

Resources For Grief and Anticipatory Grief

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Grief Support Online (See additional handout for more online sources)

- Lists of grief support groups for a wide variety of losses
<https://www.mastersincounseling.org/loss-grief-bereavement.html>
- Private Practice Grief, FB group by Debi Jenkins Frankle,
<https://www.facebook.com/groups/425374471268235>
- Friday Grief Chat, FB
<https://www.facebook.com/fridaygriefchat>
- HeartLight Center <https://heartlightcenter.org/>
- Grief Recovery After SA passing <http://grasphelp.org/>
Heartbroken Widows & Widowers is a group associated with Late Night Widows and Widowers. This group is for those of you who loved your spouses but felt betrayed by the actions that was taken by your spouse. Weather you were dealing with abuse, separation or divorce. We are here to cry with you when you need a shoulder or laugh with you when you can tell us a good joke. Most importantly we're here to help each other heal. <https://www.facebook.com/groups/1404437339857115>
- Grieving A Loved One Lost To Overdose/Addiction
<https://www.facebook.com/groups/797809790861085>

For Children

- Old Turtle, by Douglas Wood, 2007
- The Invisible String, by Patrice Karst, 2000
- The Invisible Leash
- Badger's Final Gifts, by Susan Varley, 1992
- I Miss You- A First Look at Death, by Pat Thomas, 2001
- Gentle Willow (anticipatory grief), by Joyce C. Mills, 2003

Preparing for a Loss

- Final Wishes Organizer, by Robert House
- A guide with templates for POLST and Advanced Directives, including state specific information <http://polst.org/advance-care-planning/polst-and-advance-directives/>
- 300 Questions to Ask Your Parents Before It's Too Late, by Shannon L. Alder, 2011
- Recorded books for children and grandchildren, read by the dying person
- Describes the dying process https://www.hospicenet.org/html/preparing_for.html
- National Funeral Director's Association free downloadable fill in workbook to begin the conversation about dying and funeral planning. Absolutely useful!
<https://www.talkofalifetime.org/>
- On Death and Dying, by Elisabeth Kubler-Ross
- Have the Talk of a Lifetime <https://www.talkofalifetime.org/>
- National Hospice and Palliative Care Organization

For Adults

- Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies Kindle Edition, by T.J. Wray, 2009
- The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents, by Alexander Levy, 2000
- Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone, by Jane Brooks, 1999
- The Last Lecture, by Randy Pausch, 2008
- The Beauty of What Remains, by Steve Leder, 2021.
- Modern Loss- also a great place for conversations
<https://modernloss.com/?fbclid=IwAR1zi6tIEEqWcEDKIW8mVvtjIfPkkomkSWNjn f8llviPgMDOK3 SpxhqC2g>
- The Dinner Party for all losses- great discussion
<https://www.thedinnerparty.org/?fbclid=IwAR0ICfygTauHwWaPODTXGOrP87Key w1sC7bOHCqLYF3CojPFjdVyQEKT1uc>
- Superhero Grief, The Transformative Power of Loss, 2021, ed. Jill Harrington and Robert Neimeyer
- Love's Last Act: Planning a Peaceful Death With No Regrets, 2020 by Deborah Price
- Widowed. Rants, Raves and Randoms, Amazon, 2017 by John Polo
- It's OK that you're not okay, Megan Divine
- Sleeping 8 hours is not what used to be- read this
<https://www.cnn.com/2022/01/09/health/sleep-history-wellness-scn/index.html>
- End of life care for disabled adults- Canadian resource <https://seolcare.ca/> -

Self-Care when doing grief work

- Book of Evidence to record your experiences and the good you are doing
<http://jomuirhead.com/book-of-evidence/>

Books by Jill Johnson-Young, LCSW, available on Amazon

- Your own path through grief: A workbook for your journey to recovery
- Someone is sick: How do I say goodbye?
- Someone I love just died: What happens now?
- My pet is sick- it's time to say goodbye
- The Rebellious Widow

Relaxation/Meditation for you and your clients when doing this work:

- Home to more than 5,000,000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores. <https://insighttimer.com/>
- <https://www.calm.com/>
- <https://www.headspace.com/headspace-meditation-app>

Pets

- Association for Pet Loss and Bereavement
<https://www.aplb.org/?fbclid=IwAR3xIS-LYsNQ0lObFCLlr0GYKjqNTmTvM2pDPek1FhhSnaycgvzY2EBzB7c>