



• walking with widows •

How to Help a Grieving Friend

fantastic resource on what to do (and what not to do)

<https://refugeingrief.com/helper-overview/>

How to Help

do's & dont's

<https://www.widowmight.org/dos-and-donts/>

Take them a Meal

Online meal sign ups to support your loved one

https://takethemameal.com/blog/how_to_care_for_someone_who_walked_through_sorrow_this_year_2019.php

Ugift

set up a 529 plan for a widow's child(ren) to help family/friends give money towards education savings

<https://www.ugift529.com/>

Care Package Ideas

<https://www.widowmight.org/care-package-ideas/>

Grief Share

Grief Recovery Support Groups (faith-based)

<https://www.griefshare.org/>