

I'M SAD TO HEAR THAT THEY DIED. THIS JUST SUCKS. I DON'T HAVE ANY WORDS; I CAN'T IMAGINE HOW THIS FEELS. IT'S OK TO FEEL WHATEVER YOU'RE FEELING.

I'M HERE FOR YOU. HUGS. YOUR FEELINGS ARE SAFE WITH ME. SENDING GOOD THOUGHTS. GRIEVE AS LONG AS YOU NEED. PRAYING FOR YOU. I'M HEARTBROKEN FOR YOU. I CAN SEE YOU REALLY LOVED THEM. TAKE AS LONG AS YOU NEED; I'LL STILL BE HERE. BE

**HERE  
FOR  
EACH  
OTHER**

KIND TO YOURSELF. IF YOU WANT TO TALK, I'M HERE TO LISTEN. THINKING ABOUT YOU TODAY. I'M GETTING COFFEE, CAN I GET SOMETHING FOR YOU? THIS ISN'T FAIR. IT'S OK TO NOT BE OK.

**11.21.24**

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