

If you could write as message or draw a picture on this balloon and send it up to your person, what would you create?



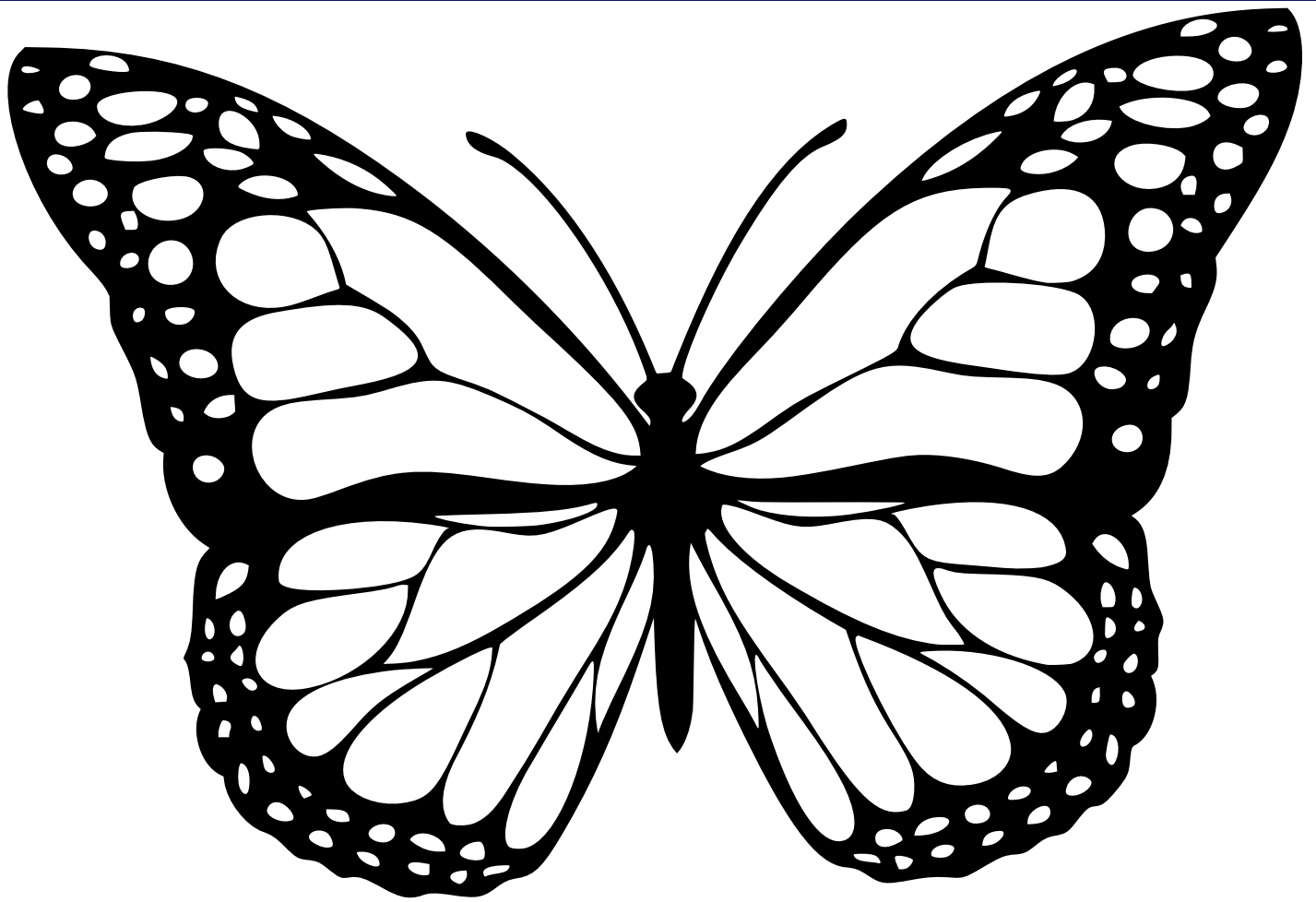
We invite you to call or visit our website to access grief support groups, workshops and resources to support yourself and those you care about.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



If your person became a butterfly,
what colors would they be?



