

TRANSITIONS

Sustaining Social Change

there is no beginning without an end
what is over? what isn't?
what can I let go?
chaos reigns

Life Phase Books

Life Books are collections of photographs, illustrations, and mementos that help people honor their past. They have become important tools to help foster youth document their birth history, hospice patients prepare for death, and those who have suffered the loss of a loved one manage their grief.

Life *Phase* Books apply some of the same concepts to a particular period of time.

For example, a youth about to exit the foster care system might create a Life Phase Book to document her time in care. Many youth in care are eager to exit the system, but may also feel anxious about leaving the life and the people that they have gotten to know.

Creating a Life Phase Book that includes pictures of trusted staff and friends, songs that capture feelings and memories of being in care, or symbols of accomplishments made during this time, can help youth get a sense of closure and reflect on the positives they derived from this experience.