



Companioning

Do you know someone who is experiencing Grief or Trauma in general? Most of us do but are at a loss of what to say or do. The most important thing to a survivor is the presence of someone willing to listen without judgement or solutions, just someone to walk beside them through their grief journey.

Everyone grieves differently. No two people grieve the same. Some are very emotional. Some don't show emotion, but it doesn't mean they are not grieving inside. It is important not to think someone does not care because they are not showing outward emotion. Below are some helpful resources to help you be a supportive companion. Click on the first three resources to access them.

[Eleven Tenets of Companioning the Bereaved](#)

[Ways to companion those who mourn](#)

[Navigating children's grief](#)

Helping others after tragedy strikes:

<https://tipsandiego.org/wp-content/uploads/2022/08/Dealing-with-Loss-Helping-Others-After-Tragedy-Strikes.pdf>

Speaking Grief:

<https://www.youtube.com/watch?v=0mELerISakg>

After Death Do's and Don'ts

<https://tipsandiego.org/pdfs/AfterDeath.DoandDont.pdf>

For more resources, support and Catholic therapists, contact Rich at hello@thechurchofstluke.org