

## **Bereaved Families of Cape Breton**

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### **Tribute Scrapbooking**

One activity a bereaved family can do together is to make a memory book, or tribute scrapbook, about the lost loved one. Children can also contribute to the project, and they will find much comfort from it.

Begin by collecting information and memorabilia about the lost one. Outline his or her life, to give a little structure and continuity to the book. Get everyone contributing information and stories to the effort. Storytelling is a natural part of the bereavement process and can be healing for everyone involved.

Have each person contribute their own poems and drawings, including the children. Gather snapshots, ribbons and awards, ticket stubs or menus from special events, the CD jacket from their favorite album, a corsage from the prom, any other items that have meaning from your lost one's life.

Then make a visit to a crafts store, office supply, (even some WalMarts have a "scrapbooking" section now). Wander the aisles looking for inspiration, and buy several tools and items that will fit with your project. Get creative! Bring the kids with you.

Then set aside an hour at a time for the family to gather and create this special family memory book. This project can help you all to reminisce and come to mourn a more realistic image of the lost family member.

Crafting a scrapbook in memory of a lost loved one creates a living legacy. It helps balance the feelings of finality caused by the loss. The tribute scrapbook will be especially valuable for children to revisit as they grow up and learn to deal with the loss, throughout their lives.

From:

<http://www.recover-from-grief.com/tribute-scrapbooking.html>