



# BEECHWOOD

Cemetery Foundation  
Fondation du cimetière



# The Grief Companion Workbook

A Practical and Emotional Support Tool for Navigating Life After Loss

Owned by the Beechwood Cemetery Foundation and  
operated by The Beechwood Cemetery Company

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## A NOTE TO YOU

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Grief is love with nowhere to go. This workbook is here to give it a place. Whether your loss is recent or old, whether your grief feels sharp or quiet, there's room for you here. There are no timelines, no expectations, and no right or wrong way to grieve.

This companion is your space to reflect, to honour, to begin healing, and when you're ready, to gently look forward. Go at your own pace. Come back when you need. You are not alone.





# UNDERSTANDING YOUR GRIEF

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## What is Grief?

Grief is the natural response to losing someone or something you deeply care about. It is a process, not a linear journey — and it unfolds differently for everyone.

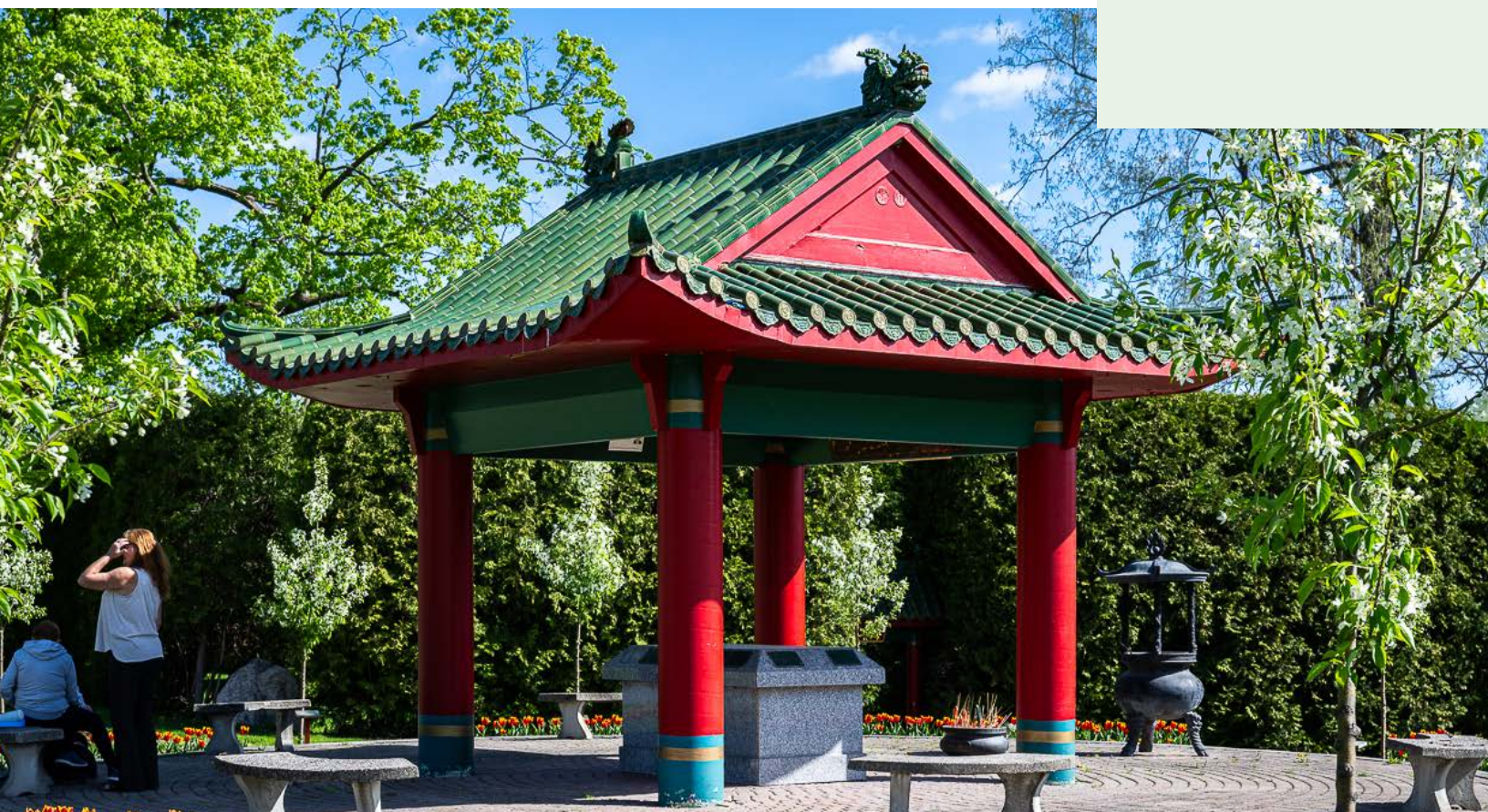
Tip: Some days will feel harder than others. Be gentle with yourself and let go of expectations.

