



As you walk along your journey of grieving, you may find this year's holiday season to be a time of conflicting emotions like sadness, joy, or guilt. You might feel numb or angry. Please know that your feelings are all valid and normal. It is important to give yourself permission to feel whatever you might experience during this season. Family gatherings might be difficult. Everyone grieves differently, so be gentle with yourself and others.

*I hope the enclosed Tending Grief Winter Holiday issue will be a helpful resource for you. As always, I am here to listen, so please feel free to reach out at any time.*

*Wishing you peace,*

-Bristol Bereavement Team