



*Contained in these pages are resources available nationally and/or online. The grief resources in these pages range from websites, blogs, virtual support groups, podcasts, online videos, etc. With so many wonderful resources listed, to not overwhelm you, we have placed an * by some excellent general resources if you need a good place to start. Resources are grouped together for you to easily find what you are looking for.*

NATIONAL CRISIS SUPPORT

988 SUICIDE & CRISIS LIFELINE

Calling 988 provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. For more information: www.suicideprevention.org

CRISIS TEXT LINE - 741741

Free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. For more information: www.crisistextline.org

UNITED WAY 211 CALL CENTER

A free, confidential service available 24 hours a day, seven days a week by calling 211. Staff link people in need with a variety of community resources and services.

VETERANS CRISIS LINE - 988, press 1

Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. VA responders are standing by 24 hours a day, 7 days a week, 365 days a year to provide confidential support by phone, online chat, or text by 988, press 1. www.veteranscrisisline.net

GENERAL ONLINE GRIEF RESOURCES

***ALL THERE IS ONLINE - www.cnn.com/interactive/dealing-with-grief-anderson-cooper/**

Grief can feel so lonely, but there's two things I've learned that can help: talking about it and listening to others talk about their experiences as well. That's why we have created this online grief community.

CANCER CARE, INC. - www.cancercares.org

Assists those who are struggling with cancer and offers both individual and group bereavement counseling for those who have experienced the death of a loved one to cancer.

CENTER FOR LOSS & LIFE TRANSITION - www.centerforloss.com

Presents educational workshops to the general public, professionals, clergy and funeral directors. Publishes numerous materials on the grieving process. Publishes bi-annual newsletter, also available online.

3601 WESTOWN PARKWAY • WEST DES MOINES, IOWA 50266 • (515) 697-3666
HFHAcademy@HamiltonsFuneralHome.com • www.HamiltonsFuneralHome.com

General Online Grief Resources, continued...

CENTERING CORPORATION - www.centering.org

A non-profit organization dedicated to providing education and resources for the bereaved. Provides educational offerings and workshops for caregivers and families.

FOR GRIEF - www.forgrief.com

Grief is a personal experience, but you don't have to navigate it alone. At For Grief, we offer direct access to leading grief experts, plus a library of videos and other resources that provide the support you need, when you need it.

***ELUNA - www.elunanetwork.org**

To support children and families impacted by grief or addiction. Innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance misuse in their family. No child should have to face these struggles alone, and our programs bring kids together to provide the tools to help restore hope.

GRIEF STORIES - www.griefstories.org

Helping Grief Make Sense. At Grief Stories, we believe passionately that sharing stories fosters connection, helping people cope with grief. Our professionally created videos invite you into the stories of real people and health professionals sharing stories of coping with loss and insights about grief. All content is vetted by health care experts.

***HEALGRIEF - www.healgrief.org**

A social support network that is there when everyone else goes away, and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. HealGrief provides the tools and resources to guide one's journey with grief into a healthy personal growth.

HOSPICE FOUNDATION OF AMERICA - hospicefoundation.org

A not-for-profit organization that provides leadership in the development and application of hospice and its philosophy of care. End-of-life care resources available for professionals, patients, and families.

MODERN LOSS - modernloss.substack.com

This newsletter is written by me, Rebecca Soffer. It's a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death or grief of all kinds. Because loss is a "forever" thing that takes on different shapes across time. While you may need us more often at times than at others, we'll always be here for you, through career changes, breakups, parenthood and beyond. Beginners welcome.

NATIONAL ALLIANCE FOR CARE AT HOME – allianceforcareathome.org/resources/

Strengthening the care at home community with expertly-created resources developed to bring important tools and information directly to you.

ON COMING ALIVE - oncomingalive.com

Stories of rising from the ashes and coming alive. On Coming Alive was created as a platform for those who have suffered to share their stories of survival and their wisdom with the world.

OPEN TO HOPE FOUNDATION - www.opentohope.com

A non-profit foundation with the mission of helping people find hope after loss. You are invited to read, listen, and share your stories of hope. Website includes articles, podcasts, videos, and several other helpful resources.

***REFUGE IN GRIEF - www.refugeingrief.com**

It's OK to not be OK. If your life has exploded into a million little bits, you don't need platitudes. You don't need cheerleading. You don't need to be told this all happened for a reason. You certainly don't need to be told that you needed your pain in order to learn something about life. Some things cannot be fixed. They can only be carried.

General Online Grief Resources, continued...

SALT WATER - www.findyourharbor.com

A safe harbor for people grieving the death of someone they didn't think they could live without. The goal is to create a community where people can support each other by sharing wisdom, ideas and offering hope that we can get through the rest of our lives without our beloveds.

***SPEAKING GRIEF - www.speakinggrief.org**

Moving away from the idea that grief is a problem that needs to be "fixed," Speaking Grief validates the experience of griever and guides those wishing to support them. There is no "right" way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience.

***TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS, INC. (TAPS) - www.taps.org**

National non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. They offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover. Online webinars on a variety of grief and loss topics, free and for everyone.

