

How to *help* a Grieving Friend

- ♥ Encourage them to connect with a grief counselor.
- ♥ Encourage them to find a support group and/or connect to a local grief resource center.
- ♥ Show up. Be there to listen. Grief is a marathon, not a sprint. Keep showing up.
- ♥ Invite them to go out with you. They may decline, but at least they know you're thinking of them.
- ♥ Plant a tree in honor of their child.
- ♥ Read books and websites about grief so you can better understand what they're experiencing.
- ♥ Send notes and cards throughout the year. Remember birthdays, holidays and heaven/anniversary dates.

- ♥ Offer to help in specific ways. For example:
 - ♥ I'm making a meal for you. What day is good to bring it?
 - ♥ I'm going to the grocery store this afternoon. What items do you need?
 - ♥ Take paper plates, cups, utensils, etc. to lessen the need to wash dishes and clean up from meals.
 - ♥ Offer to mow their lawn.
 - ♥ Gather a group of friends to hire a cleaning service for a month.
 - ♥ I'm running errands tomorrow. What can I do for you while I'm out?
 - ♥ May I take your kids for a play date so you can rest?
 - ♥ May I drive your kids to school/activities, etc.?
 - ♥ May I come sit with you? Or take you to coffee?

- ♥ Reach out and let them know you're thinking of them.
- ♥ Mention their child's name. They want to know their child isn't forgotten.
- ♥ Share a memory of their child and simply let them know you were thinking about their child.
- ♥ Hug your friend.
- ♥ Be patient with them.
- ♥ Accept silence.
- ♥ Let them cry.
- ♥ Take their lead emotionally.

Help your friend connect with P23 Retreat. Grief is exhausting and overwhelming. Taking a break from the daily demands of life can help the healing process.