

Butterfly Bereavement Project

For National Grief & Bereavement Day on November 21 and Children's Grief Awareness Day on November 16.



Instructions:

We invite you to create your own remembrance butterfly, to be included in a special art installation that will be displayed at Headwaters Health Care Center in November, to mark these bereavement days. Butterflies represent hope and symbolize transformation, and are used around the world to raise awareness about grief and bereavement.

No artistic talent is needed. Decorate one side only. You may colour it.

You may write or draw a memory that has a special meaning to you, or include the name of your loved one for whom the butterfly is honouring and remembering. Markers are best for decorating and writing on the butterflies. There are colouring pages available if you wish to "practice" or test out your design before working on the velum butterfly. Blank colouring pages can also be taken home if you wish.

Once completed, please leave your personalized butterfly with a team member so it can be added to the Art Installation in November 2023. If you are having trouble parting with your butterfly, please feel free to take a picture of it and/or take some blank colouring pages home to complete on your own.

Below are some helpful prompts to get your started on decorating and personalizing your butterfly:

- I will always remember _____
- Some things I loved most about you are _____
- When I think about you _____
- You were _____
- I remember when _____

Thank you in advance for participating. Please feel free to contact a member of our team with any questions. The art installation will serve as a living legacy to all of those individuals represented by the butterflies, and remind the community that those who are grieving need care and compassion.



ONTARIO HEALTH TEAM

