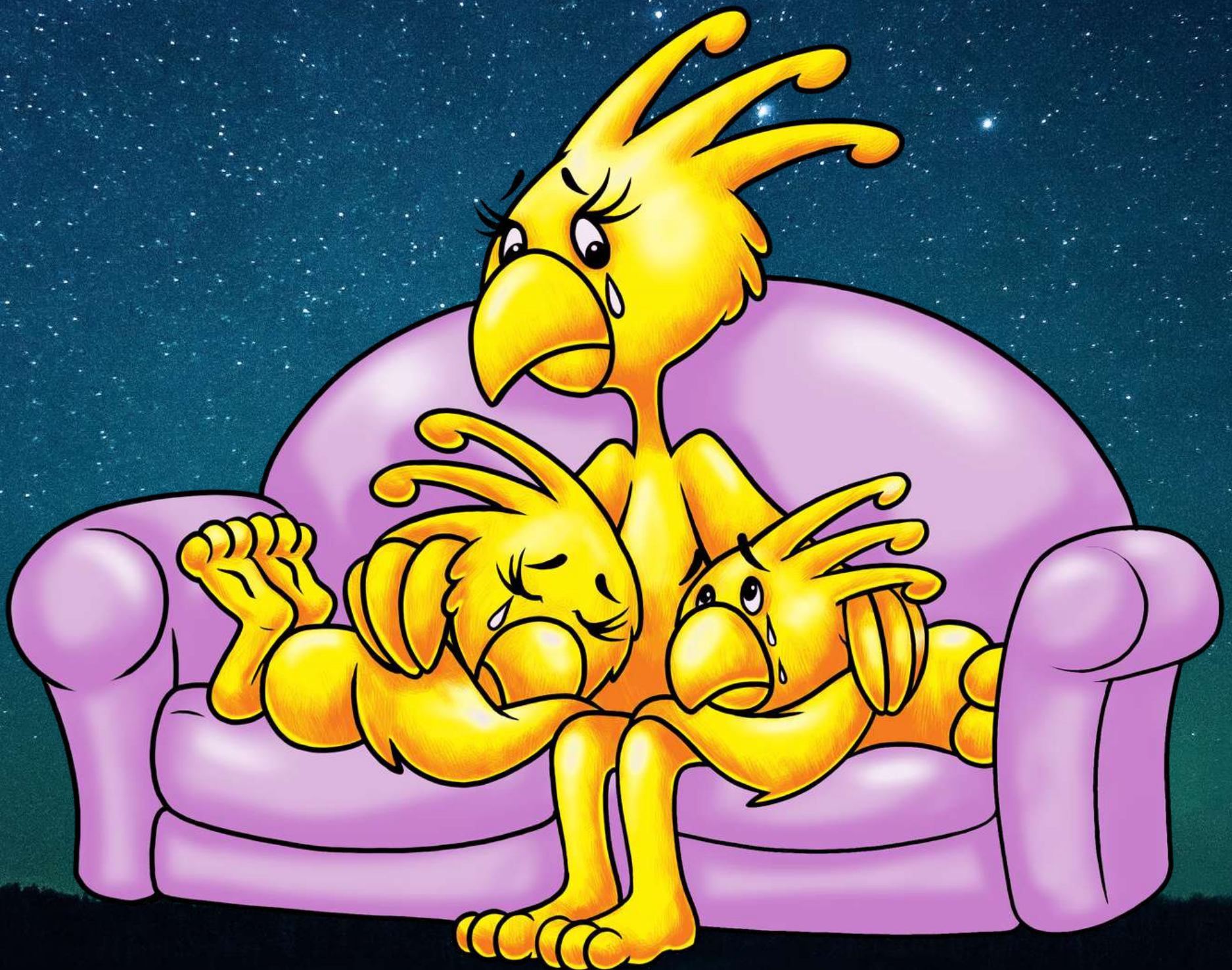


We know that some families will have lost loved ones and we are sorry that life is so tough right now...



