



## *We Are Here to Support You!*

Your dedicated Support Team at Bristol extends our heartfelt condolences during this challenging time. Our aim is to stand by your side and offer unwavering support as you navigate through your current circumstances.

The journey of coping with loss is unique for everyone, and it often feels like traversing through an uncertain fog. It's essential to remember that healing is a gradual process, and patience with oneself is of utmost importance. The emotions that accompany grief can be unpredictable, much like waves in the vast ocean. There is no fixed roadmap for grieving, and each individual experiences it in their own distinct way. You might encounter highs and lows as you forge your own path through this journey.

For the upcoming months, our commitment is to be your steadfast companions, assisting both you and your family on this path of grief. We are equipped to provide various resources such as informative booklets, printed materials, regular check-in phone calls or visits for sharing and support, access to grief counseling, participation in support groups, and periodic letters to offer encouragement and guidance. Together, we will collaborate on a plan tailored to your specific needs.

It's essential to treat yourself with gentleness as you navigate your grief process, recognizing that grief can impact you on physical, mental, emotional, and spiritual levels. Lean on your support network, as those around you genuinely want to assist, even if they may not fully understand how. Don't hesitate to communicate your needs, whether it's someone accompanying you to an appointment, helping with groceries, or simply being there to talk to at the end of the day.

Always remember that you are not alone in this journey. You can reach out to us at any time. We are here to provide the assistance and support you require.

Walking alongside you,

-Bristol Bereavement Team