



Honouring Special Days

There are significant days in the calendar. They represent the important moments in your and your loved one's life. These special days helped to build the memories of the life you have shared with your loved one.

After someone in your life has passed away, these special dates can be very hard to face. These days' meaning can change forever. It can highlight feelings of loss or loneliness. However, taking time out and honouring these special days can significantly help you and your loved one in the grieving process and provide an opportunity to connect and remember them.

As a special day approaches, you may want to plan to commemorate your loved one. It does not need to be complicated; it can be as simple as you feel comfortable with.

You could take a moment and talk about your loved one, share memories or look at your favorite pictures. This could be done alone or with your friends and families. Everyone experiences grief differently.

Creating a ceremony or an event can help bring meaning and help you honour their memory and celebrate the shared life.

- Eating their favourite meal or dessert
- Walking in their favorite place
- Lighting a candle on a specific day
- Watching their favorite movies or listening to their favorite song

Birthdays and anniversary can be especially hard for you and your loved ones. Taking time out on that special day is important.

- Eat at their favourite restaurant
- Bake a specific cake
- Change a photo in a special frame every year
- Post a memory on social media
- Plant flowers or a plant and take a moment to take special care of it
- Visit your loved ones grave

Apart from personal days, yearly celebrations can be particular difficult. From religious celebrations to Mother's Day, Father's Day and even Halloween, these yearly celebrations can bring strong emotions and feelings. These feelings are a normal part of the grieving process.

Taking time out to mark the occasion is always important and will help you and your loved ones.

- Visit your loved ones grave and decorate it
- Place or plant flowers on the grave
- Light a candle in your home
- Talk about your loved ones
- Share memories and stories related to the celebration

It is not uncommon to have fresh surges of grief on these special days. Sometimes you will experience a flood of physical and emotional feelings days before the actual date occurs. This is normal and is part of the grieving process. These intense feelings will subside once the special day has occurred.

Always remember – grief is a normal part of life.

280 Beechwood Ave, Ottawa • 613-741-9530 • www.beechwoodottawa.ca

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