FINDING STRENGTH AFTER LOSS

This comprehensive guide includes coping tools, family healing activities, support resources, and compassionate guidance from Dr. Fab & Vince Constant

Prepared by:

Lou Foundation Inc.

www.loufoundationinc.org

🌷 Finding Strength After Loss: AHealing GuideforBereaved Mothers & Families

By Lou Foundation Inc.

💌 A Note from Dr. Fab & Vince

Hello, Family,

We are Dr. Fabiola Constant and Vince Constant, co-founders of Lou Foundation Inc., and, most importantly, Lou's parents. This year, Lou would have celebrated his 11th birthday, but his life was tragically cut short. From our profound sorrow, we have found purpose in serving and supporting other mothers and families who understand the heart-wrenching experience of losing a child.

At Lou Foundation, we believe that grief should never be borne in solitude. Through community, resources, and compassion, we accompany bereaved mothers and families on their healing journey, transforming grief into strength, purpose, and hope.

This guide comes from our hearts to yours. We hope it offers comfort, reassures you that you are not alone, and assists you in taking steps toward healing.

With love and compassion,

Dr. Fabiola & Vince Constant

🌿 Section 1: Understanding Grief

Grief is not a straight line—it is a journey. Here are three truths every family should know:

1. **Grief has no timeline**—there is no "getting over it," only learning to carry it differently.
2. **Every journey is unique**—your way of grieving may look different from someone else's, and that's okay.
3. **Love never ends**—though your child is no longer physically here, their love and memory live forever in your heart.

✨ Section 2: Coping Strategies for Challenging Days

Here are five(5) gentle practices that can help you breathe through the hardest moments:

1. **Faith & Prayer**—lean into your faith for strength and comfort.
2. **Journaling**—write letters to your child, express your emotions, or capture memories you never want to forget.
3. **Affirmations**—speak words of life: "We are strong, we are healing, our baby's love lives within us."
4. **Memory Rituals**—light a candle, release balloons, or visit a special place to honor your child.
5. **Community Support**—surround yourself with others who understand your pain and can walk beside you.

👨‍👧‍👦 Section 3: Healing Together as a Family

Families grieve differently, and sometimes this can cause distance. These activities can bring families closer:

- **Memory Table**—create a small space in your home with photos, candles, or keepsakes to honor your child.
- **Family Sharing Time**—once a week, invite everyone to share a memory or say one thing they miss and love.
- **Acts of Kindness**—do something good in your child's name: volunteer, donate, or help a neighbor.
- **Annual Rituals**—celebrate birthdays, anniversaries, or special holidays with a family tradition in their memory.

🌈 Section 4: Identifying Support Resources

You don't have to grieve alone. Here are places you can turn:

✨ Lou Foundation Programs & Support:

- **BMoms (Bereaved Moms) Support**—safe spaces for mothers to share, heal, and grow together. **Quarterly Community Feeding & Distribution**—giving back in Lou's honor by helping
- the
  homeless and families in need.
- **Workshops & Healing Events**—practical tools for rebuilding life after loss.
- **Youth & Family Empowerment (YoungPreneurs)**—helping children and families find purpose and growth through entrepreneurship and education.

✨ Additional Resources:

- **National Grief Helpline (SAMHSA)**: 1-800-662-HELP
- **Compassionate Friends**: www.compassionatefriends.org
- **GriefShare**: www.griefshare.org

💖 Closing Words

Grief will always be a part of you, but so will love, resilience, and purpose. You are not broken— you are not alone.

At Lou Foundation, we walk with you through the pain toward hope. Lou's legacy reminds us
daily that out of deep loss can come deep love, and that together, we can rebuild.
We invite you to stay connected with us, join our programs, or simply reach out if you need
someone who understands.

With strength, purpose, and hope,
Lou Foundation Inc.

🌐 Contact Us

- **Website**: www.loufoundation.org
- **Email**: loufoundationinc@gmail.com
- **Phone**: 786-295-8907

📥 📍 Locations

- **North Miami, FL**: 847 NW 119th St. #201
- **West Park, FL**: 5544 Pembroke Rd

How to Get Involved:

- **Download More Free Resources**: www.loufoundation.org/healingguide
- **Follow Us**: Instagram | Facebook | LinkedIn @LouFoundationInc
- **Give Hope**: Donations can be sent online via Cash App $loufoundation or Zelle loufoundationinc@gmail .com