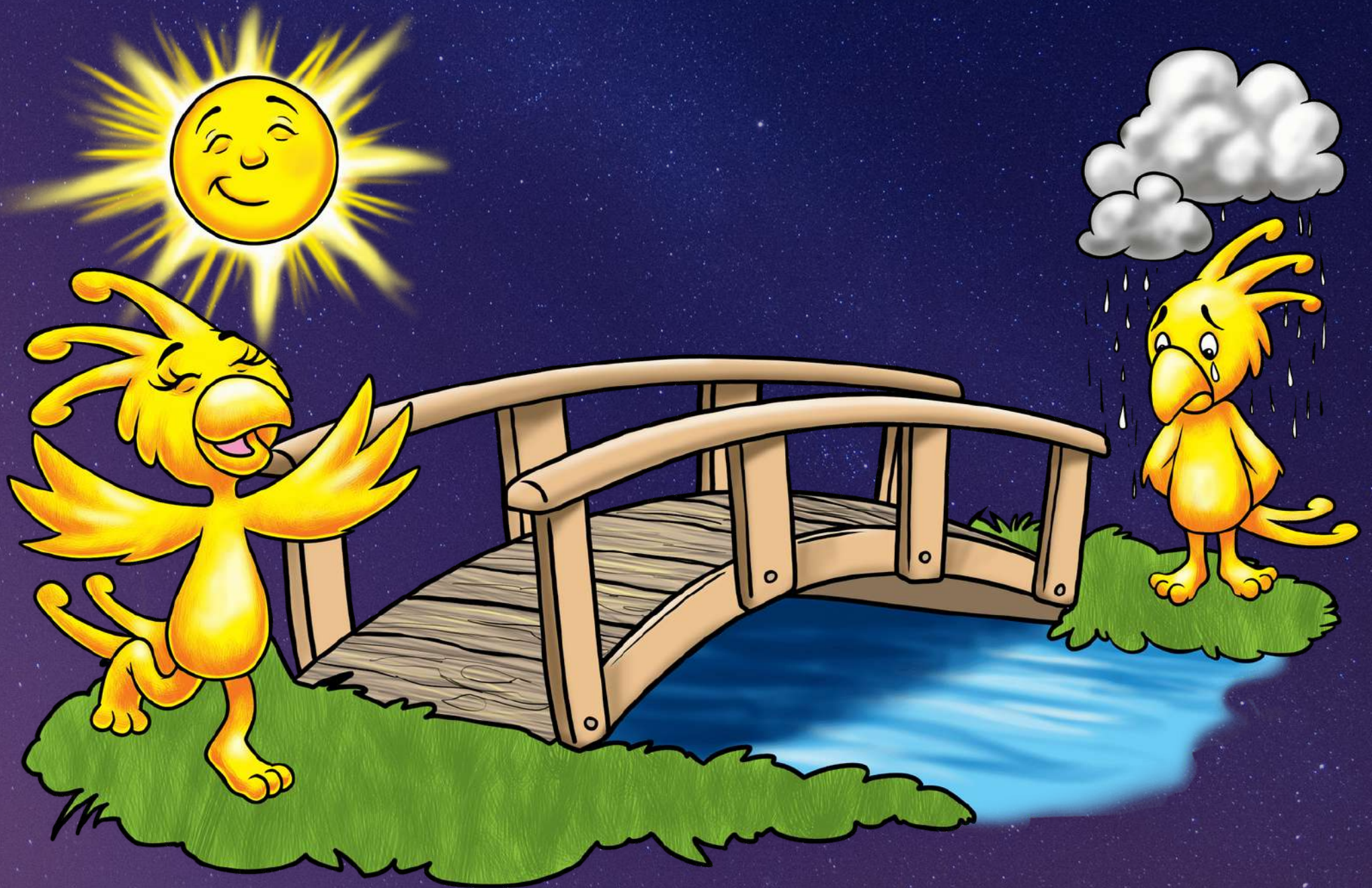


If you have
lost someone
you love, life
can seem
grey, lonely
and confusing.
You may feel
you'll never
be able to
move on from
the pain and
sadness.

It can be hard seeing other people carry on as usual when you feel stuck. You may find yourself missing your old life, your friends and the things you enjoyed.



Although it may seem impossible right now, there is hope of happiness and there are adults that can help you find the way...



