

FAMILY MATTERS

Helping Loved Ones Grieve

(NAPSA)—Friends and family members need support during the grieving process. Although it can be difficult to acknowledge and talk about a death—especially during festivities like the holidays and birthdays—it’s still important to do so, regardless of how long it has been since the death.

“Many people are surprised that someone experiencing grief still needs to talk about it many months later,” explains Lulu Orr, founder of the Good Grief Center for Bereavement Support (GGC).

Orr says it’s important for people to encourage those grieving to talk about their loss and also to take care of themselves. To help, GGC offers a Care Package that can be sent to grieving people. It includes a journal and pen, a candle, a mug with tea samplings and other self-care catalysts that people can use to help deal with their loss. It also includes a booklet, called “20 Tips for Good Grieving,” with ideas for managing the pain.

“Continued support for a grieving loved one means so much,” says Dr. Mark Miller, psychiatrist and chair of GGC’s Board. “Fruit baskets and flowers are nice but only last a short time, whereas a Care Package leaves a lasting impression and gets to the heart of healthy, specific methods for caring for yourself.”

For more information or to order a Care Package, visit www.ggconline.org.