

A FAVORITE DAY

A large, hand-drawn style rectangular frame with a thick yellow border and a black outline. The interior of the frame is white, providing a space for drawing or writing a memory.

Is it hard to remember the good times with your person before they died of COVID?

Sometimes writing or drawing a memory can help. Think of a favorite day you spent with your person and write or draw all the details you remember: Where were you? What was the weather like? What did you do? What did you wear? What did your person do or say?



The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

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employeerelieffund.org/brave-of-heart-fund