

Dear [Friend's Name],

I hope this letter finds you in a moment of peace. I want you to know that my thoughts are with you during this challenging time.

It's okay to feel overwhelmed, and I want you to remember that you are not alone. I am here for you, ready to listen or lend a helping hand whenever you need it.

Take all the time you need to heal and feel what you're feeling. Your emotions are valid, and it's important to honor them.

Whenever you feel ready, I would love to spend some time together, whether it's chatting over coffee or just taking a quiet walk. I'm here for you, no matter what.

Sending you all my love and strength,

[Your Name]