

Resources

General

What's Your Grief

whatsyourgrief.com

Ecourses, webinars, blog posts, articles, resources, and books. They are a great resource to follow on social media and to get their emails because they put out new content almost everyday.



Heal Grief

<https://healgrief.org>

A large website that covers grief information, resources, it is connected to the AMF teen group, and holds virtual grief groups. You can create a memorial, or light a candle for the person who died. They have a blog with articles that get added weekly.



Grief Watch

griefwatch.com

Resource list with downloadable books, books and memorial items for sale on the website. They have really neat ceramic hearts on their website.



Death of a Child

Bereaved Parents

www.bereavedparentsusa.org

Resource for parents and families who have gone through the death of a child. It is a national website that has a list of resources for parents, a downloadable newsletters four times a year, and chapters around the United States.



*Helping grieving parents
and families rebuild their
lives following the
death of a child.*

POMC (Parents of Murdered Children)

<https://pomc.org>

A national organization that is support for parents and family members who were affected by a child who was murdered.



Share Pregnancy & Infant Loss

<http://nationalshare.org>

Website is full of support and information; in person support, phone support, support groups, packets, private online community, and much more.



Resources for children

The Dougy Center

www.dougy.org

National Center for Grieving Children offers resources for kids and families, and is holding virtual support groups. They also have a list of books and dvds for families.



National Alliance For Grieving Children

Childrengrieve.org

Resources, webinars and education for kids and their adults. Very full website with a lot of information for different topics in relation to grief.



Hope's House

www.hopeshousewi.com

Resource center for children and families who have gone through the death of a loved one. They have a blog with articles added weekly, and downloadable adult grief booklets for free. Kid's worksheets are available on the website along with a free downloadable tool kit for schools to implement a kids peer to peer support group in their schools. They offer free support groups for kids ages 4-18, and adults (virtual during COVID).



Military

TAPS- Tragedy Assistance Program for Survivors

www.taps.org

A great website for military survivors. They constantly put out videos, webinars and classes all with the intent to help families going through a loss.



Complicated Grief:

American Foundation For Suicide Prevention

afsp.org/find-support/ive-lost-someone

This website has practical information after a suicide death, articles on different topics related to suicide, a booklet for kids, digital memory quilt, book suggestions and support group finder. It has a nice layout and is easy to navigate.



The Center for Complicated Grief

Complicatedgrief.org

This website is for professionals in the grief realm as well as people who are going through a complicated loss. Some great information, training and material for professionals. For the public it has education on different types of complicated grief, find a therapist finder, and resources.



Survivors of Violent Loss Network

www.svlp.org

This website is for those who have gone through the murder of a loved one and other violent deaths. Resources and possibility for networking with others.



Death of a Spouse:

Soaring Spirits International

Soaringspirits.org

The mission of the website is to connect widows with other widows. They have a few different programs with pen pals, social groups, camps, online community and more.

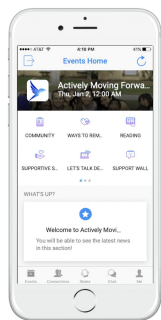


For Teens and Young Adults:

Actively Moving Forward

<https://healgrief.org/actively-moving-forward/college-student-grief/>

Young Adults and College students ages 18-30. They offer support, grief coaching and have virtual support groups. They have an app to help with connecting each other. The in person groups are held at different campuses throughout the United States.



**Actively Moving Forward®
(AMF) for Grieving Young
Adults, aged 18-30.**

Download our official app:



Too Damn Young

<http://toodamnyoung.com>

Just for teens and young adults who are trying to navigate grief. It is mainly blog posts and articles written by teens on the topic of teens going through a death. There is a list of resources and a way you can contribute an article if you would like.

| **TOODAMNYOUNG.**

Slap'd (Surviving Life After A Parent Died)

<https://slapd.com>

This website is for teens who have lost a parent. It has articles written by teens and professionals just for teens. There is a tribute page where you can read stories and see pictures of the person who died. You can also submit to the tribute wall.



In Person

Hope's House Adult Grief Group

www.hopeshousewi.com

They hold free in person grief support groups once a month in Seymour, WI. The groups are confidential, a laid back atmosphere, and you get a take home adult book with a reflection guide.

