



MILKY WAY OF MILESTONES

Milestones are big days that might happen in your life. These pages can help you prepare for a big day like a birthday, anniversary, or change in your life.

The first _____ without my _____ .

What I want to do on that day:

How I feel about that day:



What I'm most worried about:

Who I can talk to about it:

What I can do to make me feel better:





GRIEF GALAXY

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The first anniversary of their death.

How I feel about that day:

What I want to do on that day:

Who I can talk to about it:

What I'm most worried about:

What I can do to make me feel better:





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How I feel about that day:

What I want to do on that day:

Who I can talk to about it:



What I'm most worried about:

What I can do to make me feel better:

