



Why We Remember

When someone in your life dies, the love and memories you shared endure through the ways you pay tribute. Honoring and maintaining a connection helps your heart to heal as your loved one's life continues to have meaning and be a part of you.

As you move through your journey of grief, you may hear sentiments like: "It's time to move on"; "try not to think about her"; "put away his pictures". Remembering and memorializing your loved ones help you to move forward in a hopeful and productive way as you adjust to a life without them.

While the intensity of grief will likely lessen as the years go by, many wonder if memories will become distant. Their legacy may be carried on in new and different ways.

Ways to remember and celebrate your loved one's legacy:

- Create a memorial space in your home to display photos and mementos.
- Make a donation to your favorite charity in their name.
- Volunteer for an organization that would be meaningful to your loved one.
- Share anecdotes and favorite stories with others.
- Plant a tree or flower in their memory.
- Create a new ritual to honor your dear one's birthday.
- Participate in a memory walk such as the OUR HOUSE *Run For Hope*.

The OUR HOUSE Grief Support Center *Run For Hope* provides an opportunity to celebrate and honor the memory of those who have died, as well as share hope and healing with others. Grief becomes a universal experience as adults and children walk alongside one another creating a sense of community. Participants proudly wear their personalized t-shirts and connect with others.

Whether you have recently experienced a death, or if some time has passed, remembering your loved ones honors their lives and continues their cherished connections.

www.OurHouse-Grief.org

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