

ADULT GRIEF SUPPORT

Your grief is a journey, and every step you take is a testament to your strength.

PODCASTS

1. *Open To Hope Podcast*

Open to Hope is a non-profit with the mission of helping people find hope after loss.

2. *All There Is with Anderson Cooper*

All There Is with Anderson Cooper is about the people we lose, the people we left behind, and how we can live on - with loss and with love.

3. *Where's The Grief?* with Jordan Ferber

Where's the Grief is a weekly podcast about loss and grief in everyday life that somehow manages to be consistently funny, surprisingly insightful and easily absorbed.

4. *The Mindfulness & Grief Podcast* with Heather Stang

The Mindfulness and Grief Podcast series, hosted by author and thanatologist Heather Stang, features meditation teachers and grief professionals who offer compassionate insights for coping with grief and life after loss.

BOOKS

How to Carry What Can't Be Fixed: A Journal for Grief

By Megan Devine

It's OK That You're Not OK

By Megan Devine

Healing After Loss: Daily Meditations for Working Through Grief

By Martha Whitmore Hickman

Your Grief, Your Way: A Year of Practical Guidance and Comfort After Loss

By Shelby Forsythia



ONLINE SUPPORT

GriefShare

<https://www.griefshare.org/>

Grief in Common

<https://www.griefincommon.com/>

Healgrief.org

<https://healgrief.org/>

Grieving.com

<https://forums.grieving.com/>

The Compassionate Friends

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

For Grief

<https://www.forgrief.com/>

What's your Grief?

<https://whatsyourgrief.com/>