

THE LIFELONG JOURNEY

Love and Grief Change Over Time

Memory • Tenderness • Support • Hope

Grief does not end. It changes as you continue carrying love through the years.



The loss of a child is not something a parent “gets over.” It becomes part of a lifelong journey, changing with new seasons, anniversaries, family milestones, aging, and the years that pass. Your love remains, even as you learn new ways to carry it.

There is no finish line for a parent’s love.
You are allowed to grow and grieve at the same time.

1 GRIEF CHANGES OVER TIME

- The intensity may shift, but love remains.
- New seasons can bring new feelings.
- There is no timeline for how grief should look.
- Your journey is uniquely your own.

2 WHAT MAY FEEL DIFFERENT

- Anniversaries, milestones, and aging.
- Changes in family roles and relationships.
- New joys or hopes alongside deep sorrow.
- The ways you remember and honor your child.

3 CONTINUING BONDS

- Speak their name and tell their story.
- Keep traditions that feel meaningful.
- Carry their values into your life.
- Make space for their place in the family.

4 MAKING SPACE FOR TODAY

- Take one day rather than the whole future.
- Let your needs change with the years.
- Choose what feels supportive now.
- Give yourself permission to grow slowly.

5 WHEN YOU NEED WORDS

- “My child is still part of my life.”
- “This milestone is hard for me.”
- “I am learning as I go.”
- “My grief does not have a deadline.”

6 SUPPORT & CONNECTION

- Stay connected with people who understand.
- Let trusted people know what you need.
- Seek support when the path feels heavy.
- You do not have to walk it alone.

7 CARING FOR YOURSELF

- Rest from pressure to be “over it.”
- Let tears and joy both have room.
- Take time for the things that steady you.
- Be patient with your changing heart.

8 HOPE FOR TOMORROW

- Growth does not mean forgetting.
- Love can be carried into every season.
- A changed life can still hold meaning.
- You are allowed to move at your own pace.



MOURNING DISCOVERIES

Compassionate Grief Support, Education & Guidance
You are allowed to grow and grieve at the same time.

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