Adult Grief Group

JSA Coffee Shop
406 N Main St | Seymour, WI 54165

6-7:30PM

Hosted by:



November 16
December 14

Sponsored by:



Grief Share

www.griefshare.org

Locations: Green Bay, Appleton, Little Chute, Menasha, Neenah, De Pere, Greenleaf, Seymour
Faith Based support groups for adults 18+ that follows the format of a video and reading materials.



Unity Hospice Grief Group: Generations

<https://unityhospice.org>

Location: Green Bay

For kids ages 6-18 and their family members.



Healing Your broken Heart

St. Mary's Parish in Algoma, WI

1st Thursday of each month 6:30-8:30PM

Contact: Donna Moran

morandr286@gmail.com

(920) 723-1948



Virtual Groups

Center for Grieving Children- Fox Valley

<https://www.bgclubfoxvalley.org/center-for-grieving-children/>

Family and kid's nights by age group and topic. They are running the in person family nights online. They have a schedule on the website. A great, kind and supportive group to be part of.



Community For Hope and Survivors of Suicide Loss (S.O.S.L.)

www.communityforhope.org/Grief-Support

Locations: Neenah, Oshkosh

Suicide survivors group ages 14+

From Mourning to Hope



Facebook Groups:

Grief Untamed

<https://www.facebook.com/groups/1967166993552658>

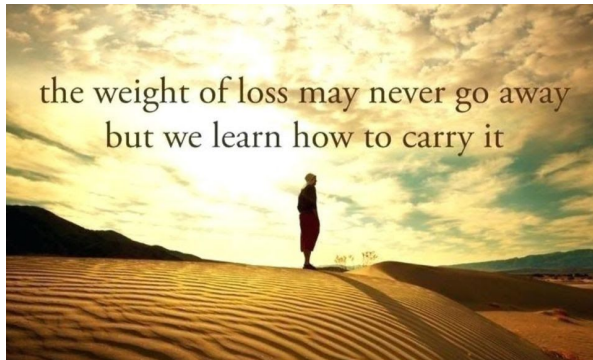
A private Facebook grief group for people who have gone through a death. It has over 9,000 members. It is about grief in general, and not a specific type.



Grieving The Loss of Your Mother Support Group

<https://www.facebook.com/groups/1575253442805538>

A private Facebook grief group specific to the loss of a mother, and has over 16,000 members.



Brave Ladies Club

<https://www.facebook.com/groups/124553808264700>

It's a private Facebook group for women ages 18-100 who have lost a boyfriend, significant other, or spouse to suicide.



Manhood Untamed

<https://www.facebook.com/groups/199868647518598>

Mental Health Group for men to discuss life, parenting and more. 2.4K members



Counseling:

Talk Space

www.talkspace.com

An online program for anyone 13+. It is a paid service to find licensed counselors, therapists and psychiatrists.



Beyond Words

<https://beyondwordsnew.com>

Melissa is amazing! If there are any kids you know having a tough time, take a moment to contact her. She is a child counselor and is fantastic with kids. She is trained in sandplay, other play therapies and yoga.

1800 Freedom Road, Little Chute, Wisconsin 54140

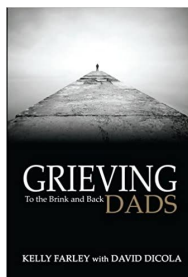
(920) 445-8783



Books

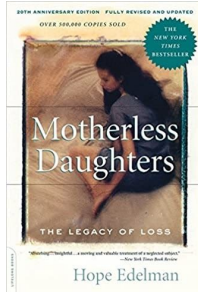
For Dads

[“Grieving Dads: To The Brink and Back”](#) written by dads for dads. The overall topic of the book is dads talking about the death of a child over a two year period. Highly recommend this book, it is real, thought out and very insightful.



Death of A Mother

[“Motherless Daughters: The Legacy of Loss”](#) by Hope Edelman. More than twenty years later, it is still the go-to book that women of all ages look to for comfort, help, and understanding when their mother dies.



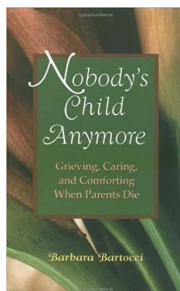
[“The Dead Moms Club”](#)

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank, up-front look at what it means to go through gruesome grief and come out on the other side.



Death of Parents

[“Nobody’s Child Anymore”](#) by Barbara Bartocci. It is an easy read written by a lady who lost her parents. It brings up some interesting topics about what she went through at the end of their lives, and feeling her own mortality. Definitely worth checking out.



