



# Grief Matters Newsletter

Use these branded, fully customizable newsletters as an integral part of your bereavement follow-up toolkit. **Distribute with custom cards & imprinted envelopes (see full product catalog or contact us for more info).**

Contact us for free printed samples or visit [www.QOLpublishing.com](http://www.QOLpublishing.com).

Phone: 877-513-0099 | Email: [info@QOLpublishing.com](mailto:info@QOLpublishing.com)

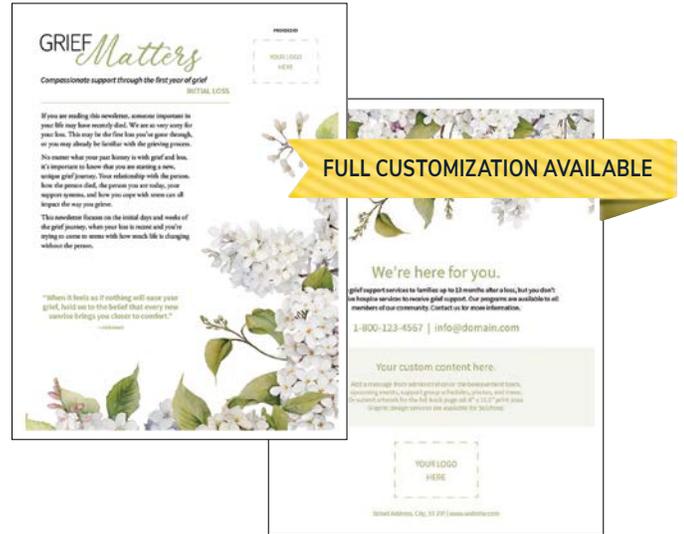
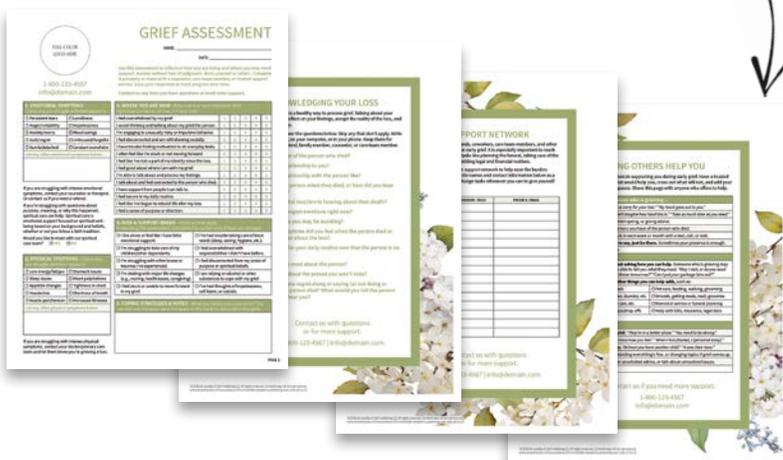
Provide compassionate support through the first year of grief with practical information and tips for key timeframes: Initial loss, 1 month, 3 months, 6 months, 9 months, and 1 year after loss.

Six branded, full-color, 4-page issues come with four FREE branded 1-page companion sheets, giving your bereavement team flexibility in choosing which content to distribute. **Content and newsletter designs can be fully edited to suit your organization's needs.**

SKU: GM (Indicate issue or FULL SET)

## Features

- **FREE standard branding**, with full-color logo, spot color, and contact info; starting at \$2.75 per copy; price breaks start at 25+ copies.
- **Fully customizable.** Full back-page ad area; use our template or submit your artwork for free. Fully redesign, change content, or use our graphic design services for an extra \$60/hour design fee.
- **Electronic copy available;** contact us for a pricing quote and details.
- **Spanish versions** available (or coming soon).
- **Four FREE branded companion sheets** (only available with newsletter purchase).



## Pricing

No minimum order required.  
Each issue/version sold separately.

