

To live in hearts we
leave behind is not
to die.

Thomas Campbell

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A photograph of a person's hands holding a lit candle in a glass holder. The candle is lit, and the flame is visible. The person is wearing a light-colored, textured sweater. The year '2020' is overlaid in large, semi-transparent white numbers across the image.

2020

12 Months of
Grief Support

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Start Small and Sort One Thing Today

If sorting their belongings feels overwhelming, try choosing just one small category, like books or sweaters. Healing often begins with the tiniest step.



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FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Protect Your Energy and Say No When You Need To

Grief takes space. It's okay to say no, change plans, or choose rest today. Your feelings are valid and don't require an explanation.

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Create a Simple Ritual to Honor Them

A small ritual can bring grounding: light a candle, hold a memory, write a letter that you'll never mail but provides healing. The important thing is to honor your feelings.





APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Review Your Tax Options as a Widow or Widower

Tax season brings extra emotions after a loss. Consulting with an expert can provide the individualized guidance you need during this challenging time.

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Visit or Create a Permanent Memorial That Grounds You

A memorial offers a place to return to, physically or emotionally, whenever you need connection. And if your loved one chose cremation, the possibilities are as unique as their memory.



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JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Explore Preplanning for Future Peace of Mind

Planning ahead is a gift that relieves stress and brings clarity for the people you love most. It also ensures that you get the farewell you want with nothing you don't.

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Take a Memory Walk in Nature

Take a walk and let a favorite memory accompany you. Longer summer days also make an ideal time to visit your loved one's resting place or reflect in a peaceful setting.



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AUGUST

Sun	Mon	Tur	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Begin Organizing Their Digital Legacy

Do you want to set up a memorial account? Or shut down their social media? The digital side of grief is real. Take your time and ask for help when needed.

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Ask One Trusted Person for Support This Month

You don't have to carry grief alone. Reach out to someone you feel safe with, whether a family member, friend, spiritual advisor, or counselor.



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OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Build One Gentle Routine That Supports Your Grief

A simple routine can create an anchor, boost your physical and emotional health, and improve your overall well-being on your grief journey.

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Choose a Meaningful Way to Mark Their Anniversary

Anniversary grief is tender and deeply personal. Some people take comfort in an intentional ritual or observation of their death anniversary, but it's entirely up to you.



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DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Add a New Tradition to Your Holiday Season

Holidays shift after loss. One new tradition can help blend memory with meaning. It's also okay to take a step back and focus on self-care.

What we have
once enjoyed we
can never lose.
Helen Keller

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