

A close-up photograph of a person's hands holding a light-colored ceramic mug. The person is wearing a black and white patterned sweater. Their fingernails are painted with a light pink base and have various white designs, including stripes and geometric patterns. Below the hands, an open book with cream-colored pages is visible. The background is softly blurred.

Tell Your Story.

A workbook to share and preserve your life story.

FamiliesFirst
WE CELEBRATE LIFE



Your story is important to your family.

Creating that story with your loved ones is a great way to give them a glimpse into what is important to you, your journey and why it matters. The people, places and things you have done create a legacy that can bring joy for generations to come.

Families First has been working with families for over 26 years to transform each unique story into a celebration of life.

YOUR FULL NAME: _____

DATE OF BIRTH: _____

A Message from Families First

Stories are amazing. They make us laugh, smile, cry and think. No two stories are alike – as we are all different, so too are our stories. In fact, they are what make us special and unique.

During our lives we have the opportunity to touch many people in a variety of different ways. The memories we make, and the relationships we build, make up who we are and how we will be remembered. During our lifetime, we are taught lessons. Often times, these lessons and wisdom are not passed down to our families. Sometimes, it's because the opportunity hasn't presented itself, or maybe because that person is too humble to share. But for whatever the reason, these moments can sometimes be difficult to recall. With a lifetime memories, you may ask yourself where do I begin?

A funeral is a way to express your most treasured memories, accomplishments, achievements, and significant moments in your life. It's a special time to be shared by all of the souls you have touched in a meaningful way. Because we have lifetime of memories, it can be difficult for our family to recall those special moments you have created over the years. So by taking the time to complete the following pages, and by adding in your own personal stories, you are helping them make your funeral celebration more meaningful. Your family will be forever grateful knowing they told your story, and celebrated your life with fond memories.

Brian Parent | President



Mary-Lynn Parent | CFO



FamiliesFirst



Memories.



What words of wisdom would you pass on to your childhood self? _____

✓ *Start Typing Below*



What is the most beautiful place you have ever visited? What made it beautiful? _____

✓ *Start Typing Below*



What does your perfect day look like?

✓ *Start Typing Below*



For what are you most grateful?

✓ *Start Typing Below*



Moments.



Describe the most adventurous thing you've ever done.

✓ *Start Typing Below*



What was your favourite vacation? Tell me some memories from it.

✓ *Start Typing Below*



Who has been most influential in your life?

✓ *Start Typing Below*



What are your favourite family traditions?

✓ *Start Typing Below*



Stories.



What is your most cherished childhood memory? _____

✓ *Start Typing Below*



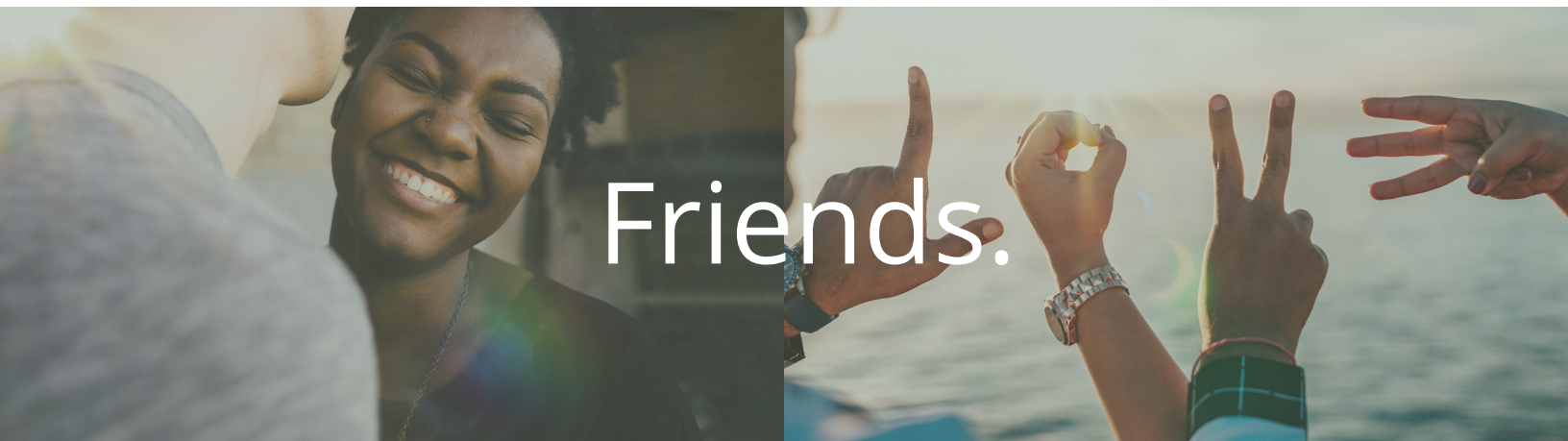
Are there any groups or charities you have been involved with? Why did you get involved? _____

