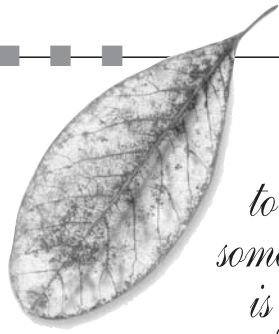


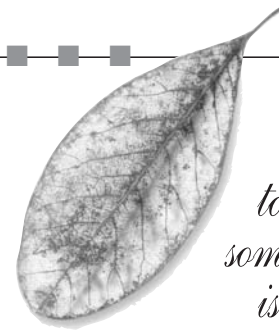
*10 Ways  
to encourage  
someone who  
is grieving*

- Be available. Anticipate needs and offer specific help.
- Initiate communication. "How are you today?"
- Don't say, "I know how you feel."
- Listen! Even if you've heard it before.
- Use the name of the deceased.
- When words fail, share silence or a hug.
- Remember occasions with a card, note or memory.
- Don't judge or hurry people through grief.
- Give your presence, patience and prayers.
- Give kleenex, a CD or a book.



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