WEBHEALING.COM - www.webhealing.com

A variety of grief resources as well as discussion boards for: death of a child, spouse, sibling, parent, suicide and more.

***WHAT'S YOUR GRIEF - www.whatsyourgrief.com**

To promote grief education, exploration, and expression in both practical and creative ways. Aims to provide the public with education that reaches beyond generalization, practical and specific suggestions for moving forward, modes of self-exploration and self-expression that suit all types of thinkers and doers, ways to honor and remember deceased loved ones, and a supportive community.

BEREAVED PARENTS

A BED FOR MY HEART - www.abedformyheart.com

A haven for families who have experienced the loss of a child, at any age/gestation and from any cause of death. They believe in compassionate grief support, heart to heart, person to person, parent to parent, and believe a hearty mix of compassion, unconditional love and support can make the unbearable, bearable.

BEREAVED PARENTS OF THE USA - www.bereavedparentsusa.org

National non-profit self-help group that offers support, understanding, compassion and hope to bereaved parents, grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings.

THE COMPASSIONATE FRIENDS (TCF) - www.compassionatefriends.org

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. TCF provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Private Facebook groups available.

GRIEVING DADS: TO THE BRINK AND BACK - www.grievingdads.com

A collection of survival stories by men who have survived the worst possible loss and lived to tell the tale.

NATIONAL ORGANIZATION OF PARENTS OF MURDERED CHILDREN (POMC) - www.pomc.org

POMC provides the on-going emotional support needed to help parents and other survivors facilitate the reconstruction of a "new life" and to promote a healthy resolution. Not only does POMC help survivors deal with their acute grief but also helps with the criminal justice system. Will assist any survivor and if possible, link that survivor with others in the same vicinity who have survived their loved one's murder. In addition, the staff is available to provide individual assistance, support and advocacy.

BEREAVED PARENTS: **PREGNANCY & INFANT LOSS**

DAD STILL STANDING - www.dadstillstanding.com/

Across three seasons of the podcast, the two dads - joined by guests along the way - discuss all of the issues that anyone who experiences baby loss will deal with. From the day it happens to returning to work, from the differences between mums and dads to pregnancy after loss.

FIRST CANDLE - www.firstcandle.org

Provides infant health and survival during the prenatal period through two years of age, through advocacy, education and research. Bereavement services and local chapters.

THE FLETCHER FOUNDATION - thefletcherfoundation.org

Founded by Matt and Haley Phillips after the loss of their son Fletcher in 2017, is a 501(c)3 nonprofit with a desire to walk along families after miscarriage or stillbirth. Located in Ankeny, IA, but serve families nationwide. They provide hope and support for families after a miscarriage or stillbirth, as well as funds set aside to assist in paying hospital bills tied to the family's loss. Connect via Facebook: www.facebook.com/thefletcherfoundation, on Instagram: [the_fletcher_foundation](https://www.instagram.com/the_fletcher_foundation), or the website: thefletcherfoundation.org

GUYS AND GRIEF - guysandgrief.com/

Hey fellas. Welcome to Guys and Grief. Our podcast was created to provide community and support for fathers like us who have experienced pregnancy or infant loss. We know firsthand the pain of losing a child. Out of pain, purpose, and necessity, Guys and Grief was created. We are honored to be a part of your journey.

Bereaved Parents: Pregnancy & Infant Loss Resources, continued...

NO FOOT TOO SMALL (NFTS) - www.nofoottoosmall.org

Founded by Robin and Ryan Boudreau, inspired by the loss of their son Beau in 2013. Born out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of angels. For these families, we exist to offer the gift of time, community, and celebration.

POSTPARTUM SUPPORT INTERNATIONAL -

postpartum.net/get-help/psi-online-support-meetings/?tx_group_category=loss-and-grief-support

The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide. Offers a variety of virtual support group options for those struggling with fertility, parenting after loss, perinatal and infant loss, and many more.

RACHEL'S GIFT - www.rachelsgift.org

Started in honor of Rachel who was stillborn, provides support designed for families enduring miscarriage, stillbirth, and infant death. Virtual support groups are led by counselors and social workers at no charge.

SIDS AMERICA - www.sidsamerica.org

A faith-based organization that provides hope, help, and healing to families grieving the loss of a child to Sudden Infant Death Syndrome (SIDS).

STAR LEGACY FOUNDATION - starlegacyfoundation.org

Changing the conversation around perinatal loss and working to create a future where it does not exist. Our Family Support projects are open to and designed for all types of perinatal loss including miscarriage, stillbirth, ectopic pregnancy, infertility, neonatal death, prematurity, and others. Support provided includes virtual support groups, peer-to-peer support, phone and text support and more.

DEATH OF A PARTNER

AARP/WIDOWED PERSONS SERVICE - www.aarp.org

AARP is a nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives.

MODERN WIDOWS CLUB - modernwidowclub.org

A movement for widow care dedicated to providing women with essential health tools, supporting them as they transition from the pain of loss to a future filled with growth and empowerment.

SOARING SPIRITS - www.soaringspirits.org

Soaring Spirits has one goal; to connect widowed people with each other. Resources include: info for newly widowed people, regional support groups, online community, Camp Widow, blogs by other widowed people and even a pen pal program.

