



Coping *with* **Holidays** CARE KIT

*Use this booklet to remember
your loved one, explore gifts,
care for yourself and those
who support you.*

The absence of a loved one can be deeply felt during the holiday observances and celebrations.

This kit serves as a resource to remember your loved one, explore gifts, care for yourself and those who support you.

GIFTS FROM YOUR LOVED ONE

Jot down gifts he/she brought to the world.

GIFTS TO GIVE YOURSELF

Self-care is important. List the ways you plan to care for yourself.

“

*Grief never ends... but it changes.
It's a passage, not a place to stay.*
~Anonymous

“

*Those we love
truly never leave us.*
~Jack Thorne

”



