

HORIZON GRIEF RESOURCE CENTER

Self Care Newsletter

We never forget our loved ones who pass, and we never stop loving them. It can be helpful to find ways to honor their legacy and the ways they have impacted our lives.



PRESERVE FAMILY RECIPES

Check out this article on creative ways to preserve family recipes:

<https://cupofjo.com/2021/01/how-do-you-preserve-family-recipes/#more-241887>

MEMORIALIZE

Check out these 50 Creative Ways to Memorialize a Loved One:

<https://ecobear.co/resources/50-creative-ways-to-memorialize-a-loved-one/>



REMEMBER

Check out these creative ways to remember your loved one:

<https://dying.lovetoknow.com/ideas-advice-coping-grief/creative-ways-remember-loved-one>