***WIDOWED PARENT INSTITUTE - widowedparentinstitute.com**

Brings clear, practical information, resources, and support to moms and dads who are raising grieving kids and teens. Also features The Widowed Parent Podcast, by Jenny Lisk.

WIDOWED PARENT PROJECT - www.widowedparent.org

The Widowed Parent project is committed to supporting widowed mothers and fathers with children in the home. Their focus includes all widowed parents regardless of cause of death. This website and the current research project are our latest efforts to support – and learn about – widowed parents whose needs have been overlooked.

DEATH OF A PET

ASSOCIATION FOR PET LOSS AND BEREAVEMENT - www.aplb.org/support/

Navigating the waters after the loss of your beloved pet can be difficult. Here we have created a list of support topics to help you get started. You are not alone. Available for free; a chat room, information regarding euthanasia, extensive bibliography and directory of services. Other services available for a fee.

CHANCE'S SPOT - www.chancepot.org

Chance's Spot provides an online support group, publications on pet loss, hotline numbers, referrals and an online tributes page where pet caregivers can post tributes to their departed pets.

DOVELEWIS - www.dovelewis.org/pet-owners/pet-loss-support

If ever there was a place that appreciates how important your pet was to your family, it's here. See what options there are to connect with other owners or process your grief. Located in Portland, OR and has in-person groups as well as virtual groups where people from anywhere can join to share in the grief experienced with the loss of a pet.

HAMILTON'S PET LOSS SUPPORT - www.HamiltonsFuneralHome.com/pet-services/pet-loss-support-group

This is a grief support group for adults who have lost a beloved pet. Our goal is to provide a space where your grief can be shared and validated by others who understand. This group meets via Zoom. A private Facebook group is also available. For more information or questions, HFHAcademy@HamiltonsFuneralHome.com

THE INVISIBLE LEASH - www.youtube.com/watch?v=hEUdo3y7C9E

Read aloud of the book "The Invisible Leash" by Patrice Karst, a beautiful book about the death of a pet.

PET LOSS GRIEF; THE PAIN EXPLAINED - www.youtube.com/watch?v=TkJGhQANjZo

The grief of losing a pet is crushing; and yet it is too often minimized. This talk explains why the pain of pet loss is different and why it is valid. Dr. Hoggan has been an emergency veterinarian for over 20 years. Her career of dealing with critically injured pets, and their families, gives her a compassionate perspective that only comes with experience.

RAINBOW BRIDGE PET LOSS GRIEF CENTER - www.rainbowsbridge.com

Rainbow Bridge takes the death of a pet very seriously. You are not alone with your grief. You will share a bond with those who have also lost a loved pet. Though we cannot bring back our loved ones, we do have comfort in knowing they are waiting for us to join them once again at Rainbow Bridge.

DEATH OF A SIBLING

THE COMPASSIONATE FRIENDS - Siblings private Facebook Group: www.facebook.com/groups/tcfsibs/
TCF Private Sibling Facebook Group is for bereaved siblings. As bereaved siblings, our grief can be over looked or forgotten. Our goal to let you know you are not forgotten and there is hope.

SIBLING SURVIVORS OF SUICIDE LOSS - www.siblingsurvivors.com

Provides a safe place for anyone who has lost a sister or brother to suicide. It's a place to share memories, discuss your feelings and experiences, to share photos, and a place to connect with others who also miss their sister or brother.

TWINLESS TWINS INTERNATIONAL - www.twinlesstwins.org

Twinless Twins Support Group, International (TTSGI) exists to provide a safe and compassionate community for twinless twins to experience healing and understanding. They provide support for twins and other multiples who have lost their twin due to death or estrangement at any age.

CHILDREN'S GRIEF

AMERICAN CHILDHOOD CANCER ORGANIZATION - www.acco.org

A national organization whose mission is to educate, support, serve, and advocate for families of children of cancer, survivors of childhood cancer, and the professionals who care for them.

COMFORT ZONE CAMP - www.comfortzonecamp.org

Bereavement camp that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Offered to children 7-17, and are held year-round across the country.

DOUGY CENTER - www.dougy.org

Provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support locally and internationally to those seeking to assist children in grief. There are a variety of resources on their website, including toolkits, activities, podcasts and more!

ELUNA - www.elunanetwork.org

To support children and families impacted by grief or addiction. Innovative resources and programs to address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to ease their pain and provide the tools to help restore hope.

LEARNING GRIEF - learninggrief.org

Learning Grief is a free online resource created to help you support kids and teens navigate the big feelings that come with loss. Whether you're a mentor, coach, youth leader, educator, or caregiver, you can use these tools to learn and model effective support—teaching kids how to navigate tough times and how to be there for their peers. People of all ages regularly encounter loss and grief on a regular basis. Kids and teens are no exception.

KESEM - www.kesem.org

Committed to creating a world where every child who has a parent with a cancer diagnosis or has lost a parent to cancer is never alone. We support these children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community.

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF (NACG) - www.nacg.org

No child should grieve alone. If you are supporting a child who is grieving, the NACG is here to connect you to resources and local support. The alliance is a national organization of professionals dedicated to supporting children, teens and families and the networks and communities surrounding them. Through the alliance, the NACG provides a Grief Support Resource Library with tools for those supporting a child that is grieving. Additionally, they offer a variety of activities and workbooks for families, children and teens.

