Sample Encouragement Letter  
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Dear Jennifer,  
  
You have been on my mind lately with everything that you are going through. As the old saying goes, “what doesn’t kill us only makes us stronger,” I believe in time you will be able to overcome the extreme feeling of sadness and despair. I know that you have been having a hard time, but I want you to know that I am a friend who has always been there and always will be.  
  
Remember when we got in trouble with the high school principal, we thought that was the most difficult thing we would ever face in life, boy were we wrong?   
  
I was shocked to learn that your father had passed. I know it is the hardest thing in the world to have to face life without a parent, but you are a survivor and I know you will be okay. During these difficult times, try to focus on the wonderful memories that you have. Nothing can ever take those from you, ever. Your dad was an inspiration to all who knew him and I was honored to call him friend.   
  
Be thankful for the 68 years that he had and the wonderful impact he made on those around him. He loved you with all his heart and always called you his baby girl. Your dad wouldn’t want you to be sad and cry for him, he lived a rich and full life. As you face the next few months without him, remember how blessed you are to have him as a father, even if for a short time.  
  
He was amazing and so are you. I have no doubt in time you will heal and be able to go on. While you will never forget, in time the pain will lessen. Be encouraged today, your daddy was so proud of you and the success you have made out of your life. I am always here if you need me for anything.   
  
Sincerely,  
  
Lisa A. Donovan  
  
By Andre Bradley