

# *New Beginnings* Grief Recover Program



The *New Beginnings* series of booklets was developed to assist families through the grief period after a death of a family member or friend. Each booklet offers different coping techniques and explanations of feelings, based Dr. Elisabeth Kubler-Ross' ground-breaking research of the five stages of grief.

The booklet also includes positive activities, recipes and healthy living tips.

Distributed through funeral directors, the *New Beginnings* program also features grief resources, both online and in print, and checklist of things to do following a death. Families receive one issue a month for six months.

For funeral directors, the package also includes brochures and signage for placement in the funeral home as a reminder that help is available after the funeral.