

BUNKERS

Mortuaries, Cemeteries & Crematory

Helping Ourselves with Grief: Creative Survival

Things that I can do alone..

Listen to Music

Write Music

Read Novels, mysteries, health books Magazines

Write letters

Write short stories

Draw or paint

Take photographs

Make Jewelry

Sew, knit, crochet, and needlepoint

Frame pictures

Plan a trip

Garden

Gather Wood for a fireplace

Bake cookies for the neighbor children or family

Volunteer at a hospital nursery or Care center

Make a scrapbook

Collect stamps, coins, etc.

Play Solitaire

Work crossword puzzles

Take a class

Learn how to do my own income taxes

Build (anything)

Refinish furniture

Redecorate

Walk, run, hike, or join a gym

Clean out a closet

Go to a movie, concert or play

Shop

Meditate

Pray

Make a GRATITUDE LIST

Be still and wait

**Bunkers Mortuaries,
Cemeteries & Crematory
925 Las Vegas Blvd. North
Las Vegas, NV 89101
(702) 385-1441**

**Bunkers Eden Vale
Memorial Park
1216 Las Vegas
Blvd. North
Las Vegas, NV
89101
(702) 388-7007**

**Bunkers Memory
Gardens Cemetery
7251 W. Lone Mtn. Rd
Las Vegas, NV 89129
(702) 645-1174**

**Woodlawn Cemetery
1500 Las Vegas
Boulevard North
Las Vegas, NV
89101
(702) 229-6246**