

# HOW TO SUPPORT A GRIEVING FRIEND

Gentle ways to show up with compassion



## Be Present

You don't need perfect words. Your steady presence brings comfort.

## Offer Practical Help

Meals, errands, rides, or simply sitting together—small acts matter.



## Listen With Care

Hold space without trying to fix anything. Let them share at their pace.



## Say Their Loved One's Name

Honoring their person helps keep memories alive.



## Check In Often

A message next week, next month, or on a meaningful date reminds them they're not alone.

