

Dear [Adult's Name],

I hope this note finds you well. I wanted to take a moment to express my feelings during this difficult time. Losing [Name of Deceased] has been really hard for me, and I know it has been for you too.

I remember the times we spent together, especially [mention a specific memory]. Those moments will always hold a special place in my heart.

Please know that I am here for you and that we can lean on each other as we navigate through this sadness together. It's okay to cry and remember [Name of Deceased]. I hope we can keep their memory alive.

With all my love,

[Your Name]