## Types of Grief

- Anticipatory Grief – grief that begins before the loss
- Complicated Grief – when grief becomes prolonged or overwhelming
- Ambiguous Loss – grief without closure
- Cumulative Grief – when multiple losses occur in a short time

## You're Not Alone

Grief is experienced across every culture and belief system. Practices may differ, but love and loss are universal. Refer to Beechwood's blog series on cultural grief for comforting global perspectives.



# GENTLE JOURNAL PROMPTS

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These prompts are designed to spark reflection and honour where you are. You can write as much or as little as you like.

Today, grief feels

like: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something I miss and treasure

is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I could talk to them right now, I would

say: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I feel closest to them

when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

A moment I want to remember

forever: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

A small act of kindness I received recently

was: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Tip:** Don't force words to come. Doodle. Scribble. Draw hearts. Use this space however you need.



# MEMORY PAGES

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## Their Story

Create a snapshot of who they were. Include:

- Full name
- Nicknames
- Favourite foods
- Music they loved
- A quote or saying they always used

Why this matters: Remembering can be a healing act. These pages keep their spirit present.

## Favourite Memories

Prompts:

- A holiday we spent together
- A time we laughed until we cried
- What I admired most about them

## Rituals & Traditions

- Use this section to record:
- Rituals you want to continue (e.g., Sunday dinners)
- Cultural traditions tied to mourning or remembrance
- New rituals you've created in their honour



# GRIEF TRACKING TOOLS

## Weekly Grief Log

Use this chart to track your emotional patterns (photocopy it if needed):

Day	Mood	Energy Level	Support Needed? (Yes/No)	Notes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

## Monthly Reflections

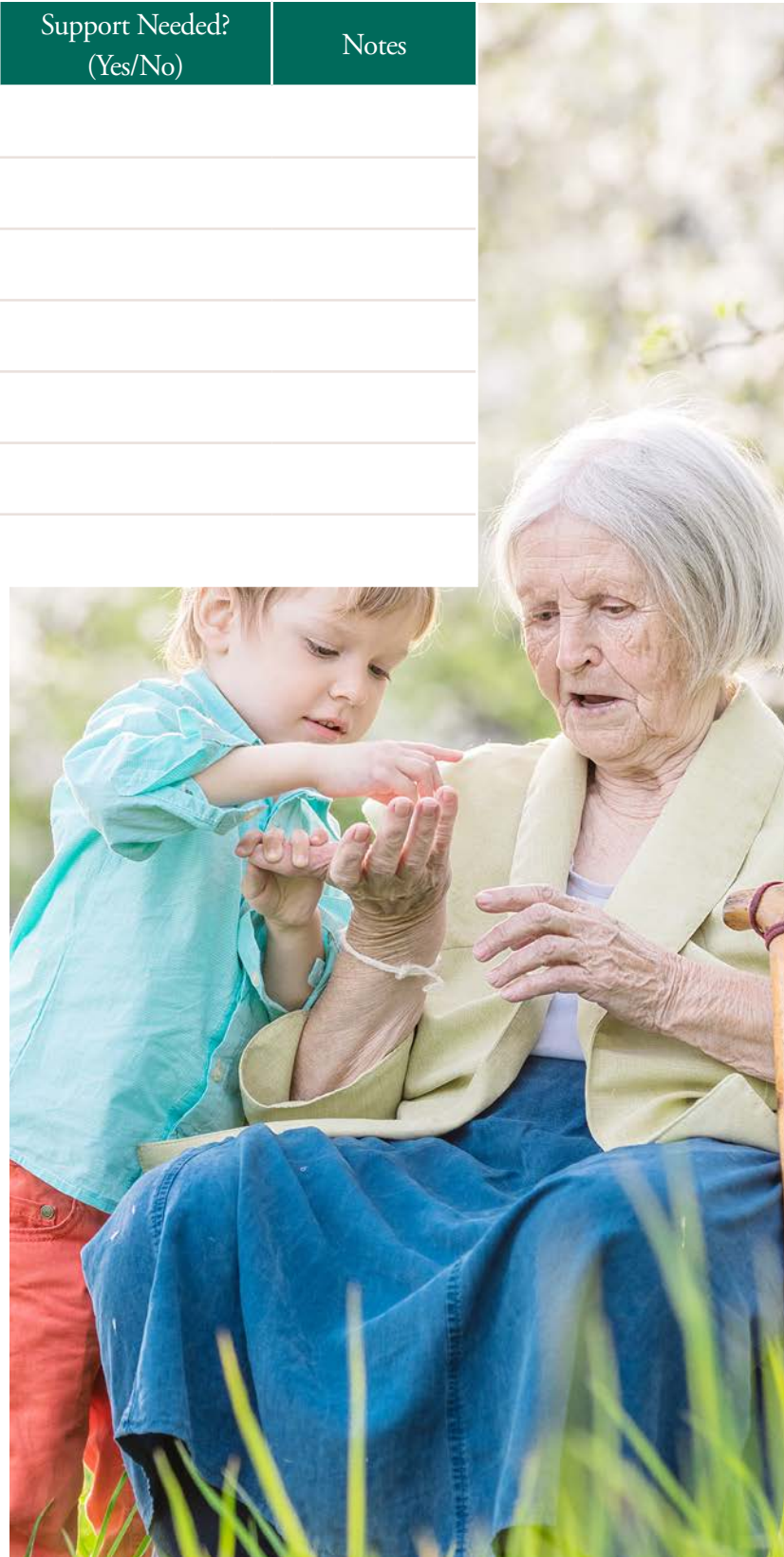
Questions to check in:

- This month, I learned...
- I felt supported when...
- What drained me?
- What brought a sense of peace?