✓ *Start Typing Below*



What are some hobbies that you enjoy?

✓ *Start Typing Below*



Do you have some favourite photos?

If so, use envelopes to help you collect and organize them.

Photos with: companion | children | grandchildren | special events

Extra notes:

✓ *Start Typing Below*

ESTATE BENEFIT ASSISTANCE:

By preplanning my funeral with Families First, this unique benefit assistance program is free of charge. It will simplify and in some cases eliminate much of the paper work after a funeral.

At my time of need, please assist my family by obtaining and delivering all forms with regards to:

CPP Lump Sum Benefit	Yes	No	Life Insurance Claims	Yes	No
CPP Survivors Benefits	Yes	No	<hr/>		
Old Age Security	Yes	No	<i>(Insurance Companies)</i>		
Income Security Program	Yes	No	<hr/>		
Revenue Canada & GST	Yes	No	<hr/>		
US Social Security	Yes	No	<hr/>		

Additional:

✓ *Start Typing Below*

Statistical Information

Full Name (First, Middle, Last)

M

F

Address

City, Province

Phone#

Postal Code

Email address

Other#

Vital Statistics Information:

Social Insurance Number

Date of Birth

Birthplace (City, Province, Country)

Health Card

Marital Status:

Married

Common-Law

Widowed

Divorced

Single

Same-Sex

Spouse's Name:

Maiden Name:

Father's Name:

Place of Birth:

Mother's Name:

Place of Birth:

Include Maiden Name

Occupation or retired from (most recent)

Legal Information:

Do you have a will?

Yes

No

Location

Executor

Name

Telephone

Funeral & Cemetery Information:

I have checked all boxes that reflect my personal preferences

Visitation prior to service: 2 days 1 day 2 hours Family Time

Casket type: Metal Wood Cremation Rental Cloth Let family decide

Description: _____

Burial:

Cemetery: _____
Name & location

Vault Type: Cement Liner Standard Seal Copper or Bronze
None Above ground crypt

Cremation:

Type of cremation urn: Steel Wood Marble Bronze Sculpture
Scattering Basic Let family decide

I would like my cremated remains:
Buried Entombed in a niche _____
Location of grave or niche
Scattered _____
Location
Given to _____

I understand that I may make changes to this form at anytime, simply by calling Families First Funeral Home. Should I move to another city, Families First will transfer this information free of charge to the Funeral Home of my choice.

The plans I have made here reflect my wishes at this time. Should my family have personal needs beyond my request, they may change them.

Families First offers unique ideals for personalizing and making my funeral more meaningful for my family, without increasing the cost of a funeral. Please assist my family with any personalization options that would help them during that time.

Sign Here

Newspaper information:

Obituary is to appear in the following Newspapers/City/Province

Included photo?	Yes	No
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Spouse/Significant other

Maiden name

Children (include spouse)

✓ *Start Typing Below*

Grandchildren

✓ *Start Typing Below*

Parents

✓ *Start Typing Below*

Brothers & Sisters (Please note living or deceased, as well as spouse)

✓ *Start Typing Below*

Donations

✓ *Start Typing Below*

List all accomplishments that would be important for your family to know for the newspaper or eulogies.

✓ *Start Typing Below*

Once you have completed the form either:

1. Download, print off, complete and bring form into one of our locations.
2. Download, complete and email digital pdf form to: info@familiesfirst.ca

Tell Your Story.

FamiliesFirst
WE CELEBRATE LIFE

One number for your convenience

519-969-5841

FAMILIESFIRST.CA

SOUTH WINDSOR | EAST WINDSOR | LASALLE | AMHERSTBURG
