



# **Mourning and Milestones: Honoring Anniversaries, Birthdays and Special Occasions After a Loved One Dies**

*Kathleen Fraser*

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Grief can drive you to your knees, overtake you suddenly, and challenge you over and over again to find ways to simultaneously live and mourn. Its ability to exhaust us and to shake our stability seems to be greatest on special occasions. It is these landmark days that most challenge our ability to be present and find ways to make it through the day. *Mourning and Milestones: Honoring Anniversaries, Birthdays and Special Occasions After a Loved One Dies* helps to ease the burden of invention for griever who are searching for ways to both honor their loss and live in the present.

Widow, and bereavement group facilitator Kathleen Fraser shares her struggle finding ways to meet the challenges of these difficult days after the death of her husband. Based upon her own experiences with diminished capacity, fear of getting lost in grief, and a general sense of unmooring, Kathleen offers functional strategies for planning ahead, seeking gratitude where it can be found and trusting others to help.

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