[“It’s Ok Not To Cry”](#) by Gina Schampers was written by a girl in her 20’s who went through the death of both her parents. It is a book that covers many different types of deaths, but follows the author in the loss of her parents and how she dealt with the losses.



Adult Books General

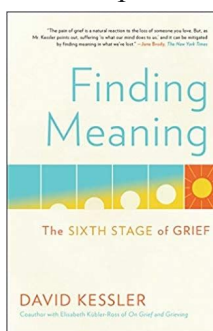
[“Anxiety The Missing Stage of Grief”](#) by Claire Bidwell Smith, LCPC

Available at your local library... if you suffer from any form of anxiety and have suffered the loss of someone, check out this book.



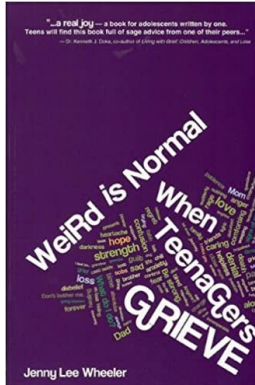
[“Finding Meaning: The Sixth Stage of Grief”](#) by David Kessler a long time grief specialist.

This book is great if you are looking to dive deep into understanding how people process emotions and grief, looking to find meaning from their loss. **Podcast recommendation: On Grief & Finding Meaning** this is great for on the go, or if you want to take some time to listen instead of read or watch. Brene Brown is a great author, researcher and storyteller who has teamed up with David Kessler.

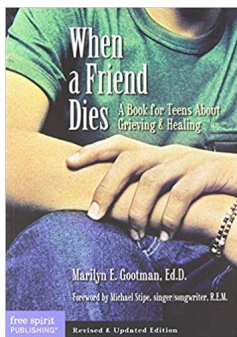


Teen Books

[“Weird Is Normal When Teenagers Grieve”](#) by Jenny Lee Wheeler. This book is a book about a teenager who lost her dad, written for other teenagers. A thin book, but yet engaging to read.



[“When a Friend Dies: A Book For Teens About Grieving & Healing”](#) by Marilyn E Gootman, Ed.D. Smaller book, that is an easy read and is reflective and to the point. It is relevant to adults too. A must read for teens or even adults who are looking for a simple and quick book.

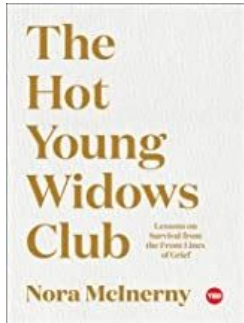


Spouse Loss

[“Option B”](#) by Sheryl Sansberg, it is an awesome book about going through life after a death and figuring out what plan b is, if plan a is not an option. The main topic is spouse loss, but is a great read about grief in general.



[“Hot Young Widows Club”](#) by Nora McNerny, is mainly about the loss of her husband, but also lost her father and a miscarriage all in a short period of time. Small book that is an easy read and definitely worth checking out.

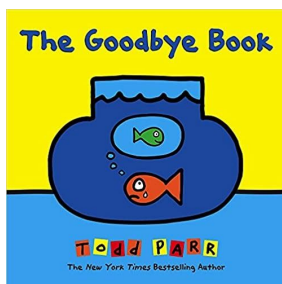


Kids Books:

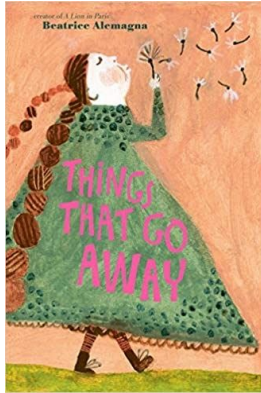
["The Invisible String"](#) by Patrice Karst for kids ages 3+ is an amazing book for kids (and for adults) to understand that there is a connection to someone even if you cannot see them. Definitely worth checking out at your local library or viewing a video online of it. If you ask anyone who has read it, they probably will tell you they love it (even the adults).



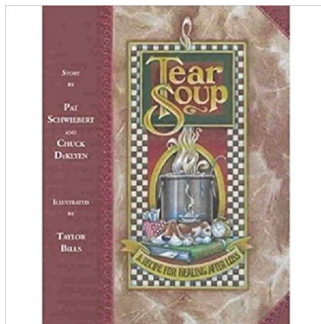
[“The Goodbye Book”](#) by Todd Parr is good for kids ages 3-7. Very colorful and simple book about a goldfish losing his fish friend. It is not lengthy, but shows kids emotions that might happen after a loss, and support that can be there. It is a gentle book about grief and loss for young kids. Definitely worth checking out.