TEEN GRIEF RESOURCES

COMFORT ZONE CAMP - www.comfortzonecamp.org

A bereavement camp that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Comfort Zone Camps are offered to ages up to 17, and are held year-round across the country.

DOUGY CENTER - www.dougy.org

Provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support locally and internationally to individuals and organizations seeking to assist children in grief. There are a variety of resources on their website, including toolkits, activities, podcasts and more!

ELUNA - www.elunanetwork.org

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance misuse in their family.

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF (NACG) - www.nacg.org

No teen should grieve alone. If you are supporting a teen who is grieving, the NACG is here to connect you to resources and local support. Through the alliance, the NACG provides a Grief Support Resource Library with resources created as a tool for those supporting a teen that is grieving. Additionally, they offer a variety of activities and workbooks for families, children and teens.

SURVIVING LIFE AFTER A PARENT DIES - www.slapd.com

A non-profit organization that provides support and resources to young people who are coping with the death of a parent. Created to provide a supportive community where users can discuss what they're going through during a difficult transition.

TALKGRIEF - www.talkgrief.org

Talk Grief is a dedicated online space for grieving teenagers and young adults (13 to 25), powered by the childhood bereavement charity Winston's Wish. Here you can learn from other young grieving people, find healthy ways to cope and feel less alone. You'll find out what it's really like to live with grief from teenagers and young adults, along with advice and tips on managing your grief from our bereavement experts.

TEENAGE GRIEF SUCKS - www.teenagegriefsucks.com

For grieving teens, by grieving teens. This community is unlike other resources for grieving teens, as almost all of the content provided is written by teenagers themselves. Teens are able to read stories written by kids their age about subjects such as school and social lives, and are even able to share their own grief stories.

LGBTQ+ GRIEF SUPPORT

LGBTQ GRIEF LOSS SUPPORT - www.facebook.com/groups/LGBTgriefsupport

A safe, caring place for Gay, Lesbian, B, TG, Q people to grieve & share the loss of someone you love, & hopefully find some support. Our group is focused mainly on the passing of a loved one.

THE LOFT: LGBTQ+ CENTER - www.loftgaycenter.org/grief_and_loss_discussion_support_group

This discussion and support group is for members of the LGBTQ+ community to have a safe space to grieve and discuss the feelings of loss they are experiencing. This is an ongoing series of discussions with mental health provider. LOFT Peer Support Groups are open topic, drop-in groups. Groups are led by facilitators who identify as peers with those in attendance. There is no need to preregister and no fee to attend.

HOPEHEALTH HOSPICE - www.hopehealthco.org/services/hospice-care/grief-support

Virtual support group led by a specially trained facilitator. This group provides a safe, confidential and supportive setting for individuals experiencing grief related to loss. Email: CenterforHopeandHealing@HopeHealthCo.org

TRAUMATIC DEATH RESOURCES: **SUICIDE, HOMICIDE, SUBSTANCE-RELATED & ACCIDENTS**

ALLIANCE OF HOPE FOR SUICIDE LOSS SURVIVORS - www.allianceofhope.org

We believe no suicide loss survivor should go without support. Since 2008, the Alliance of Hope has been working to decrease stigma, increase understanding of the suicide loss experience, and provide direct support to survivors.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION - www.afsp.org

The nation's leading organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. Individuals, families, and communities who have been personally touched by suicide are the moving force behind everything we do.

CONCERNS OF POLICE SURVIVORS, INC. (COPS) - www.nationalcops.org

Provides peer support to surviving families of law enforcement officers killed in the line of duty. Also provides training to law enforcement agencies on survivor victimization and educates the public of the need to support the law enforcement profession and its survivors.

ELUNA - www.elunanetwork.org

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance misuse in their family.

GRIEF RECOVERY AFTER A SUBSTANCE PASSING (GRASP) - www.grasphelp.org

For those that have lost someone to substance use or addiction.

HOMICIDE SURVIVORS INC. - homicidesurvivorsinc.org

On a mission to help meet the crisis and long term needs of families of murder victims through support, advocacy, and assistance. Also offers virtual support groups for homicide survivors. For more information on upcoming groups:

homicidesurvivorsinc.org/events/

MADD (MOTHERS AGAINST DRUNK DRIVING) - www.madd.org

The mission is to stop drunk driving, support victims of this violent crime, and prevent underage drinking.

NATIONAL CENTER FOR VICTIMS OF CRIME - www.victimsofcrime.org

The mission is to forge a national commitment to help victims of crime rebuild their lives. They are dedicated to serving individuals, families, and communities harmed by crime. This nonprofit organization advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues.

NATIONAL ORGANIZATION OF PARENTS OF MURDERED CHILDREN (POMC) - www.pomc.org

POMC provides the on-going emotional support needed to help parents and other survivors facilitate the reconstruction of a "new life" and to promote a healthy resolution. Not only does POMC help survivors deal with their acute grief but also helps with the criminal justice system. Will assist any survivor and if possible, link that survivor with others in the same vicinity who have survived their loved one's murder. In addition, the staff is available to provide individual assistance, support and advocacy.

