



We bring hope and healing to the loss of a loved one.

Ways to Celebrate Your Loved One

1. Celebrate their Birthday
2. Host a dinner with family and friends with their favorite dishes and share a memory
3. Set up a permanent memorial: a bench, plaque, a tree, garden, place to visit, scholarship, a fundraiser through a 5K
4. Create a personal memorial
 - A. Music dvd of loved ones favorite songs
 - B. Picture book for each family member with special pictures mixbook.com
Chatbooks app
 - C. A Memory box with special memorabilia
 - D. A Memory box with handwritten memories about the individual who passed
 - E. Make a shadowbox with special items to commemorate your loved one
 - F. Have a T-shirt quilt made from loved ones clothing www.etsy.com/listing/166696201/mosaic-tshirt-quilt-eclectic-and-funky
 - G. Make or have a T-shirt pillow made from your loved ones favorite shirt Great activity with kids!
www.diynetwork.com/how-to/make-and-decorate/decorating/how-to-make-a-no-sew-pillow-from-an-upcycled-t-shirt
 - H. Have a teddy bear made for younger kids who have lost a sibling etsy.com
 - I. Have a memorial photo blanket made collage.com
 - J. collage.com has numerous ideas to research as well:

Phone case covers, mugs, sherpa blankets. canvas prints, puzzles, metal prints, coasters, cutting boards, notebooks, playing cards, t-shirts. placemats, pillowcases, floor pillows, makeup bags, and beach towels

5. Create your own tradition based on you and your loved ones interest:

If your loved one had a favorite genre of foods, movies, books, music, art, games, or activity then pick one to enjoy a week or month. Have a set time to enjoy this activity in memory of your special someone. Every week you could have a special dinner with the

favorite foods while listening to their favorite music. the following week you could watch a new movie in that genre.

6. Visit Special Places

At first this may be difficult but it is important to continue to enjoy the love and relationship you shared with your loved one. Many find comfort in those familiar places. Continue to enjoy that aspect of shared memories. Travel to places and do experiences in memory of your loved one. If there are places you had intended to go then do it when you are comfortable.

7. Have a piece of jewelry made at: www.journeylockets.com 336-684-4654