



**Welcome to the new monthly newsletter**

**for families who are missing their loved one gone due to DIP/DMG!**

**I am a mom of a DIPG warrior turned angel– Mary– and I know all too well how hard this grief can be. I am no expert but I will share things I have found that have helped me to remember my Mary and process as well as things others have shared because no two people grieve the same.**

**Need help with something or have a question? Email me!**



## Ways to Remember **Pressed Flowers to Remember**

**When Mary passed a friend gave me a flower present. It was perfect for me to save some of her flowers– I have such a hard time giving up anything that has to do with Mary. We put them in a frame with her memorial card.**

**I have found myself more and more pressing flowers we get her to keep and make bookmarks and other things. She loved doing crafts with me and it is a way to stay connected to her.**

**Click the photo below if you want to check out some great flower presses!**



## Self Care Idea

**So much now a days we hear about “self care” but when you are grieving it is so important. You cannot begin to process feelings without self care. Take time to just take care of yourself which looks different for everyone– it can be therapy, going for a daily walk, meeting with a close friend for drinks or simply taking a long shower.**

**Marc Jr. offers a free monthly zoom meeting. There is also a bereavement weekend happening in Kansas City March 7–9 which is being put on by Tough2gether.**



**Learn more!**

## **Words to Remember**

**There is no “normal” way to grieve. Except for how we each do it.**

**Marc Jr**

**FOUNDATION**

[www.marcjr.org](http://www.marcjr.org)