Date: XXXXXXXXX

Dear [Insert caregiver’s name],

It is with deepest condolences for your loss that this letter and enclosed resources are sent to you.

After an immeasurable journey of caregiving, your loss can bring a range of emotions and reactions to the surface. The grief experience is markedly different for everyone. Please be kind to yourself and allow the time that you need to process the experience, reflect on the past, and remember special times with (Insert care recipient’s name).

Please know that there are resources available to provide support to you during this difficult time. Enclosed is a listing of resources, as well as an article entitled “Begin Again” that may be helpful to you.

If you have questions about the supports and services we offer or would like to take advantage of grief support groups in our area, please do not hesitate to contact us at 1-888-XXX-XXXX.

*And you would accept the seasons of your heart
just as you have always accepted
that seasons pass over your fields
and you would watch with serenity
through the winters of your grief.
- Khalil Gibran*

Sincerely,

[INSERT NAME]

Caregiver Support Coordinator