

12-Month Grief Care Calendar

Fill this in on the day of the funeral. Give every row an owner and a date. Most support stops after the funeral. Your team does not.

Person grieving _____ Person who died _____

Date of death _____ Their birthday _____

Wedding anniversary _____ Main contact _____

When	What to do	Owner	Date	Done
Days 1 to 7	Visit. Bring food. Offer specific help.			☐
Funeral week	Attend. Organize the meal. Fill in this page.			☐
Week 2	Call. Ask about sleep, food, and tasks.			☐
Weeks 3 to 4	Bring a meal. Help with one hard task.			☐
Month 2	Send a handwritten card. Say the name.			☐
Month 3	Visit. Invite them to a group.			☐
Months 4 to 5	Call each month. Offer a ride or a meal.			☐
Month 6	Visit. Watch for signs of deep grief.			☐
Months 7 to 11	A call or a card each month.			☐
First holidays	Call the week before. Invite them in.			☐
Their birthday	Card or call. Say the name.			☐
Wedding anniversary	Card or call to the spouse.			☐
Mother's or Father's Day	A short text or card.			☐
One year	Visit or call. Share a memory.			☐
Year 2	Mark the anniversary again.			☐

What to Say, What to Avoid, and When to Refer

Short, plain words help most. Say the name of the person who died. Then listen.

Say this

- "I am so sorry."
- "I am glad to be here with you."
- "Tell me about him."
- "I remember when he..."
- "We're here for you, whatever you need."
- "Can I bring dinner on Tuesday?"

Do not say this

- "Everything happens for a reason."
- "She is in a better place."
- "I know exactly how you feel."
- "It's going to be okay."
- "Call me if you need anything."
- "You should be over it by now."

1. Scripts for the hard dates

Birthday text: "Thinking of you and of Frank today. I am grateful for him."

Anniversary card: "Today I remember the day you and Frank were married. I am praying for you."

One year: "I know it has been one year since Frank died. I have been thinking about you all week. How are you doing?"

2. How the team shares the load

- ☐ **Pastor:** first visit, funeral, month 6, first anniversary.
- ☐ **One care team member:** owns this family for the year.
- ☐ **Meal team:** covers the first two weeks.
- ☐ **Card ministry:** month 2, holidays, birthday, anniversary.
- ☐ **Small group leader:** invites them back into the group.

3. When to refer to a counselor or doctor

- They cannot do daily tasks (work, eat, pay bills) for a long time.
- The pain stays very strong every day, many months after the death.
- They use alcohol, drugs, or pills to cope.
- You feel out of your depth.

If someone talks about suicide or wanting to die, get help that day. In the United States, call or text 988. Referral does not mean you stop. Keep the calendar going.