

## Grief Anniversary Calendar

Keeping a perpetual calendar of your losses allows you to anticipate and prepare for anniversary reactions, so you're not caught off guard by the emotions these days may bring. By recording the date and the loss, you create a meaningful way to honor what you've been through and plan ahead for special rituals or activities using the *Grief Anniversary Planner* to commemorate your loved one.

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE



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JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER
		DECEMBER
OCTOBER	NOVEMBER	
		DECEMBER