SAFE HORIZON - www.safehorizon.org

Provides support, prevents violence, and promotes justice for victims of crime and abuse, their families and communities.

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS, INC. (TAPS) - www.taps.org

National non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. They offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover. Online webinars on a variety of grief and loss topics, free and for everyone.

VIRTUAL GRIEF SUPPORT GROUPS

CHILDREN'S BEREAVEMENT CENTER (CBC) - childbereavement.org/support-groups/grief-support.html

Grief support groups for children (4+), teens, young adults and adults who have experienced the loss of a loved one. Peer grief support groups are open-ended. Participants may join groups at any time after attending an Orientation. Because grief is unique to each individual, children and their families decide their length of participation. Losses can be recent or in years past. Adult groups also offered in Spanish. Groups meet in the evenings each week, all year round via Zoom.

FOR GRIEF - www.forgrief.com

Grief is a personal experience, but you don't have to navigate it alone. At For Grief, we offer direct access to leading grief experts, plus a library of videos and other resources that provide the support you need, when you need it. They also have a variety of events geared toward different populations of grievers and different avenues of coping.

HEALGRIEF - www.healgrief.org & ACTIVELY MOVING FORWARD (AMF) - www.activelymovingforward.org

A social support network that is there when everyone else goes away, and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. We connect, support and empower grieving young adults to "actively move forward" in memory of their person. Facilitated virtual support groups available for people ages 18+ each week, some loss specific - death of a child, death of a partner, death of a parent, etc.

HEARTLIGHT CENTER - www.heartlightcenter.org/virtual-programs/

We know your story is unique and the pain of grief can be intensely personal. *That doesn't mean you have to face it alone.* HeartLight Center is a non-profit that companions and educates people through their grief to find hope. Virtual grief support groups, including; educational groups, loss of a parent, loss of a child, sudden & traumatic loss, as well as groups for young adults.

KATE'S CLUB - www.katesclub.org/for-young-adults

LoKate is a Kate's Club program specifically for young adults (ages 18-30) grieving the death of someone important to them. Join us virtually (or in-person if you are in Atlanta, Georgia) and connect with others who know what you're going through. Monthly meetups hosted via Zoom to connect with other young adults navigating adulthood, grief, and everything in between. Members can join from anywhere in the world. Contact Kacie; kacie.chasteen@katesclub.org.

REIMAGINE - www.letsreimagine.org/experiences/upcoming-events

Let's reimagine loss, adversity, and mortality, and channel life's challenges into meaning and growth. Virtual resources, groups and special events.

ST. CROIX HOSPICE GRIEF SUPPORT - <https://www.stcroixhospice.com/bereavement-support/>

We understand the death of a loved one is only the beginning of a journey of grief. St. Croix Hospice provides bereavement support with a variety of virtual grief support opportunities. Some topics include; Anticipatory Grief, Caregiver Support, Parent Loss, Loss from Cancer, Spousal Support, Loss from Dementia and Grief During the Holidays.

GRIEF PODCASTS

***ALL THERE IS WITH ANDERSON COOPER - www.cnn.com/audio/podcasts/all-there-is-with-anderson-cooper**

Do we ever move on from grief, or do we just learn to live with it? In All There Is, Anderson Cooper continues his deeply personal journey to understand his own feelings of grief in all its complexities, and in moving and honest discussions, learn from others who've experienced life-altering losses. All There Is with Anderson Cooper is about the people we lose, the people left behind, and how we can live on – with loss and with love.

BEFORE WE GO - podcasts.apple.com/us/podcast/before-we-go/id1763722181

Anticipatory Loss - Follows the personal and emotionally charged journey of Dr. Shoshana Ungerleider, founder of End Well, a nonprofit organization committed to reshaping society's perception and approach to end of life. In the summer of 2022, Shoshana's father, Steven was diagnosed with terminal cancer. As a physician and an expert in death and dying, she had the knowledge and support she needed to face the road ahead. But her journey revealed that the reality of facing mortality is far more intricate and surprising than she could anticipate.

COMING BACK: CONVERSATIONS ON LIFE AFTER LOSS - www.shelbyforsythia.com/coming-back-podcast

What does life look like after the funeral? After the divorce is final? After the diagnosis? Whether your loss is a person, a relationship, a job, a pet, or a dream, loss shapes who you are and how you choose to live in the world. Join Shelby Forsythia, Intuitive Grief Guide as she explores the ideas, resources, and stories that help us "come back" to life after death, divorce, illness and more.

DAD STILL STANDING - www.dadstillstanding.com/

Dad's discussing death of a baby - Across three seasons of the podcast, the two dads - joined by guests along the way - discuss all of the issues that anyone who experiences baby loss will deal with. From the day it happens to returning to work, from the differences between mums and dads to pregnancy after loss.

***DOUGY CENTER, THE: GRIEF OUT LOUD - www.dougy.org/news-media/podcasts**

Grief Out Loud is opening up this often avoided conversation because grief is hard enough without having to go through it alone. This is a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals. Platitude and cliché-free, we promise! Grief Out Loud is hosted by Jana DeCristofaro and produced by Dougy Center for Grieving Children & Families in Portland, Oregon.

