



We would like to take this opportunity to thank you for allowing our Bereavement team to walk alongside you during your journey through grief.

You have found new strength and resilience. You may have surprised yourself! Know that it is normal to continue to feel the ups and downs of grief. At the anniversary of your loss, your loved one's birthday, or at a special holiday/celebration, you may also be surprised to experience similar emotions to the ones you experienced at the instance of your loss. Sometimes, it is the second anniversary, holiday, or birthday that catches your breath and surprises you with grief. Again, this is normal. Take time to be gentle with yourself at these times.

Over the last 13 months, phone calls, bereavement letters, available support groups, counseling services and other resources have been made available to you. Maybe you utilized some, none, or all. That is your choice- we are here in whatever capacity you wish. While this will be the last letter we will send you, please know that you still can contact us at any time should you have bereavement questions or needs that arise in the future. We will gladly help.

As we say goodbye, please remember to be kind to your mind, body, and spirit. Express gratitude for your loved one. Know that you are strong and that you are not alone. We will be one call away. The journey is never really over, so keep looking forward.

Again, we thank you for the privilege of walking with you over the last year.

In Gratitude,

-Bristol Bereavement Team