



Goodbye letter

When you experience a loss, it is important to acknowledge your feelings. A loss can be big or small – a friend, an opportunity, or even a favorite snack. Understanding your grief can help you move forward. A goodbye letter is a great way to share your honest feelings about a loss.

Here are some ideas to help you start writing:

- I remember a time we ...
- My best memory of you is ...
- What I miss the most is ...
- What I'm happy to say goodbye to is ...
- What I learned from you is ...
- I want you to know ...



We're here to listen

We are here to help when you're struggling. Reach out to your care team whenever you feel the need.