DEALING WITH MY GRIEF - www.dealingwithmygrief.com/

Darwyn M. Dave's father died when he was 10 years old. As an adult, he has realized that he is not "over" his father's death. His podcast is a vehicle to discuss how to cope with grief and bereavement. "It is my hope that in creating this space I am able to connect with others who have lost someone close to them and can help them deal with their pain."

GRIEF IN COMMON - www.talkgrief.org

For those aged 13 and up - Listen to young people from different backgrounds and experiences have honest conversations about their grief and their feelings on our podcast. It's called Grief in Common and run by the Winston's Wish Youth Team (the charity that powers Talk Grief). We hope to provide comfort, give you confidence to talk about your own grief journey and make you feel less alone. Listen wherever you get your podcasts or on the website: www.talkgrief.org

GRIEF IS MY SIDE HUSTLE - www.meghanriordanjarvis.com/

After the death of her parents within 2 years of each other, trauma therapist, writer and podcast host Meghan, found herself on the receiving end of the same treatments she used with her own clients. In concert with her writing on the popular blog "Grief Is My Side Hustle," Meghan and her guests discuss how little education and support has historically been given to grief education and explore the question she hears most often in her office, "aside from crying, what does it mean to grieve?"

GUYS AND GRIEF - guysandgrief.com/

Dad's discussing death of a baby - Hey fellas. Welcome to Guys and Grief. Our podcast was created to provide community and support for fathers like us who have experienced pregnancy or infant loss. We know firsthand the pain of losing a child. Out of pain, purpose, and necessity, Guys and Grief was created. **We are honored to be a part of your journey.**

Grief Podcasts, continued...

***IT'S OK THAT YOU'RE NOT OK WITH MEGAN DEVINE - refugeingrief.com/podcasts**

Life is full of difficult things, from tiny everyday disappointments to life-altering events. Everyone's at least a little bit Not OK, something grief expert and psychotherapist Megan Devine knows from the inside out. In wide ranging, insightful, deep conversations, Megan talks with people about their often invisible losses - and what they've learned about being seen and supported in difficult times.

LAST DAY - www.lemonadamedia.com/show/last-day/

This is a show about the moments that change us fundamentally and forever. Each week, host Stephanie Wittels Wachs sits down with a new guest to explore happy/sad stories of survival, resilience, and transformation. After three seasons of exploring the "last day" of people's lives in an effort to understand mass epidemics, Steph was ready for a change herself. Some "last days" are hopeful. Some are tragic. But at the heart of every "last day" is also a new beginning.

TERRIBLE, THANKS FOR ASKING - www.ttfa.org

You know how every day someone asks "how are you?" And even if you're totally dying inside, you just say "fine," so everyone can go about their day? This show is the opposite of that. Hosted by author (It's Okay to Laugh (Crying Is Cool Too)) and notable widow (her words) Nora McInerney, this is a funny/sad/uncomfortable podcast about talking honestly about our pain, our awkwardness, and our humanness, which is not an actual word.

WHAT'S YOUR GRIEF PODCAST- sites.libsyn.com/60694/website

In this podcast series Eleanor Haley and Litsa Williams, the two mental health professionals behind the grief website What's Your Grief, seek to leave no stone unturned in demystifying the complicated and sometimes crazy experience of living life after loss. Grievers and grief professionals alike will find their approach practical, relatable, informative and engaging. Grief is sad and confusing, but your grief support doesn't have to be.

WHERE'S THE GRIEF? - wheresthegrief.libsyn.com/

Death is an inevitable part of life, and yet it can be difficult and uncomfortable to talk about the process of grief amongst one's peers. In this podcast comedian and bereaved sibling Jordon Ferber helps shine some light into the darkest parts of our own existence and encourage a more open discussion about grief.

THE WIDOWED PARENT PODCAST - widowedparentinstitute.com/podcast

Parenting after the death of a spouse - Experiencing the profound loss of a spouse while navigating the intricate realm of "only-parenting" is a challenge unlike any other. Remember, though, you're not journeying alone. Jenny Lisk, who stepped into solo parenting following the devastating loss of her husband to brain cancer, established the Widowed Parent Institute to shine a light, extend a hand, and share vital resources.

ONLINE GRIEF VIDEOS

THE ADVENTURE OF GRIEF - TEDx Talk by Dr. Geoff Warburton - www.youtube.com/watch?v=juET61B1P98

Geoff challenges conventional apathy about grief and loss by offering an approach that evokes curiosity, openness and compassion. His approach synthesizes Eastern wisdom traditions, in-depth psychology and common sense. The emphasis of his message is towards thriving after loss - and not merely surviving.

AGAINST GRIEVING IN SILENCE - TEDx Talk by Rachel Stephenson - www.youtube.com/watch?v=6zIFGl5tPQQ

Rachel shares her perspective on how children grieve, from her own personal experience with the death of her mother as a 5 year old child and later in life through her children's experience. She stresses that grief needs to be heard and that adults need to be honest about death with children. She shares what it means to her to grieve meaningfully.

