



Be ReAveD
Together
INC.

– HOW YOU CAN HELP –

A Resource Guide for Family & Friends of
Grieving Individuals & Families

'Together... we are BRAVE!'

- **Understand that grief has no timeline or end point, it is not a linear journey, lasts a lifetime, and differs for everyone.**
- **Visit, call, text and continue to do so months and years from now, not just immediately after the death.**
- **Actively listen without offering your opinion and without judgement.**
- **Don't be afraid to ask questions; be curious leading with love.**
- **Mention their loved one's name.**
- **Ask to view photographs, if available.**
- **Help organize the memorial, funeral, reception, celebration of life.**
- **Don't ask what you can do, just do.**
- **Provide a meal soon after as well as years later on a random day, keeping in mind food preferences and specific dietary needs.**
- **Do morning check-ins - bring over a coffee or tea.**
- **Accompany them on walks or during workouts.**
- **Take them out to a movie, dinner or shopping.**
- **Perform household chores such as the laundry, vacuuming, washing dishes, cleaning bathrooms and kitchen.**
- **Purchase paper goods for easy clean up and disposal.**
- **Provide maintenance work around the house such as checking air filters in air conditioning and heating units, cleaning window screens, mowing the lawn, weeding, etc.**
- **Pay bills or check due dates and set alarm reminders.**
- **Provide childcare for any children, if applicable.**
- **Offer to drive and go with them to any appointments.**
- **Provide pet sitting.**
- **Grocery shop or set up grocery delivery service.**
- **Be extra patient.**
- **Remember and mention their loved one on important milestone dates and holidays, but also on random days.**
- **Encourage them to make healthy choices.**
- **Guide them to receive professional help and get in community with those who have experienced a similar loss.**
- **Show them unconditional love, no 'if this, then I can/will...'**
- **Continue to show up, even when it feels difficult or uncomfortable for you.**