QTY	PER COPY	QTY	PER COPY
1-24	\$2.75	550-599	\$1.80
25-49	\$2.65	600-649	\$1.75
50-74	\$2.55	650-699	\$1.70
75-99	\$2.45	700-799	\$1.65
100-124	\$2.35	800-899	\$1.60
125-149	\$2.25	900-999	\$1.55
150-199	\$2.20	1000-1499	\$1.50
200-249	\$2.15	1500-1999	\$1.45
250-299	\$2.10	2000-2499	\$1.40
300-349	\$2.05	2500-2999	\$1.35
350-399	\$2.00	3000-3499	\$1.30
400-449	\$1.95	3500-3999	\$1.25
450-499	\$1.90	4000-4499	\$1.20
500-549	\$1.85	4500-4999	\$1.15

5000 qty+: Contact us for a pricing quote



**Grief newsletter samples.** Scan the QR codes below to read each issue, companion sheets, and template grief assessment. Opt out of the companion sheets or the grief assessment by adding notes to Order Instructions or email us. Price per copy remains the same if you opt out of any of the content.

Six template designs are displayed in these samples; preview images of all 20 template designs are on the previous page. Contact us to request a PDF sample of any issue in any design.



### INITIAL LOSS

SKU: GM-IL

**Section titles:** "What is grief?," "Initial shock," "Emotional symptoms of early grief," "Beginning your grief journey," "Tips for fresh grief"

**Companion sheets:** "Acknowledging your loss," "Your support network," "Helping others help you"



### 1 MONTH AFTER LOSS

SKU: GM-1MO

**Section titles:** "Emotional symptoms after one month," "Your new normal," "Tasks of grief," "Common myths of grief"

**Companion sheets:** "Secondary losses," "Leaning into self-care," "Grieving children & teens"



### 3 MONTHS AFTER LOSS

SKU: GM-3MO

**Section titles:** "Your feelings of grief now," "Processing the pain of grief"

**Companion sheets:** "Anniversaries & holidays," "Spiritual & existential questions after loss," "Disenfranchised grief"



### 6 MONTHS AFTER LOSS

SKU: GM-6MO

**Section titles:** "The six-month peak," "Coping strategies now," "But what if I'm *not* sad that they're gone?," "Identity reflection"

**Companion sheets:** "The benefits of journaling," "Remembering with sadness & joy," "The 'what-ifs' of regret & guilt"



### 9 MONTHS AFTER LOSS

SKU: GM-9MO

**Section titles:** "Looking ahead," "Emotional scars: Compounding traumas"

**Companion sheets:** "The importance of reflection," "Prolonged & complicated grief," "Redefining identity & purpose"



### 1 YEAR AFTER LOSS

SKU: GM-1YR

**Section titles:** "What to expect," "Stepping into the future," "One-year reflection questions"

**Companion sheets:** "Grief attacks," "Honoring your loved one," "Fading memories, lasting bonds"



### GRIEF ASSESSMENT

This 2-sided grief assessment sheet comes with every copy of the newsletter, branded with your logo, contact information, and spot color. Replace with your own assessment or opt out of receiving assessments by entering a note in Order Instructions or emailing us.

## FREE branding options

### Choose your options:

- **Design:** Use our template designs & colors or submit your own artwork. Contact us for design specs.
- **Standard branding and printing:**
  - Full-color logo on front. Logo, contact information, and information about your services on the back.
  - Newsletters printed full color, no bleed on 11x17, 100 lb color copy paper, folded to letter size.
  - Companion sheets are branded and printed full color on letter, 28 lb color copy paper.
  - Newsletters and companion sheets are shipped flat and are stacked by issue/product type. Multiple issues/items in the same box will be separated by cardboard sheets.

## Extras

### Contact us for a pricing quote:

- **\$60/hour fee:** Extensive content changes/proofing time or graphic design services
- **Special print options:**
  - Full-bleed
  - Special paper
  - Contact us with any other requests!

## Turnaround and rush

- We'll contact you 2–3 business days from order date to proof.
- After proof approval, the invoice is emailed when your order is being prepared for press.
- Allow 15–25 business days from order/approval date for shipping.
- More or less time may be needed based on volume and location. Tell us if you have a need-by date.
- RUSH order (same or next business day processing) is \$60/500 qty (\$30 for 50 or less copies). Partial orders can be rushed.
- Extra costs apply for rush shipping.

