

Dear Saying Goodbye,

When I lost Josh, my baby boy, two years ago, I thought my life was over. I carried pain, anger and was feeling lonely for so long I had forgotten who I used to be before he was gone.

One day I found the Saying Goodbye Facebook page. And just like that, I wasn't alone anymore. Day after day, I started to want to live again.

Cause I wasn't the only one, I was one in four. Cause it was ok to mention my son to other people, unlike what I used to think.

Today I have my life back on track and it is thanks to you and the Saying Goodbye team. Your page slowly helped me getting back on my feet.

So I wanted to thank you. Thank you for showing that there is a life after the loss of a child.

Thank you so much,

Lily.