



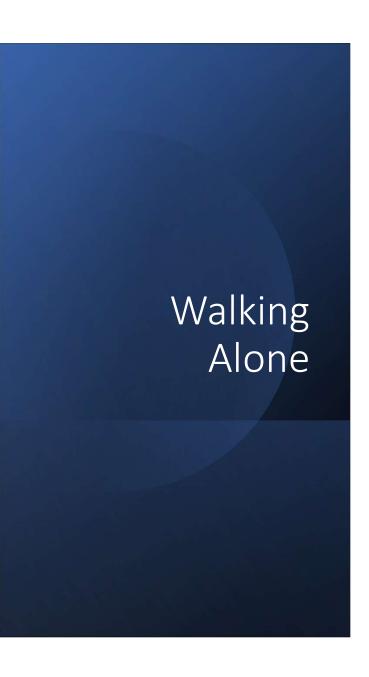
Holidays can either be a time to hate or to remember the joy

- How was your thanksgiving
- Any thoughts around Christmas
- Have you talked with your spouse about expectations
- Do you have an escape plan
- When to say no

Holding Space

When we our child dies, we need to hold space for his memory.

- How will you hold space this year for your son or daughter
- What objects or events do you avoid
- When is it safe to put it away
- Walking alongside your spouse



Spending time alone can be healthy

- Admitting that being alone is healthily
- Spending time outside
- Connecting to your feelings at this time of year