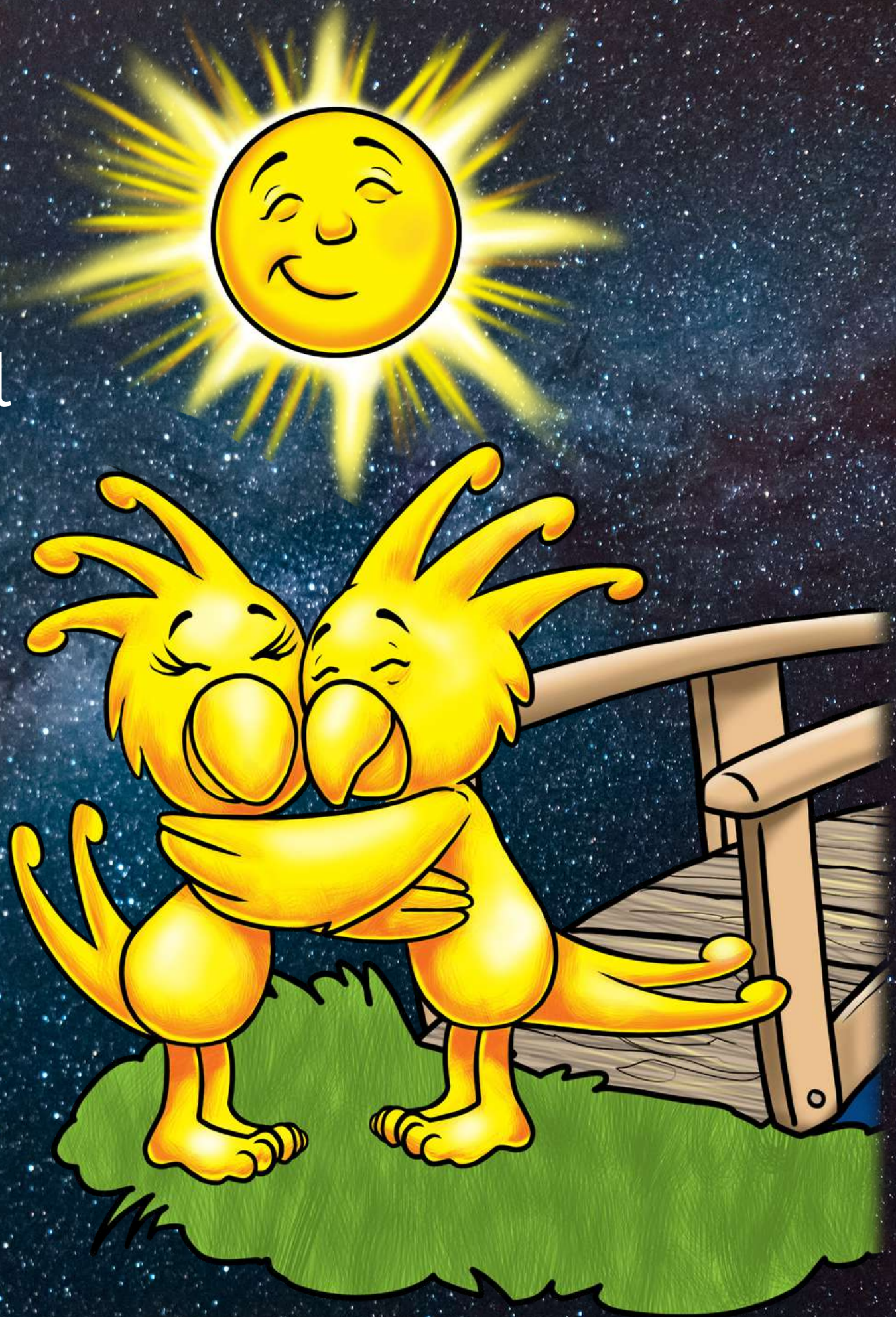


You may find it useful to think about all the people and things that are important to you, the things that you value in life and everything the person you have lost would want to you enjoy...

And use all of your strength,
determination and skill to follow the
path adults help you understand and
take one small step after another...



Your friends,
family and
loved ones will
be so pleased
to be with you
and so proud
of the courage
you have
shown to
make the
journey.



And when you look back, where bereavement left sadness, anger and pain...you will be able to remember with fondness, warmth and happiness - just like seeing a rainbow somewhere between the sun and the rain.



For additional ideas, support
and resources, please visit
www.phoenixgroupqh.com/bereavement
email info@phoenixeducationconsultancy.com
or connect on facebook, twitter or instagram
using #KidsCovidMH

