



Helping you through  
your grief journey:  
Web Resources



## **Grief is a normal reaction to the loss of someone you love and has been a part of the human condition since the beginning of time.**

How you experience grief is unique to you and is impacted by your relationship with the person you lost, the circumstances surrounding the loss and many other factors. There is no single solution to grief. Instead, gaining understanding of grief and finding support when you need it are key to navigating your journey through grief.

To help you through your grief journey we have consulted with grief experts, clinicians and people who have experienced loss to compile a curated collection of books that might be helpful for you as you seek understanding and support.

This list consists of books that provide insight into various types of grief and loss, and is organized into categories like “Partner Loss,” “Teen Grief” and “Children’s Grief”. Eversight is not affiliated with any of these books and inclusion on this list does not infer an endorsement of any organization or website.

### **Partner Loss**

#### **[soaringspirits.org](https://soaringspirits.org)**

Soaring Spirits builds community. They create and maintain innovative peer-based grief support programs for widowed men and women that serve a worldwide population. Based on the powerful connections created by shared experience, they endeavor to ensure that no one grieves alone.

#### **[widowsconnection.org](https://widowsconnection.org)**

The W Connection was created by widows to equip other widows with the knowledge and skills they will need to rebuild their lives after the loss of their partners.

#### **[nationalwidowers.org](https://nationalwidowers.org)**

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

#### **[opentohope.com](https://opentohope.com)**

Open to Hope® is a nonprofit with the mission of helping people find hope after loss. They invite you to read, listen and share your stories of hope and compassion.

### [whatsyourgrief.com](https://whatsyourgrief.com)

The mission of What's Your Grief is to promote grief education, exploration and expression in both practical and creative ways. They 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
- A supportive community

### [modernloss.com](https://modernloss.com)

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. This project grew out of two friends' separate experiences with sudden loss, and their struggle to find resources that weren't too clinical, overtly religious, patronizing or, frankly, cheesy.

## Traumatic Loss

### [afsp.org](https://afsp.org)

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
- Supporting survivors of suicide loss and those affected by suicide is our mission

### [grasphelp.org](https://grasphelp.org)

Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.

### [losscs.org](https://losscs.org)

LOSS Community Services exists to be an instillation of hope to the bereaved by suicide, empowering them so they can thrive. They envision a community of loss survivors experiencing a restoration of hope and standing together for suicide awareness.

### [nctsn.org](https://nctsn.org)

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.

### [taps.org](https://taps.org)

TAPS provides comfort, care and resources to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

### [victimsofcrime.org](https://victimsofcrime.org)

The mission of the National Center for Victims of Crime is to forge a national commitment to help victims of crime rebuild their lives. They are dedicated to serving individuals, families and communities harmed by crime.

### [whatsyourgrief.com](https://whatsyourgrief.com)

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## Teen Grief

### [childrengrieve.org](https://childrengrieve.org)

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 their members and partners they educate, advocate and raise awareness about childhood bereavement.

### [dougy.org](https://dougy.org)

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. Through their Pathways Program they provide a safe place for families facing an advanced serious illness.

### [elunanetwork.org](http://elunanetwork.org)

Every year, countless children experience the death of someone they love. Millions more are affected by a family member's substance abuse. No child should face these struggles alone. This unique program gives children the chance to cry, laugh, grow and heal. Kids meet other kids in similar circumstances, and together, they grow stronger.

### [healgrief.org/actively-moving-forward](http://healgrief.org/actively-moving-forward)

Actively Moving Forward® (AMF) is a national network created in response to the needs of grieving young adults. For over a decade, they have connected, supported and empowered grieving young adults to “actively move forward” in memory of their person. These young adults support one another and are encouraged to actively move forward in memory of their person. Due to the need, the AMF model has expanded its demographic to include all young adults, aged up to, and including 30. This program is currently actively moving forward coast-to-coast.

### [slapd.com](http://slapd.com)

Surviving Life After a Parent Dies (SLAP'D) is the social media for teens who have lost a parent to find hope and connection through shared experiences.

### [whatsyourgrief.com](http://whatsyourgrief.com)

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## Sibling Loss

### [compassionatefriends.org](http://compassionatefriends.org)

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. 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.

