



## Living with Grief

For many years I have worked in the grief and funeral business. I believe I have seen just about any kind of death imaginable. Often, I have been asked, "how do I survive this?" I would share with them what I had always heard, "you must get up in the morning, get involved with your church, friends, join an organization, and the important thing, stay busy." How wrong I was with those words.

It would take the sudden death of my daughter Debbie, then my husband and shortly after, Debbie's daughter (my granddaughter), for me to realize that no one person or group can possibly know what that feels like. You are alone, because no one experiences grief the same way. Many times, in the morning we want to pull the covers over our heads and never come out. We find it very hard to see people because they don't know what to say to us, so everyone feels uncomfortable. I remember a person came up to me and said, "I know how you feel." I wanted to scream at them that there was no way they could know how I felt. So, my first thought was how could I create a program for all of us to have a place to go, where we could start building our thoughts, feelings and our lives in a positive environment.

*best ways*

I created "Living with Grief". It is a four-session workshop, sharing with others, or just listening, knowing we are not alone. It is hard because with every workshop I relive my grief all over again, but the wonderful thing is I know my loved ones would want this. Their passing gives me meaning in sharing with others.

If you would like to start a group workshop, or if you are a business corporation, association, or church that feels people close to you have a need, I would love to hear from you and share the program with you.

Warmest regards,  
Linda McDonald

## Inspirational Quote



## Grief Support:

## Teddy's Sleeping Angel



**Insert small urn into Teddy with your loved one's ashes along with any other items that hold a loving memory.**

**Please feel free to contact me at any time if you would like to share your story with me or have questions about the workshop or Teddy's Sleeping Angel.**

**Send email to  
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