***BEYOND CLOSURE - TEDx Talk by Nancy Berns - www.youtube.com/watch?v=w0rCfXSdYPE**

Nancy Berns is a sociologist at Drake University. She looks at the space between grief and closure and has found that not only is closure a fabricated concept, it is doing us more harm than good.

Online Grief Videos, continued...

CHANGING THE WAY WE MOURN - TEDx Talk by Laura Prince -

www.youtube.com/watch?v=T4oTIJ-4mIE

How do you go from world traveler to funeral counselor in the span of one phone call? Laura Prince explores the transformative power of grief, death, and her passion for changing the way we as a society approach death.

THE CURE FOR GRIEF - TEDx Talk by Norah Casey - www.youtube.com/watch?v=D2R0e70mpYQ

After trying to pick herself back up after the death of her husband, Norah shares how she felt she wasn't "doing it right" because she wasn't hitting the stages of grief. Norah shares how those preconceived notions on how to grieve properly can make a griever feel like they are failing. She shares what she says is the cure for grief.

***EVERYTHING AROUND THEM IS STILL THERE, DEALING WITH SUDDEN LOSS -**

TEDx Talk by Marieke Poelmann - www.youtube.com/watch?v=zttn8W4qE2o

Marieke talks about the traumatic death of her parents in a plane crash when she was 22 year old. She shares three life lessons she learned after the trauma she has endured.

GETTING UNSTUCK FROM GRIEF TO LIVE LIFE - TEDx Talk by Michelle Meadors -

www.youtube.com/watch?v=FigjM7PHZHw

Managing through challenges and difficulties while seeing a positive future ahead is critical to overall health and wellness. Dealing with the loss of family members while understanding there is more life to live.

GRIEF: AS UNIQUE AS YOUR HEARTBEAT - TEDx Talk by Jennifer Muldowney -

www.youtube.com/watch?v=iNiCNz-7Sgq

Jennifer Muldowney shares how we grieve over those we love and that doesn't change if it is a person or an animal. Loss is loss. We are each unique and so is our grief and urges viewers to go easy on one another.

GRIEF IS TO FEEL, NOT FIX - TEDx Talk by Brennan Wood - www.youtube.com/watch?v=ZN4zP5baJrg

Dealing with grief doesn't mean forgetting or letting go. It means finding support to help manage and live with your memories and feelings. Brennan Wood knows this first-hand, from losing her mother at 12 years-old to eventually leading the very center that helped her to heal. Brennan reminds us that grief and love can exist side by side, and that we carry the people we've lost with us, always.

GRIEF, IT'S COMPLICATED...10% OF THE TIME - TEDx Talk by Susan Delaney -

www.youtube.com/watch?v=4GDTbtePHUU

There tends to be strong opinions about grief (myths of grief); how long it should take to heal, what helps the grief process, and whether every grief is complicated in its own way. Susan shares why our views are sometimes at odds with the research, the concept of complicated grief, and new approaches being developed to treat it.

GRIEF: WHAT EVERYONE SHOULD KNOW - TEDx Talk by Tanya Villanueva Tepper -

www.youtube.com/watch?v=BwPoqQPynEc

How do you handle grief? How do you respond to others' grief? Tanya Tepper discusses her grief over her fiancé's death and how it has affected her life. Sharing her wisdom about grieving, Tanya talks about the misconceptions and misunderstanding she has encountered that surround our idea of what grief is.

GOOD GRIEF! WHAT I LEARNED FROM LOSS - TEDx Talk by Elaine Mansfield -

www.youtube.com/watch?v=PBzEwf1k59Y

What if grief has something to teach us? Elaine shares about the death of her father when she was a small child and later the death of her husband and what she learned from both. She shares how rituals and support helped her when she was grieving.

Online Grief Videos, continued...

HOW GRIEF FEELS - TEDx Talk by Robbie Stamp - www.youtube.com/watch?v=6GfthkyzW5s

Robbie shares about the experience of grief, how it changes our perception of the world and how we can all support those who are grieving.

HOW TO COMFORT A GRIEVING TEEN - TEDx Talk by Bridget Park -

www.youtube.com/watch?v=ySeZLAqcnuo

Bridget Park is a high school senior from Reno, Nevada. Inspired by the death of her brother, Bridget wrote her debut memoir at the age of 15 in the hopes that her story would encourage others to find healthy ways of grieving. In this talk, Bridget shares her insight on how to comfort a grieving teen.

HOW TO SPEAK ABOUT THE LOSS OF A CHILD - TEDx Talk by Penny Kreitze -

www.youtube.com/watch?v=RV54J3JsDbg

Penny's life was devastated by the death of her 21 year old daughter Annais, when a huge oak branch fell on her. Her journey of grief takes her to an orphanage in Africa where the children give the most profound lessons in empathy and healing. She shares ideas about what to say and what not to say to a grieving parent and family.

LOOKING AT THE OTHER SIDE OF GRIEF - TEDx Talk by May Jones -

www.youtube.com/watch?v=cTJRjx9yHGU

Join May as she talks of a lurking monster: grief. Follow her story of how she dealt with this monster after the death of her husband, ultimately leading her to find her satisfaction and solace through gardening and farming. May shows us how deep grief can be transformed into strong passion and purpose, giving us freedom we can celebrate.

