

Use *the Calendar*

Grief keeps dates.

A grieving family lives inside a calendar of absence. Every birthday, anniversary, holiday, and milestone carries the weight of who is not there. When no one else marks those dates, the family carries them alone. The simplest act of sustained grief support is remembering the date — and acting before it passes.

WHAT TO DO

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| ☐ Record the death anniversary and act on it every single year. | ☐ Note the officer's birthday and the surviving spouse's birthday. |
| ☐ Write down the children's birthdays and school milestones. | ☐ Plan ahead for Thanksgiving, Christmas, Memorial Day, Police Week. |
| ☐ Mark any upcoming court or parole dates, if relevant. | ☐ Reach out before the hard date arrives — not after it passes. |

DO THIS WEEK

Open your calendar right now. Add the death anniversary, the officer's birthday, and the next upcoming holiday.

ASK YOURSELF

Which dates are on your calendar for this family — and which ones are missing?

“Grief keeps dates. So should you.”