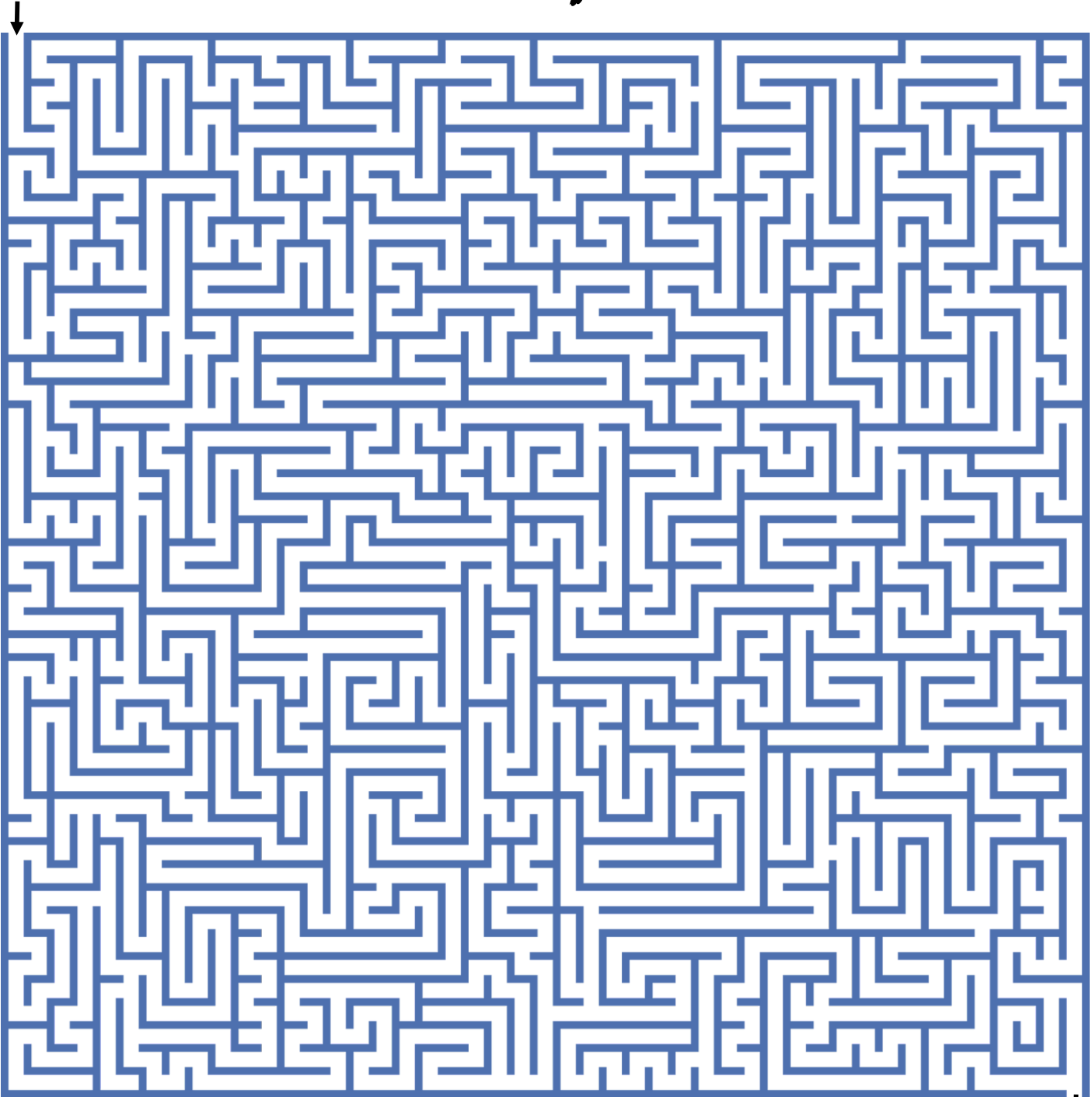


The Grief Maze

Start



Finish

Grief is a lot like a maze. Sometimes you move forward. Other times, like your grief journey, you will run into obstacles and road blocks. Sometime you have to go backwards to go around a wall, and sometimes you have to retrace your steps. The important thing though, both in a maze and in grief, is that you continue to move forward and eventually you will reach your goal! As you complete this maze, think about your own grief journey and the obstacles you have faced along the way. What inspired you to continue moving forward?