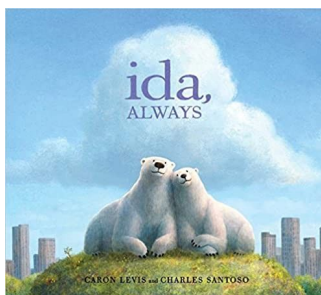
“Things That Go Away” by Beatrice Alemagna is a very colorful book, with a transparent page to show change. It is a new book published in 2020. It is not a direct grief book, but is fantastic to read to kids that everything eventually changes, moves on or transforms, but love never fades. It is super fun to read and look at the illustrations.



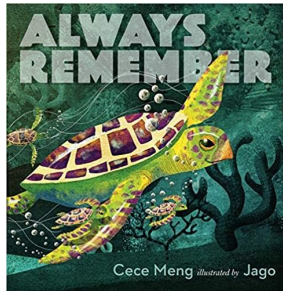
“Tear Soup: A Recipe for Healing After Loss” by Pat Schwiebert. It is great for kids 8+ and talks through how messy grief can be and some great analogies to explain things. It explains how grieving is ok and everyone grieves differently. A mother said it helped her son who is high functioning on the spectrum to understand grief a little better. The book has been around for awhile and has a high review rating on Amazon.



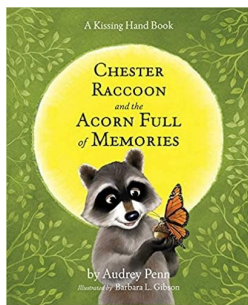
“Ida, Always” by Caron Levis for kids ages 4+ is a super cute book about death through the eyes of animals. It has been out for a while, but a classic for kids. It tugs at my heartstrings everytime I read it to kids, but the illustrations are fantastic and is one you might want for your bookshelf.



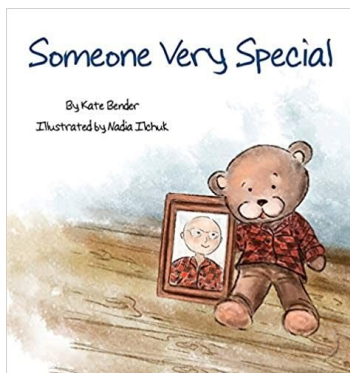
“Always Remember” by Cece Meng for kids 4+ is a really colorful and well designed book for kids. I also call this the turtle book because it has a turtle on the cover. It has a good message, and a wonderful book depicting what the absence of a life is life for others. It has great detail and a great message.



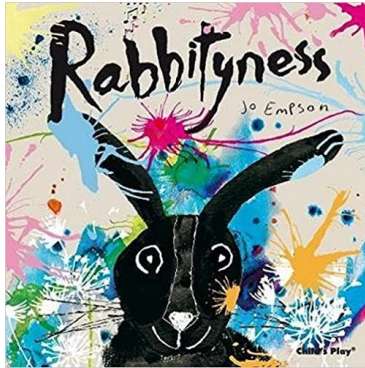
“Chester Raccoon and the Acorn Full of Memories” by Audrey Penn for kids 6+ We love this picture book, and one we tend to read a lot. It has a good message about the loss of a friend. They celebrate the life of his friend, it is a sweet story that provides comfort during loss.



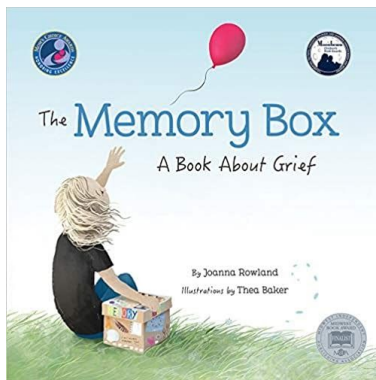
“Someone Very Special” by Kate Bender is a double recommendation! The book is for kids 2+ The author is local in Wisconsin and did an excellent job with this book. It explains death and continuing bonds to a child who may not have memories of the loved one who died. This book is different from most grief books as it is tailored to kids who don’t have those memories, and talks about ways to create a keepsake, and continue to talk about the person even after they are gone.



