

THIS IS FOR YOU...

Some things cannot be fixed. They can only be carried. This book is meant to help you carry what is yours, no matter what hardship or grief has entered your life. **It's been left in a random spot by someone who loves you,** even if they don't know who you are. We hope this book finds you at exactly the right moment, when you most need support.

Wait, what?

Yeah. There's a whole army of people in the world, wanting to share support and love with people they don't know, all because they've been where you are. They've lost someone - or something - they love, and the support they've received from even well meaning friends and family hasn't been useful (to put it mildly and kindly). Finding intelligent grief support is really hard. **We're so glad this book has found you.**

If you don't feel like "grieving" applies to you, that's cool too. **This book isn't just for people in grief.** We've all had friends or family members reeling from some kind of loss, while we stand there feeling helpless, afraid to say the wrong thing. You can't fix someone's grief by trying to cheer them out of it, but you really do want to help. **This book will help you support your friends** with skill, and might even help you along the way. There is so much pain in this world, from the small, daily losses to the life-changing ones.

Whatever has happened to make this book cross your path, we're so glad you've found it. **Read it, keep it, pass it along.** Together, we can make things better, even when they can't be made right.

Much love,

Megan

Megan and the Tribe of After team

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When you find and/or leave this book somewhere, post a photo on your social media accounts with the hashtags:

#tribeofafter
#tribeloveletters
#refugeingrief

It's not required, but it helps us know someone received the love letter.

Sometimes people write their own notes to you inside this card - check to see!

For more information and resources for both grieving people and support teams, visit refugeingrief.com



REFUGE IN GRIEF
Emotionally Intelligent Grief Support



sounds true
many voices, one journey