

Social Media Links

I hope these sample prompts from "Reflections of Loss: A short journal for a long journey" has been a compassionate companion for you, one that provided solace, understanding, and a safe space to begin healing during this challenging time.

I hope the thoughtful reflections provided support for your journey of grieving, remembering, and ultimately finding hope amidst the pain.

For continued support, join our grief community at (printable version):



www.lifelivedwell.co



[sadpandacollection](#)



<https://www.facebook.com/kristie.polk.9/>



<https://www.youtube.com/channel/UC48c3nnui8exVFpCRGd5uSw>



www.linkedin.com/in/kristiepolk

The Sad Panda Collection

These interactive books were written specifically to help children through grief.

Although each book is valuable on its own, to offer comfort and healthy direction, it is suggested that each child have their own copy of Sad Panda and each adult "Bereavement Buddy" have their own copy of the Companion Guide.

Learn more about The Sad Panda Collection at www.lifelivedwell.co or at Amazon.com

