



ENE

VOICE · EMPATHY · NURTURE · EMPOWER

vene.life

Grief calendar

A gentle, year-long companion — one small prompt per month. Use it if it helps. Skip any month that doesn't.

Grief does not follow a calendar. These prompts are invitations, not assignments. Put this down whenever you need to.

January

One small thing that still makes you smile when you think of your child.

February

A memory you want to hold onto — write it before it fades.

March

Something you wish people understood about your grief.

April

A way you honored your child this month — or want to.

May

Someone who showed up for you. What did they do that helped?

June

What you needed most this month — and whether you got it.

July

A hard day and how you survived it. That counts.

August

Something you are angry about. Anger is allowed here.

September

A hope — even a tiny one — you are still carrying.

October

What you would say to your child if they could hear you right now.

November

One thing you did for yourself. Rest is not betrayal.

December

What you want to remember about this year — for you, not for anyone else.

info@vene.life · vene.life

For personal family use — not medical advice. © 2026 VENE.