

DEALING WITH GRIEF TO BEGIN YOUR HEALING



Our Grief Journey

Grief is significant and it forever adjusts our day-to-day life—including our interactions & relationships with others. No life is the same after experiencing profound loss.

There is pain in the loss of a loved one, but there is also treasure in celebrating life with others. Here are a few ways you can begin to grieve and heal alongside others during this time:



Leave a comforting note on our website



Reach out to others grieving via email



Send a sympathy card



Make a phone call to someone grieving about your loved one



Send flowers to show sympathy



Make a contribution to a cause supported by your loved one



Share a story and/or pictures of your loved one on social media



Carry out rituals or religious customs or traditions that are meaningful to you



Pick up a meal or coffee for someone else grieving

"Grief and love are conjoined, you don't get one without the other..."

—Jandy Nelson