



## ***HeartLight Recommended Websites on Grief***

### ***What's Your Grief: Grief Support for the Rest of Us***

Visit a comprehensive grief and loss website that offers webinars, resources and an online community of support. <https://whatsyourgrief.com/>

### ***Center for Loss & Life Transition***

Located in Fort Collins, Colorado, the Center for Loss and Life Transition is led by Dr. Alan Wolfelt and is dedicated to helping people who are grieving and those who care for them. Find resources, articles, books and events at: <https://www.centerforloss.com/>

### ***Grieving.com***

Grieving.com is an online resource with more than 45,000 active members that participate in chat rooms. Topics range from terminal illness and sudden death to the loss of a pet.

[www.greiving.com](http://www.greiving.com)

## ***Loss of a Child***

### ***MISSFoundation***

Access to counseling resources, advocacy information, research on traumatic grief, education for healthcare providers and community members, and support services for those grieving the death, or impending death, of a child. <https://www.missfoundation.org/>

### ***The 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. Visit

<https://www.compassionatefriends.org/grief/>

## ***For Children***

### ***Dougy Center***

The Dougy Center, The National Center for Grieving Children & Families is a nonprofit organization based in Portland, Oregon that offers support groups and services to grieving children and young adults. Find resources and information at <https://www.dougy.org/>

Not finding what you're looking for? We can help. Call HeartLight Center at 720-948-9908 for additional websites, books, resources and referrals.

