Coping with Loss During the Holidays and Special Dates

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October 13, 2026

The Latin root of the word ‘bereavement’ means to be robbed

Your story is as unique as your thumbprint.

CAUTION
UNEVEN
SIDEWALK

The most painful part of losing someone isn't their death…

Its everything that comes after.

- What days or dates are difficult for you at this time?
- What events have you already experienced?
- What was helpful?
- What will you do differently next time?

As we look ahead, a key word to keep in mind is...

PREPARE!

Questions?

Comments?

Be kind,
For everyone you meet
Is fighting a great battle.