LOSS AND FOUND - TEDx Talk by Corrie Sirota - www.youtube.com/watch?v=PQ27tYeb74Y

Through her genuine compassion and profound insight into human nature, Corrie helps us transform the way we experience grief. She also offers invaluable tools for individuals and families in learning how to find life, and hope, after loss.

MODERN GRIEF - TEDx Talk by Sophie Townsend - www.youtube.com/watch?v=k8gRvBb3jbI

As a widow, Sophie reflects on her own experiences of grief in an age where the personal expression and symbolism of loss has been largely lost.

MORE THAN GRIEF: HOW SEVEN FATHERS REIMAGINED LIFE AFTER LOSS - TEDx Talk by Justin

Yopp - www.ted.com/talks/justin_yopp_more_than_grief_how_seven_fathers_reimagined_life_after_loss

When grieving widowers came together to share their losses, they gained tools to help them do they unimaginable: reimagine lives without their wives.

MY JOURNEY OF DEALING WITH GRIEF - TEDx Talk by Simon Hancox -

www.youtube.com/watch?v=oPk3mevJ8yQ

Simon shares about the death of his wife, raising their young children on his own, finding support in others, and established Annabel's Angels in his wife's name.

OWNING OUR GRIEF - TEDx Talk by Alana Sheeren - www.youtube.com/watch?v=gqX3Ygy8NOo

Alana believes in love, beauty and the transformative power of grief. After the stillbirth of her son she began writing about her personal journey into grief and whole-self healing.

PET LOSS GRIEF; THE PAIN EXPLAINED - TEDxTemecula Talk by Sarah Hogan DVM -

www.youtube.com/watch?v=TkJGhQANjZo

The grief of losing a pet is crushing; and yet it is too often minimized. This talk explains why the pain of pet loss is different and why it is valid. Dr. Hoggan has been an emergency veterinarian for over 20 years. Her career of dealing with critically injured pets, and their families, gives her a compassionate perspective that only comes with experience.

Online Grief Videos, continued...

SINGING OVER BONES - TEDx Talk by Dr. Kim Bateman - www.youtube.com/watch?v=P3hibkFeld0

Dr. Bateman will teach how to share, ritualize, and transform grief. Lifelines to the dead illustrates creative outcomes to mourning that allow one to recognize, contain, release, and yet stay in relationship and keep loving.

***SPEAKING GRIEF - www.speakinggrief.org**

Moving away from the idea that grief is a problem that needs to be “fixed,” Speaking Grief validates the experience of griever and guides those wishing to support them. There is no “right” way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience. This is a must see documentary for those that are grieving and those wanting to support them.

THRIVING AFTER LOSS - TEDx Talk by Amy Looney - www.youtube.com/watch?v=N8UPa4kImly

After the death of her husband, Amy describes the struggles that come with grief. She explains the importance of not just coping but learning how to thrive. Amy is dedicated to carrying on the legacy of her late husband and friend.

***TIME IS PRECIOUS - TEDx Talk by Victoria Milligan - www.youtube.com/watch?v=DiZOH_ANTks**

A speedboat accident left Victoria coping with grief, supporting her surviving children and adjusting to life with a disability. Victoria knows more than most how precious time is and will share how she has coped with this unimaginable tragedy and devastating loss.

USE YOUR TRAGEDY TO CHANGE THE WORLD - TEDx Talk by Karen Millsap -

www.youtube.com/watch?v=BypYSAzxyY&t=302s

We can't predict life's hardships, but we can choose how they impact our journey. As a 29 year old, Karen suddenly became a widow when her husband was murdered. We are all connected through our struggles. This realization ignited Karen's desire to turn her pain into purpose and pay it forward to help others.

***WE DON'T MOVE ON FROM GRIEF, WE MOVE FORWARD WITH IT - TEDx Talk by Nora McNerny -**

www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it

Heartbreaking and hilarious, writer and podcaster Nora McNerny shares her hard-earned wisdom about life and death after the death of her baby, father and husband (within 6 weeks of each other). She encourages us to shift how we approach grief. A grieving person is "going to move forward, but that doesn't mean that they've moved on."

WHAT FORTY STEPS TAUGHT ME ABOUT LOVE AND GRIEF - TEDx Talk by Tembi Locke -

www.youtube.com/watch?v=Z65fSOI57Mo

Actress and advocate Tembi Locke shares her passionate love affair with her husband and the heart-rending diagnosis that taught her how grief can transform.

***WHEN SOMEONE YOU LOVE DIES, THERE IS NO SUCH THING AS MOVING ON -**

TEDx Talk by Kelley Lynn - www.youtube.com/watch?v=kYWICGbbDGI

Kelley talks about the death of her husband and the insensitive comments we hear after the death of a loved one. What if we don't let go of the love we have and “get over it” but instead live and share that love with others?

YOU'RE STILL HERE: LIVING AFTER SUICIDE - TEDx Talk by Amy Biancolli -

www.youtube.com/watch?v=R3FKQNSYoxw

Amy, who lost both her husband and her sister to suicide, talks about surviving those blows. Amy tells some of her own story, including her decision to write about a personal subject so often hushed in public.