



ONLINE GRIEF RESOURCES

Please join us on Facebook at

[Altru's Wings of Hope Bereavement Services](#)

to stay up-to-date with events and support group information.

ADULT

GENERAL

- **Center for Loss and Transition**
 - An organization dedicated to helping people who are grieving and those who care for them.
 - <http://www.centerforloss.com/>
- **Compassionate Friends**
 - The Compassionate Friends 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.
 - <http://www.compassionatefriends.org>
- **Hospice Foundation of America**
 - Hospice programs are designed to assist individual consumers of health care who are coping with issues of caregiving, terminal illness, and grief.
 - <https://hospicefoundation.org/>
- **Centering Corporation**
 - An organization dedicated to providing education and resources for the bereaved.
 - <http://www.centering.org>
- **Grief Watch**
 - A publisher and manufacturer of bereavement books and materials used by families and professionals around the country.
 - <https://griefwatch.com>
- **Bereaved Parents of the USA**
 - A 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.
 - <http://www.bereavedparentsusa.org>
- **Our House Grief Support Center**
 - An organization that provides grief support services, education, resources, and hope.
 - <http://www.ourhouse-grief.org/>
- **AARP**
 - Provides practical information for legal matters such as estate planning and power of attorney as well as grief support articles and resources especially related to concerns for older adults.
 - <http://www.aarp.org/relationships/grief-loss/>
- **What's your grief?**
 - Site that provides grief education, exploration, and expression in both practical and creative ways.

- <https://whatsyourgrief.com/>
- **TAPS: The Tragedy Assistance Program for Survivors**
 - An organization that offers compassionate care to all those grieving the loss of a military loved one.
 - <https://www.taps.org/>
- **Open to hope**
 - An online community offering inspirational stories of loss, hope and recovery.
 - <https://www.opentohope.com/>
- **MISS Foundation**
 - An organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.
 - <https://missfoundation.org/>
- **Compassion Books**
 - A wide range of grief and bereavement books for children, adolescents, and adults. The mail order collection offers hope but it will never deny that the journey through grief may be painful and hard to bear.
 - <http://www.compassionbooks.com/>
- **Hospice of the Red River Valley**
 - A local hospice agency which provides several grief resources and areas of support.
 - <https://www.hrrv.org/patients-caregivers/resources/>
- **The National Child Traumatic Stress Network**
 - The National Child Traumatic Stress Network (NCTSN) was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events.
 - <https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>
- **Grieving Parents Support Network**
 - The Grieving Parents Support Network [GPSN] is a platform for you, fellow bereaved parents.
It contains online support including grief information, resources, and connections with other bereaved parents.
 - <http://grievingparents.net/>

SUICIDE LOSS

- **American Foundation for Suicide Prevention**
 - AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide.
 - <http://www.afsp.org>
- **Alliance of Hope for Suicide Loss Survivors**
 - Provides healing support for people who have lost loved ones to suicide.
 - <http://www.allianceofhope.org/>
- **Parents of Suicide and Friends and Families of Suicide**
 - Online web resources for parents bereaved by suicide, and other family members/friends bereaved by suicide (siblings, children, spouses, friends, etc.)
 - <http://www.pos-ffos.com/>

PREGNANCY LOSS

- **Share Pregnancy and Infant Loss Support**
 - A community for anyone who experiences the tragic death of a baby.
 - <http://nationalshare.org/>
- **M.E.N.D: Mommies Enduring Neonatal Death**
 - An organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death.
 - <https://www.mend.org/>
- **Star Legacy Foundation**
 - An organization dedicated to reducing pregnancy loss and neonatal death and improving care for families who experience such tragedies.
 - <http://starlegacyfoundation.org/>

PODCASTS

- Terrible, Thanks for asking
 - <http://www.noraborealis.com/podcast/>
- Grief out loud
 - <https://www.dougy.org/grief-resources/podcasts/>
- The Grief Girl
 - <https://www.thegriefgirl.com/>

GRIEF AND RELAXATION APPS

- Sand Garden
- Naturespace
- Simply Being
- Telsa Toy
- Headspace
- Calm
- Relax Melodies
- Sleep Pillow

CHILDREN & TEENS

- **New York Life Foundation**
 - Helping families in times of grief by creating this online grief resource which offers articles, expert tips, personal stories and local resources for families, educators and community members.
 - <https://www.newyorklife.com/foundation/bereavement>
- **Scholastic Books**
 - With New York Life, they provide support and resources for parents and teachers of children dealing with grief.
 - <http://www.Scholastic.com/childrenandgrief/>
- **NAGC: National Alliance for Grieving Children**
 - An 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.
 - When Someone Dies: A Child-Caregiver Activity Book available to order for grade school children.
 - <https://childrengrieve.org/>
- **The Dougy Center: The National Center for Grieving Children & Families**
 - The Dougy Center provides a safe place for children, teens, young adults and their families who are grieving a death to share their experiences. We do this through peer support groups, education, and training.
 - <http://www.dougy.org>
- **The Moyer Foundation**
 - Their mission is to provide comfort, hope and healing to children affected by loss and family addiction.
 - <https://moyerfoundation.org/>
- **Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies**
 - By: Janice Silverman
 - An activity book available to order online for elementary children.
- **Art with Heart**
 - Therapeutic activity books to encourage healing experiences for children and teens.
 - Ink it Out (6th-8th grade)
 - Chill & Spill (9th-12th grade)
 - <https://www.artwithheart.org/shop/#books>

GRIEF AND RELAXATION APPS

- Breathe Kids
- Sesame Street Breathe
- SuperStretch
- Fluidity
- Fingerpaint
- MyGriefJournal
- Sesame Street for Military Families (Grief section applies to all children)
- BreathingBubbles