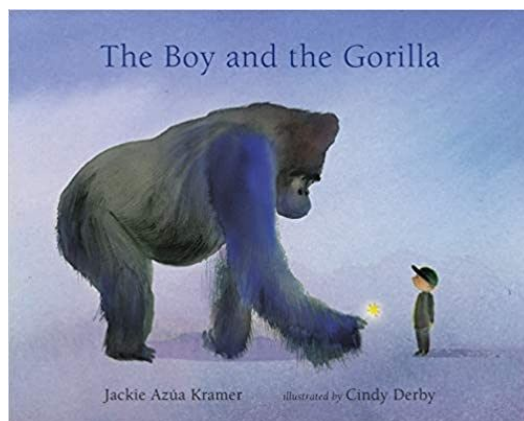
“Rabbityness” by Jo Empson is a super colorful and fun book to flip through. It is about the gifts the rabbit leaves behind after her is gone. It is a really vibrant book to read.



“Memory Box: A Book About Grief” by Joanna Rowland is a book for kids ages 4-9 is a book about creating a box to keep memories of a loved one in. It talks through emotions around death and how to process them through a kids eyes. There is a guide in the back to help kids and families make their own box.

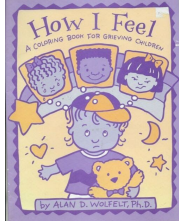


“The Boy and the Gorilla” by Jackie Kramer is a fantastic new book. It addresses common questions kids might ask about the death of someone, and the gorilla answers in direct answers. Definitely recommend this book for kids.

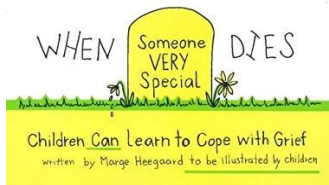


Kids activity books:

[“How I Feel: A Coloring Book For Grieving Children”](#) by Alan Wolfelt, Ph. D. for ages 3-9, it is not available on Amazon, but can be ordered through Dr. Wolfelt’s [website](#) \$2 a book plus shipping.



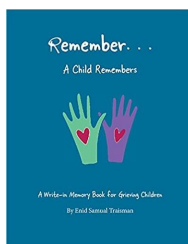
[“When Someone Very Special Dies”](#) by Marge Heegaard, MA, ATR, LICSW for kids ages 6-12 it is illustrated by children so it gives it a less textbook feel to it. It has activities about the topic of death, identifying emotions, and coping skills.



[“The Grief Bubble”](#) by Kerry DeBay ATR-BC, LMHC, CTS it is for kids 6+. This one is also drawn out and more childlike than a textbook. This booklet uses more drawings as the tool, so it is great if the child likes to be artistic and draw out emotions.



[“Remember... A Child Remembers”](#) by Enid Traisman it is geared towards a writing journal for kids 8+. It talks about and explores memories of the person who died. It is a great way to work with a child or let them go through it on their own. For kids who maybe were too young to have memories of the person, it can be a nice keepsake to have.



Videos

“We don’t ‘move on’ from grief. We move forward with it” by Nora McNery

<https://www.youtube.com/watch?v=khkJkR-ipfw>

“Grief Out Loud: Teen Talk About Loss”

<https://www.youtube.com/watch?v=qgrRoJyljeQ>

“Losing A Parent: Understood”

<https://www.youtube.com/watch?v=L21gV8DUOKY>

Podcasts and Episodes

Griefcast Comedian Cariad Lloyd’s father died of cancer when she was 15. She went on to become a successful comedian and was bowled over by the unexpected success of Griefcast, which won Podcast of the Year in 2018. Listen in on a series of conversations with Cariad’s fellow comedians and performers as they discuss their experiences of love, loss and bereavement.

Grief Out Loud Grief Out Loud seeks to ice-break this conversation stopper of a subject. Grief is tough enough without having to deal with it alone. Listen in for personal stories and advice for grieving children and teens from bereavement experts. The producers – Oregon’s Dougy Center for Grieving Children and Families – know their stuff and leave the clichés at the door.

The Mary Mac Show Mary is a grief specialist who doesn’t believe that the stages of grief are one-size-fits-all. Grief isn’t a set journey, it is an emotional maelstrom that’s different for everyone who’s ever been held in its grip. If you feel you’ve failed because your stages of grief aren’t textbook, Mary will show you that you’re OK. You’re just doing it your own way.