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Decorate these candles as memory candles in honor of your person.
What are some of your favorite memories?



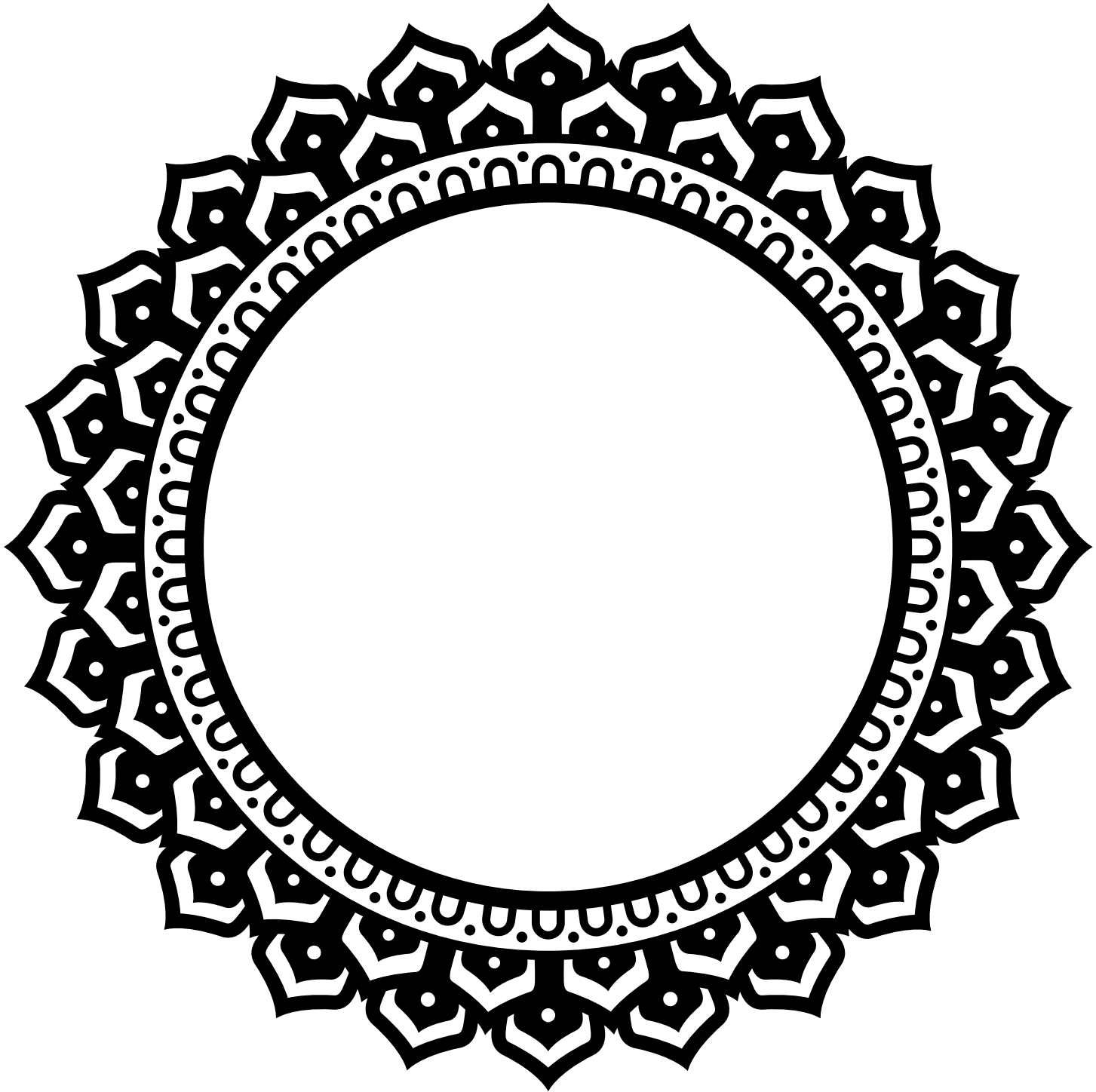
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Write a grief message inside this mandala.



