

# The Empty Place at the Table

Get ready for a holiday or family gathering where they will be missing.

## WHEN TO USE THIS

Use this a few days before a holiday, a wedding, or a family meal.

## What do you think will be hardest about the day itself?

*Often it is one small moment, not the whole day.*

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## Traditions can bend. Decide which ones you want to.

### KEEP THE SAME

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### CHANGE THIS YEAR

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Saying their name out loud at the table is allowed. So is not going at all. Neither one is letting anybody down.

## If you need to leave early, how will you do it, and who will know beforehand?

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*Get through the day however you can. It does not have to look like other years.*