

*A Caring Touch*TM Menu of Topics and Database Tips

1. The *A Caring Touch* mailings are intended for persons your organization has identified as the “primary bereaved.” Use your judgment as to who might benefit, or you could ask the bereaved if they would like to receive the mailings.
2. Although the mailings are designed for sending monthly, you can choose to send them less frequently. In the Menu of Topics below, the author suggests which mailings might be most helpful if you send only 4/year or 6/year.

4/YR	6/YR	<u>Topic of Letter</u>	<u>Educational Enclosure</u>
	✓	Month 1: Navigating the Early Stages of Grief	Survival Guide for Early Grief
✓	✓	Month 2: Understanding Grief	Common Responses to Loss
		Month 3: Encountering the Feelings of Grief	Keeping a Journal
	✓	Month 4: Managing Difficult Emotions	First-Aid for Difficult Emotions
		Month 5: Nurturing the Wounded Self	A Wholistic Approach to Grief
✓	✓	Month 6: Coping with the Stress of Change	12 Ways to Manage Stress
		Month 7: Reaching Out for Support	Supports in My Life
		Month 8: Making Needed Adjustments	Adjusting to My Loss
✓	✓	Month 9: Remembering the One Who Died	Embrace the Memories
		Month 10: Searching for Meaning	The Search for Meaning
✓	✓	Month 11: Facing the First Anniversary	Handling Special Occasions
		Month 12: Reinvesting	Signs You May Need Professional Help
✓	✓	Special Holiday Insert —To put in October or November Mailing	Your Holiday Bill of Rights

3. The enclosures that accompany the letters may be printed on a paper of your choice. Soft tones are recommended if you use colored paper.
4. The *Special Holiday Insert* should be added to the October or November mailings. In any of the mailings, you can also include invitations to join a support group or attend a special event your organization is sponsoring. A brochure specific to a person’s type of loss can also be included.