

Teach me to say goodbye

Collection of bereavement support guides

"**Teach me to say goodbye**" is a collection of texts published as part of our commitment to caring for families who trust us, and who are experiencing grief and bereavement.

In these 8 brief guides aimed at children [aged 8+] and adults, we discuss ways in which people deal with grief after bereavement, and provide psychological, emotional and behavioral support to help them cope with the process.



You can download the guides here

If you would like them in paper format,
please request them at reception

 **Albia**
servicios funerarios