

Embrace Your Grief Journey It is your New Normal

The reality is that we don't forget, move on,
and have closure, but rather
we honor, we remember, and
incorporate our deceased children and siblings
into our lives in a new way.

*In fact, keeping memories of your loved one alive
in your mind and heart
is an important part of your healing journey.*

~ Harriet Schiff, author of *The Bereaved Parent*



*The
Compassionate
Friends*
Supporting Family After a Child Dies



A New Understanding of Victory

Grief has no finish line, so we must commit to establishing a pace that is comfortable, and sustainable. The goal is to be present, to participate in the journey and to strive alongside other survivors. We'll become more mentally, spiritually and emotionally fit, and it will be worth all the hard work. Our spirits will feel lighter and more joyful as we re-evaluate what it means to triumph through grief, if not "over" it.

So, if we see each other grappling with grief and it looks as if we're having trouble, reach out. The support of our team guarantees that we'll keep trying. The most painful events we experience can motivate us to become stronger, wiser and more resilient. Isn't that victory?