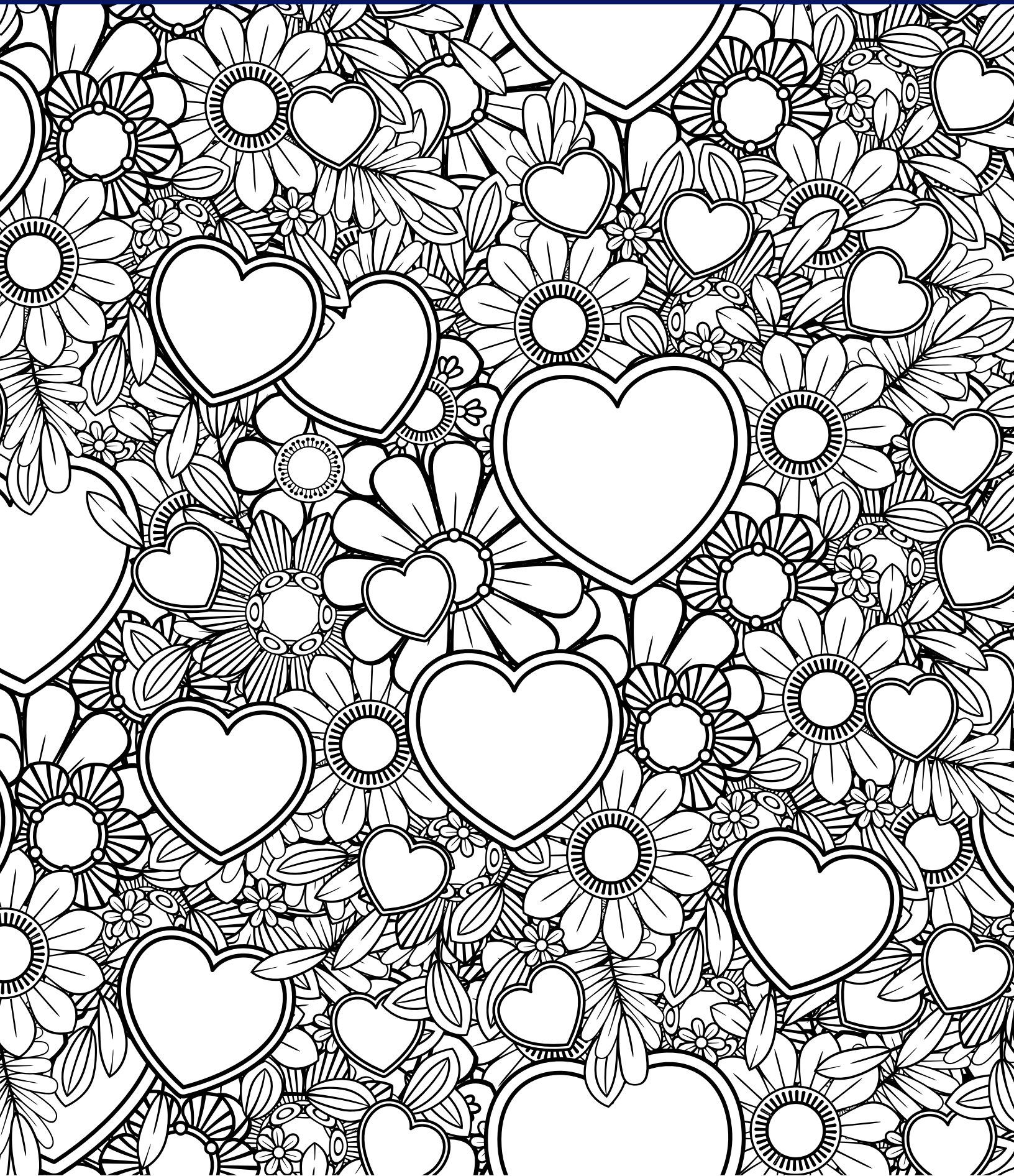
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