

REMEMBERING AFTER THE FUNERAL

How to Support *Someone in the Months That Follow a Loss*



THE FIRST MONTH

- Continue reaching out.
- Don't assume they need space.
- A simple text can mean a great deal:
 - "Thinking of you today."
 - "No need to respond. Just wanted you to know you're on my mind."

SIX MONTHS LATER

This is often when grief becomes quieter and more private.

Keep showing up.

Ask:

"How have you been doing lately?"

"What has been hardest recently?"

"What do you miss most?"

THREE MONTHS LATER

- Many people have returned to work and daily routines.
- Others assume they are "doing better."
- Remember:
 - Looking okay is not the same as feeling okay.
 - Check in.
 - Invite them for coffee.
 - Offer practical support.

HELPFUL REMINDERS

- ✓ Say their loved one's name.
- ✓ Share memories.
- ✓ Listen more than you talk.
- ✓ Let them grieve in their own way.
- ✓ Understand grief has no timeline.

IMPORTANT DATES TO REMEMBER

- Birthday
- Death Anniversary
- Holidays
- Mother's Day
- Father's Day
- Wedding Anniversary
- Special family traditions

A simple message can mean everything:

"I know today may be difficult. Thinking of you and remembering Sarah."

THE GIFT OF REMEMBERING

- One of the greatest gifts we can offer someone who is grieving is the reassurance that their loved one has not been forgotten.
- Months and years later, your continued support still matters.
- Sometimes the most meaningful thing you can say is: "I still remember."