



the waterfall café

reflect and remember those loved and lost

Growing round your grief

What was most surprising, frustrating or difficult part of grief for you?



What keeps you going on the toughest days?

How do other people make your grieving harder or easier?



What do they say/do?



What events or situations do you need to prepare yourself to cope with in the future?



the waterfall café
reflect and remember those loved and lost

Maintaining Memories



Describe the person you have loved and lost
in three words

Share your most memorable story of time
spent with them



What small thing do you do which honours
their memory and also helps you get through
difficult days?

How might you continue to share positive
memories of the deceased as you move forward?

