

VIRTUAL GRIEF RESOURCE LIBRARY

HORIZON GRIEF RESOURCE CENTER

**THIS LIST IS MEANT TO CONTAIN HELPFUL WEBSITES AND RESOURCES
FOR GRIEVING INDIVIDUALS TO EXPLORE.**

*This resource list is provided for information purposes only and
is not an endorsement of the organizations listed or the services provided.*

RESOURCE-FILLED WEBSITES

The Dougy Center: The mission of The Dougy Center is to provide support in a safe place where children, teens, young adults and their families grieving a death can share their experiences. Their website is full of free resources for caregivers and children/teens coping with grief.

Eluna Network: 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 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.

Open to Hope: OpentoHope.com is an online website where people can share inspirational stories of loss and love. We encourage our visitors to read, listen and share their stories of hope and compassion.

What's Your Grief: Promote grief education, exploration, and expression in both practical and creative ways. We aim 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 provide a supportive community.

The New York Life Foundation: Helping families in times of grief is at the heart of our company's mission, and our research has shown that families who lose a loved one wish they had more resources and support available to them. In an effort to address this gap, we have developed this dedicated online grief resource which offers articles, expert tips, personal stories and local resources for families, educators and community members.

The National Alliance for Grieving Children: The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. Through the collective voice of our members and partners we educate, advocate and raise awareness about childhood bereavement.

Grief Coach: Every day grieving people receive our text messages, personalized based on their loss. And if they have friends and family who want to help, but aren't sure what to say or do, we send them text messages too. Because grief is hard, but it's a little easier when we have people by our side.

VIRTUAL GRIEF RESOURCE LIBRARY

HORIZON GRIEF RESOURCE CENTER

Hospice Foundation of America: Hospice Foundation of America educates the public and health care professionals about death, dying and grief. HFA brings together the nation's leading experts to contribute to the content of HFA's books, web-based tutorials and programs, and videos. Hospice Foundation of America also funds research about hospice care, supports specific hospice and/or grief initiatives (such as children's grief camps), and financially assists hospice providers in times of disaster.

The Zen Hospice Project: Zen Caregiving Project is a non-profit organization based in San Francisco, California with over 30 years of experience in practicing and teaching mindfulness-based, compassionate caregiving. We offer courses, workshops, and training for professional, family, clinical, and volunteer caregivers. Through our work, we provide a context for public discussion of caregiving, loss, and death.

End Well: End Well is dedicated to the belief that all people should experience the end of life in a way that matches their values and goals. When faced with issues of mortality, we often suffer needlessly for a variety of reasons, from cultural and clinical to matters of access. End Well brings together a multidisciplinary community that unites design, technology, health, policy and activist initiative to create a cultural shift to transform our thinking around the end of life.

The Mindfulness & Grief Institute: Teaching leaders and caregivers how to use mindfulness-based techniques to reduce stress, cope with grief, and cultivate personal growth.

The Dinner Party: The Dinner Party is a platform for grieving 20- and 30-somethings to find peer community and build lasting relationships. We screen, train and support a growing network of peer hosts, and connect them to 12-15 people nearby, who share a similar age and loss experience.

Refuge in Grief: An online community and resource that helps people survive some of the hardest experiences of their lives. Through my book, podcasts, and online courses, I help people learn the skills they need to love themselves – and each other – better.

Tragedy Assistance Program for Survivors (TAPS): TAPS provides comfort, care and resources to all those grieving the death of a military loved one, and provides a variety of programs to survivors nation and worldwide.

National Fallen Firefighter's Foundation: The United States Congress created the National Fallen Firefighters Foundation to lead a nationwide effort to remember America's fallen firefighters.

HealGrief: HealGrief is dedicated to support the bereaved by offering a virtual location, without geographical boundaries, where individuals and a community can communicate a death, connect, mourn and heal, while celebrating a loved one's life. Our commitment is to provide an understanding of grief by increasing universal awareness and education, while offering resources to support a healthy grief recovery.

Option B: OptionB.Org is dedicated to helping you build resilience in the face of adversity—and giving you the tools to help your family, friends, and community build resilience too. Here, you can read and share personal stories, join groups for solidarity and support, and find information from experts.

VIRTUAL GRIEF RESOURCE LIBRARY

HORIZON GRIEF RESOURCE CENTER

The Center for Loss & Life Transition: The Center for Loss and Life Transition is dedicated to “companioning” grieving people as they mourn significant transitions and losses that transform their lives. We help mourners, by walking with them in their unique life journeys, and both professional and lay caregivers, by serving as an educational resource and professional forum.

Grief.com: Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.

Bereaved Parents of the USA: Helping grieving parents and families rebuild their lives after the death of a child.

The Grief Toolbox: An all-encompassing place for grief tools: a singular area where a person can find all the resources they need to help them with that grief that neither time nor money can solve.

The Kitchen Widow: The Kitchen Widow is a modern take on the age-old kitchen table conversation – an inspirational online platform dedicated to raising awareness about how we can support each other through times of illness and grief. Here we reclaim the lost art of comforting the soul. We do it around delicious food.

National Widowers Organization: The National Widowers’ Organization is a virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition.

American Foundation for Suicide Prevention: AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that’s smart about mental health by engaging in the following core strategies: Funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, and supporting survivors of suicide loss and those affected by suicide in our mission.

The Compassionate Friends: A self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.

Modern Loss: Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome.

VIRTUAL GRIEF RESOURCE LIBRARY

HORIZON GRIEF RESOURCE CENTER

GRIEF CAMP FINDER:

Experience Camps: Experience Camps provide boys and girls whose parent, sibling or primary caregiver has died, with a program that helps build confidence, encourages laughter and allows them to navigate their grief through friendship, teamwork, athletics, and the common bond of loss.

Comfort Zone Camp: Comfort Zone empowers children experiencing grief to fully realize their capacity to heal, grow, and lead more fulfilling lives.

Camp Kangaroo: Camp Kangaroo is a bereavement camp experience offered free of charge to children in the community who have suffered the death of a loved one. Participants receive grief education and emotional support combined with fun camp activities.

Camp Kesem: Kesem is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent's cancer. Kesem's flagship program, Camp Kesem, operates free summer camps for children who have been impacted by a parent's cancer.

Eluna Network: 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 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.

The National Alliance for Grieving Children: The National Alliance for Grieving Children lists grief support service providers who serve children, teens and their families.

Tragedy Assistance Program for Survivors (TAPS): Programs such as camps and retreats for the whole grieving military family.