



Tides™



A Support Program for
Grieving Children, Teens, and
The People Who Love Them.

supporting a friend by being there

What do you do when a friend or family member has experienced the death of someone they hold dear? You want to help, but you aren't sure how. Here are some simple ways in which you can help a friend who is struggling by just being there.

Be there...

... to listen if they want to talk about it.

... to sit with them even when they don't feel like talking.

... to offer a hug when they need it.

...by visiting

...by making a phone call.

...by sending an e-mail or text message.

...by sending a card.

...by sending by extending an invite them somewhere to go out to breakfast, lunch, or dinner.

...by just be yourself.

Tides, Inc.

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