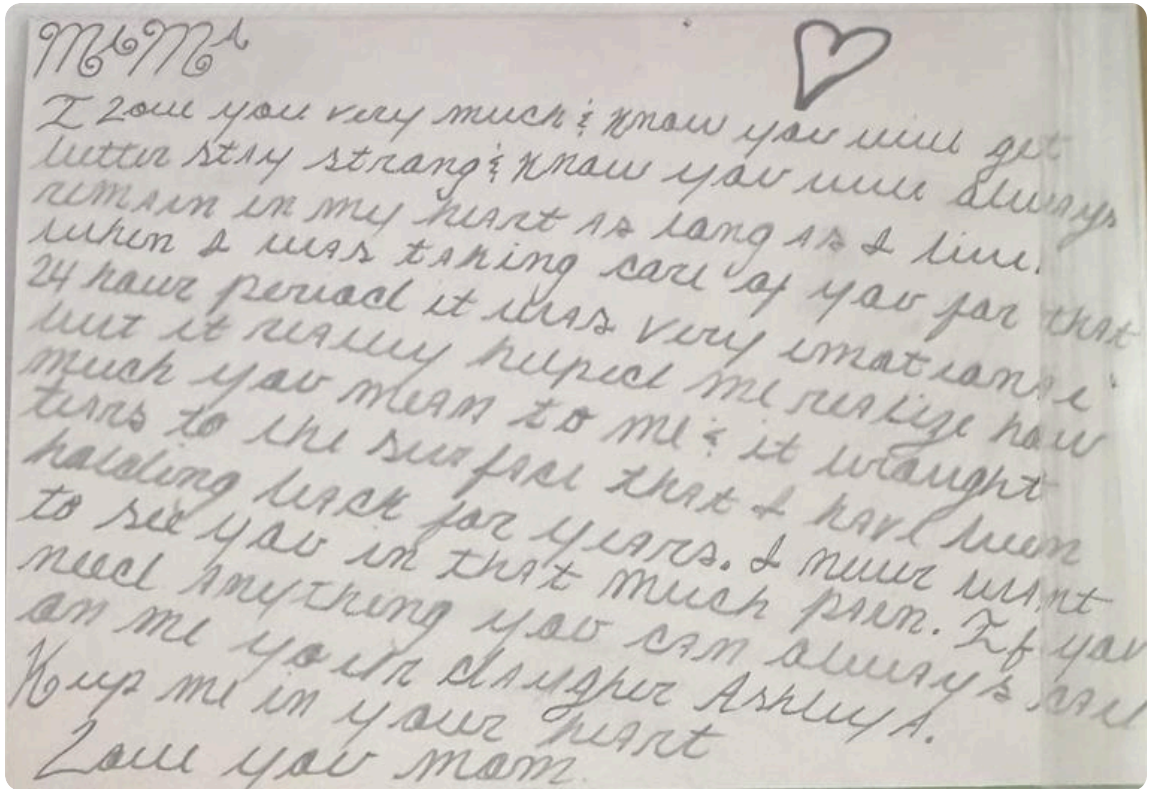
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Media

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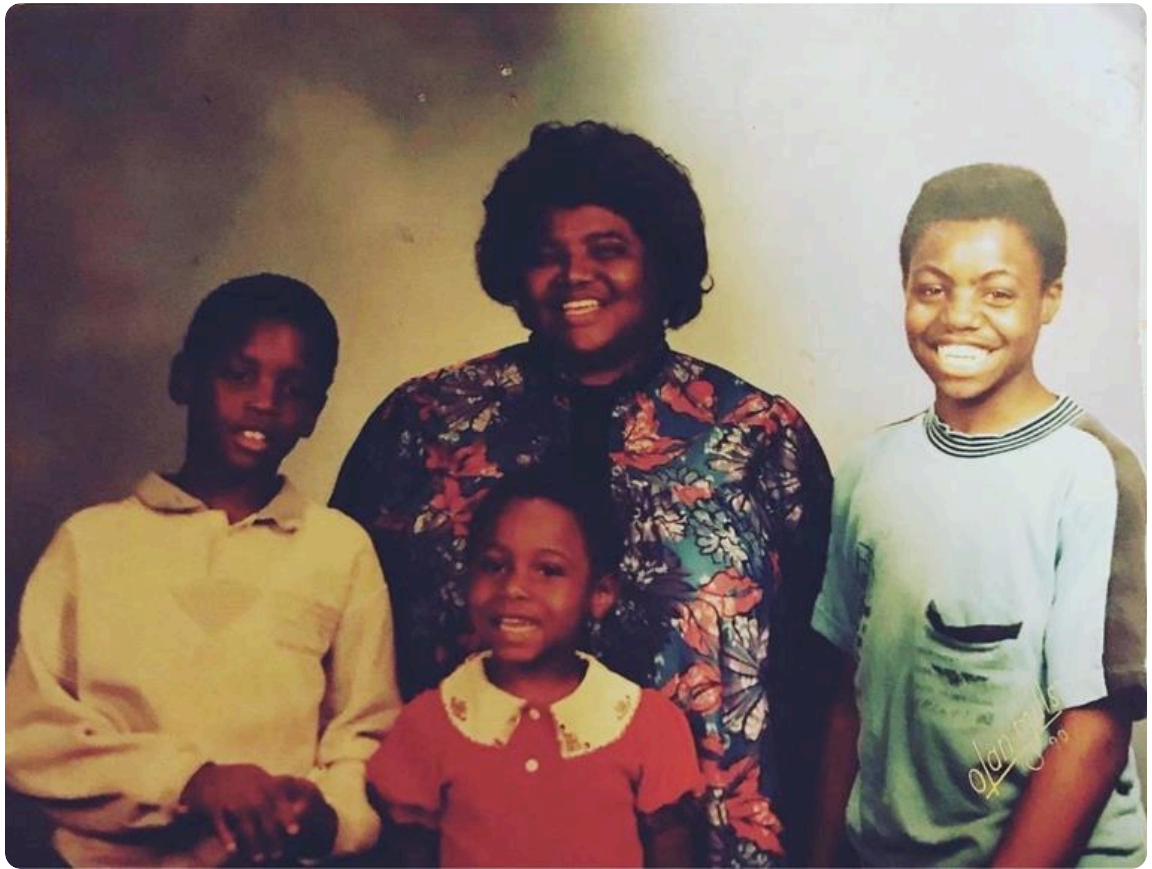




Media

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Memories only last if you share them

Join us in honoring Alfreda by contributing to a collection of shared memories.



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