**Grief Resource List**

**Books -Adults**

*After This When Life is Over Where do We Go?*Claire Bidwell Smith, 2015.

*Anxiety the missing stage of grief*, Claire Bidwell Smith, 2018.

*Bearing the Unbearable: Love, Loss & the Heartbreaking Path of Grief*, Joanne Cacciatore, Ph.D, 2017.

Dr. Alan Wolfelt, books, centerforloss.com

*Finding Meaning: The Sixth Stage of Grief*, David Kessler, 2019.

*Finding Peace, One Piece at a Time: What to do With Your and a Loved One’s Personal Possessions*, Rachel Kodanaz, 2019.

*From Here to Eternity: Traveling the World to Find a Good Death*, Caitlin Doughty, 2018.

*Grief Day by Day: Simple Practices & Daily Guidance for Living with Loss*, Jan Warner, 2018.

*I’m Grieving as Fast as I Can: How Young Widows and Widowers Can Hope and Heal*, Linda Feinberg, 1994.

 *It’s Ok That You’re Not Ok: Meeting Grief and Loss in a Culture That Doesn’t Understand*, Megan Devine, 2017.

*Modern Loss: Candid Conversations About Grief. Beginners Welcome*, Rebecca Soffer & Gabrielle Birkner, 2018.

*Motherless Daughters*, Hope Edelman, 2014.

*Life After Suicide: Finding Courage, Comfort & Community*, Jennifer Ashton, MD, 2019.

*Option B: Facing Adversity, Building Resilience, and Finding Joy,* Sheryl Sandberg & Adam Grant, 2017. Optionb.org

*On Grief and Grieving: Finding Meaning of Grief Through the Five Stages of Loss*, Elizabeth Kubler-Ross, M.D., 2014.

*Passed and Present: Keeping Memories of Loved Ones Alive,* Allison Gilbert, 2016.

*Resilient Grieving: Finding Strength & Embracing Life After a Loss That Changes Everything*, Lucy Hone, PhD, 2017.

*The Bright Hour: A Memoir of Living and Dying*, Nina Riggs, 2017.

*The Grief Recovery Handbook*, John James & Russell Friedman, 2017.

*The Unwinding of the Miracle: A Memoir of Life, Death, and Everything that Comes After*, Julie Yip Williams, 2019.

*When Breath Becomes Air*, Paul Kalanithi, 2016.

**Children**

*The Invisible String*, Patrice Karst, 2018, Ages 4-8.

Video- Ready to Remember: Jeremy’s Journey of Hope & Healing (12:36 minutes). Story is about a 10 year old boy following the tragic death of his father. NCTSN.org

Video – Rosie Remembers Mommy: Forever in Her Heart (7:16 minutes). Story is about a young girl who’s struggling with the death of her mother. NCTSN.org

Michael Rosen’s Sad Book, Michael Rosen & Quentin Blake.

 *What this Kid Wants Adults to Know About Grief*, Bryce Fields (how adults can connect with and help grieving kids), 2020.

 *When Dinosaurs Die: A Guide to Understanding Death*, Laurie Krasny Brown & Marc Brown, 1998, Ages 4-7

**Websites**

AARP.org (caregiver resources)

Allianceofhope.org (suicide loss survivors)

compassionatefriends.org (for parents who have lost a child)

Deathoverdinner.org

Dinnerparty.org

Dougy.org (for grieving children)

Emilymcdowell.com (cards for difficult times)

glowinthewoods.com (baby lost families)

Greenburialcouncil.org

Grief.net

Griefrecoverymethod.com (support groups)

griefshare.org (Christian based grief recovery support group held at Churches)

Griefyoga.com

Hopeedelman.com (resources and retreats for women who’ve lost their mothers)

LOSS Teams (trained volunteers who bring immediate support for suicide loss

survivors)

Mettainstitute.org – Being a Compassionate Companion (audio CD)

missfoundation.org (grieving the death of a child)

modernloss.com

mykeeper.com, gatheringUS.com, tribute.co (virtual funerals, On-line Memorials, video montages)

Pathfinderforyou.org/grief-and-loss

refugeingrief.com (how to help a grieving friend handout)

soaringspirits.org (widowed people)

suicidegrief.save.org

Thekitchenwidow.com

widownet.org

**Facebook**

Grief Speaks Out

Option B

**Lifeline**

 National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

**Practices**

Grief Reiki & Grief Yoga

**HBO Documentary**

Alternative Endings: 6 New Ways to Die in America

**Movie – Coco, Disney & Pixar Movie, 2017**

Kay Glidden 6-2020