## Self-Care Check-in

- Have I eaten today?
- Have I moved my body?
- Have I spent time with someone who cares?
- Have I taken a break from grieving?

**Tip:** Self-care isn't selfish — it's how we keep going.





# “WHAT IF I’M NOT READY?”

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Planning can feel overwhelming. These pages offer gentle encouragement, not pressure.

Prompts:

- On future birthdays, I’d like to...
- I feel comforted by...
- If something happened to me, I’d want others to know...

**Tip:** Soft planning means planting seeds. You don’t have to act on these ideas right away.





# MY WISHES

Because love continues in how we care for others and ourselves.

## End-of-Life Preferences

☐ Burial ☐ Cremation ☐ Other: \_\_\_\_\_

Preferred Location: \_\_\_\_\_

Preferred Officiant/Leader: \_\_\_\_\_

Special Readings or Music: \_\_\_\_\_

## Legacy Messages

If I could leave one thought with my loved ones, it would be:

\_\_\_\_\_  
\_\_\_\_\_

## Health Care Decisions

Do I have an advance directive? ☐ Yes ☐ No

Location of document: \_\_\_\_\_

Name of decision-maker: \_\_\_\_\_

## Who to Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## My Favourites

Quote: “ \_\_\_\_\_ ”

Song: \_\_\_\_\_

Memory: \_\_\_\_\_



# MEMORIAL PLANNING SHEET

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## Memorial Planning Sheet

A space to guide loved ones with kindness and clarity.

### Type of Service

- ☐ No service
- ☐ Celebration of life
- ☐ Traditional funeral

Other: \_\_\_\_\_

### Cultural/Spiritual Elements to Include

Music/Readings/Visuals

Song: \_\_\_\_\_

Reading: \_\_\_\_\_

Photos or video to include: \_\_\_\_\_

### People I'd Like to Speak or Participate

\_\_\_\_\_  
\_\_\_\_\_

### In Lieu of Flowers...

- ☐ Donate to: \_\_\_\_\_
- ☐ Plant a tree
- ☐ Share a story or memory





# LETTER TO THE ONE YOU LOST

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Dear \_\_\_\_\_,

I've been thinking of you a lot lately. I want you to know...

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One of my favourite memories with you is:

---

---

If I could say one more thing, it would be:

---

With all my love,

---



# TODAY, I REMEMBER...

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Sometimes the little moments bring the biggest waves.

(Attach a photo or draw one)

A memory that showed me how much you loved me:

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A few words I want to say to you today:

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Date: \_\_\_\_\_

## Self-Care Promise

### This Week, I Promise to Be Gentle With Myself

Cut this out and keep it close.

I will... \_\_\_\_\_

I will... \_\_\_\_\_

I will... \_\_\_\_\_

My calming mantra for hard days:

“ \_\_\_\_\_ ”

Date: \_\_\_\_\_

Signature (optional): \_\_\_\_\_





# SUPPORT THAT HEALS

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## How to Ask for Help

- Practice saying: “I don’t need advice, just company.”
- Make a list of friends or groups you can turn to

## Supporting Others in Grief

- What to say: “I’m here,” “I miss them too,” “This must be so hard.”
- What not to say: “At least...” or “Everything happens for a reason.”

## Memorial Ideas

- Light a candle on their birthday
- Plant something in their name
- Create a playlist of songs that remind you of them

## Cultural Comforts

### Learn about how other cultures grieve and honour loved ones

- Incorporate rituals that resonate with your beliefs



# RESOURCES & NEXT STEPS

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## Beechwood's Blog Series (Selected Reading):

- [Coping with the Loss of a Mother or Mother Figure](#)
- [The Healing Power of Silence in Grief](#)
- [Grief Across Cultures: Lessons from Global Perspectives on Loss \(Part 1\)](#)
- [Grief Across Cultures: Finding Comfort in Global Traditions \(Part 2\)](#)
- [Children and Grief: Guiding Young Hearts Through Loss](#)
- [The Language of Loss: How to Support a Loved One Through Grief](#)
- [Remembering Loved Ones During the Holidays](#)
- [Navigating Grief: Finding Comfort Through Healing Activities](#)
- [What to Say to Someone Who Has Lost Their Loved One?](#)
- [Grief Is a Normal Part of Life](#)
- [Step-by-Step Guide to Planning When You Have Lost Someone You Love](#)
- [Dealing with Grief During the Holidays](#)
- [Grief - A Definition](#)
- [The 5 Stages of Grief](#)

**Tip:** Bookmark one or two resources you might want to revisit later.

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280 Beechwood Ave, Ottawa – 613-741-9530 – <http://www.beechwoodottawa.ca>