

# Walking Together

We've all lost something in the past few months...

Some, more than others. How is your family processing?



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## How To Walk Together...

When pandemic, quarantine,  
and other crazy stuff happens

There are 5 stages of dealing with a loss....

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

It's helpful to discover where each family member is along the grief process. Understanding and loving each other through this journey can bring a family closer together.

**You can get your free guide book at:**

[www.FamiliesCloserTogether.com](http://www.FamiliesCloserTogether.com)