

Welcome to the new weekly newsletter

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

We are starting to do a monthly Bingo to raise money to help even more families struggling! If you would be interested in letting us share your angels story, photo please email me! I would love to hear about your warrior angel.

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

<u>Ways to Remember</u> A Special Place

We know our child's memory is always around but creating a space to go to remember them- a bench, a special garden, planting a special tree, etc helps us and others have a physical connection to them and a place to grieve. It does not have to be a grave- it can be something uplifting that speaks to who they were.

Kenose et al.

<u>Books to help</u>



F*ck Death

From acknowledging the messy and complex nature of grief to exploring unconventional methods for healing, this book is your partner in reclaiming your emotional well-being and mental health.

Devotional Journal for grief

With help from God's wisdom, you can make peace with your grief and adjust to your new normal with grace. This devotional journal provides Scripturebased prompts and practices that inspire you to share your burdens with the Lord, strengthen your faith, and begin to heal from loss.

Words to Remember

"There is a sacredness in tears. They are the messengers of overwhelming grief, of deep contrition and of unspeakable love." --- Washington Irving

