



Meyers Funeral Home

439-5560



Cremation Funeral Service

459-0044

Grief Tips



by Ben and Stephen Meyers

Be There

Your presence is important, especially in the weeks and months following the funeral.



Be a good listener.

Grieving people need
to tell their stories.



**Be careful with clichés
and advice.**

It is better to be a “sounding board” and assist a grieving person in coming to their own conclusions.



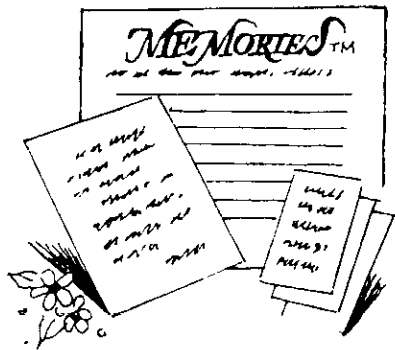
**Don't tell a grieving person
what they should feel.**

Instead, try to listen,
acknowledge, and help them
to explore their feelings.



**Share memories
of the deceased,
verbally and in writing.**

The memories you share
provide lasting comfort and
solace and may be passed
down to future generations.



**Remember holidays, birthdays
and important anniversaries
(including the date of death).**

Call, send a card or visit a
grieving person. Acknowledge
that these may be extra
painful times.



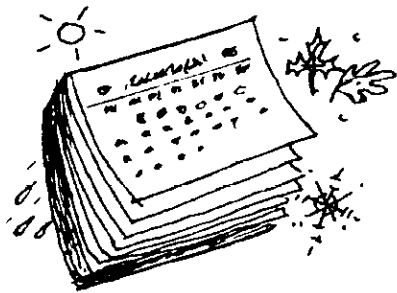
Encourage different ways to express grief.

Support your friend or loved one in talking, writing, art, music or other ways to bring forth what is in their heart.



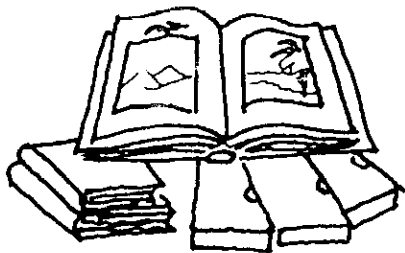
**Bear in mind that grief
has no timetable.**

Every death is different
and individuals grieve in
their own unique way.



To learn more about death and grieving

At Meyers, we offer a wide variety of helpful resources and referrals that are available to the public. There is never a charge. 439-5560.



Personal Thoughts

