

what WE do

Be a Bridge Condolences Project

A continuous learning community that helps ease conversations with grievors by encouraging & educating their family and friends about consolation



Be A Bridge Condolences.com

what YOU CAN do



STEP 1

Learn to See Grievors

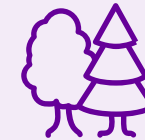
We grieve over *way* more things than death—a relationship breakup, a failed class, losing a job. Sometimes we family and friends even *blame* the griever for their loss—a relative incarcerated or dead by drugs, a friend with lung cancer who smokes. We can make a **huge difference** when we reach out to a friend suffering the prejudices of misunderstood loss.



STEP 2

Learn to Be a Bridge

Often grievors can't reach out. Their social protections are stripped off by their loss, and ours are still intact. And this difference can make them feel vulnerable and isolated—right when they need our connection. So, **it's on us** to be a bridge over to them to offer the acceptance and support that helps them heal. It's ok to feel nervous. But reach out anyway. **It matters.** You may be the only one!



STEP 3

Learn How to Listen

When we drop our guard and our probing questions, and stand by our griever, we give them the safety they need to share openly. **This is their healing.** This is also the start of a deep bond between us and them. Our help is *not* in trying to fix them, it's in being with them and accepting them as they work through their pain. Just listen. **It's everything.**

LEARN MORE HERE!

- Go to www.beabridgecondolences.com
- Get *Condolences Pocket Guide* on amazon.com
- **Book me as a speaker at your organization**
- Read my monthly blog post
- **Sign up for our newsletter**
- Send me an email!



@BeABridgeCondolences

about
the
founder

Dana Lacy Amarisa

After my losses, I came to know all kinds of condolences—those that helped and those that hurt—and I realized we just don't know what to do and say during these difficult times.

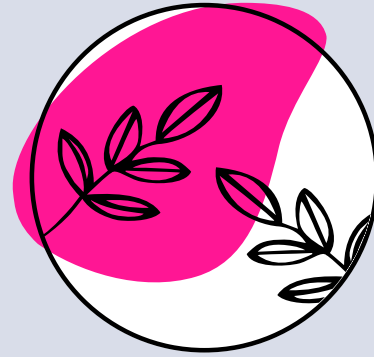
So I did this:

I wrote a short, but definitive book, *Condolences Pocket Guide...*

I created a **community Website** where we all can learn about how to help our griever...

I speak to businesses and community groups about the uplifting effects of consolation on employee productivity, patient healing and more...

I write a **monthly Blog**, too!



Dana Lacy Amarisa
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Be A Bridge Condolences

Welcomes you!

We're here to support you to learn what helps (and what hurts) a grieving friend.

It's actually quite easy once you know!

www.beabridgecondolences.com