### [thegrievingsibling.com](http://thegrievingsibling.com)

When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children—all of whom suffer a more socially recognized type of loss. From her own experiences, as well as those of many others, the book [Surviving the Death of a Sibling](#) was born, to help adults who have lost a brother or sister realize that they are not alone in their struggle. She created a website where there was support and understanding available in a community setting. This site is an updated version of that site.

### [modernloss.com](http://modernloss.com)

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### [shelbyforsythia.com](http://shelbyforsythia.com)

Shelby Forsythia (she/her) is the author of *Permission to Grieve* and podcast host of *Coming Back: Conversations on Life After Loss*. After the unexpected death of her mother in 2013, she became a "student of grief" and set out on a lifetime mission to explore the oft-misunderstood human experience of loss. Through her book, weekly podcasts, and one-on-one grief guidance, she helps grieving people find direction, get support and cultivate radical self-compassion after devastating loss.

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## Children's Grief

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### [kidsgrief.ca](http://kidsgrief.ca)

KidsGrief.ca is a free online resource that helps parents support their children when someone in their life is dying or has died. It equips parents with the words and confidence needed to help children grieve life's losses in healthy ways.

### [sesamestreetincommunities.org/topics/grief](http://sesamestreetincommunities.org/topics/grief)

Coping with the death of a loved one brings enormous challenges for the whole family. Grieving may never completely end, but working through the difficult feelings can become easier with time. Through support, open conversations and finding ways to keep the person's memory alive, families can begin healing together.

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## Child Loss

### [bereavedparentsusa.org](http://bereavedparentsusa.org)

Bereaved Parents of the USA was founded in 1995 by a group of bereaved parents from across the country to offer support, understanding, encouragement and hope to fellow bereaved parents, siblings and grandparents after the death of their loved one. This purpose remains the thrust of BPUSA today.

### [compassionatefriends.org](http://compassionatefriends.org)

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. 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.



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### [nationalshare.org](http://nationalshare.org)

Share Pregnancy & Infant Loss Support is a community for anyone who experiences the tragic death of a baby. They serve parents, grandparents, siblings and others in the family unit, as well as the professionals who care for grieving families. Share is a national organization with over 75 chapters in 29 states. Their services include bedside companions, phone support, face-to-face support group meetings, resource packets, private online communities, memorial events, training for caregivers, and so much more. Should you need them, we hope you can also benefit from at least one of these many resources.

### [opentohope.com](http://opentohope.com)

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### [stillstandingmag.com](http://stillstandingmag.com)

Still Standing Magazine, LLC, shares stories from around the world of writers surviving the aftermath of loss, infertility and includes information on how others can help. This is a page for all grieving parents. If you grieve the loss of your child, no matter the circumstances, you are welcome here.

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## Other Types of Loss

### [centerforloss.com](http://centerforloss.com)

Led by death educator and grief counselor Dr. Alan Wolfelt, this is an organization dedicated to helping people who are grieving and those who care for them. Perhaps someone you love has died, or you want to help a grieving friend or family member. Or maybe you are a professional or volunteer grief caregiver. Either way, they are here to offer resources and understanding. They invite you to explore their website and call them at (970) 226-6050 if you have any questions.

### [compassionatefriends.org](http://compassionatefriends.org)

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### [griefshare.org](http://griefshare.org)

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member or friend, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before. GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements:

- Video seminar with experts
- Support group discussion with focus
- Personal study and reflection

### [griefwatch.com](http://griefwatch.com)

The Grief Watch mission is twofold: first, to offer spiritual, emotional and other support to persons who are grieving, and second, to assist organized efforts which address the systemic injustices within our society which are the source of grief for persons who are poor and marginalized.

### [cornerstoneofhope.org](http://cornerstoneofhope.org)

Cornerstone of Hope is a nonprofit Comprehensive Bereavement Support Center serving Ohio. Established in 2003, Cornerstone of Hope initially offered educational seminars to professionals working with bereaved individuals. The program grew to offer support to children and families, and resources were added for schools, businesses and related professionals in the community.

## About us

Eversight is a 501(c)(3) nonprofit organization. Our mission is to restore sight and prevent blindness through the healing power of donation, transplantation and research.

Operating in Arizona, Connecticut, Illinois, Michigan, New Jersey, Ohio and South Korea, Eversight works in collaboration with surgeons, researchers, academic medical centers and eye banks across the United States and abroad. In addition to recovering, evaluating and providing donated eye tissue for sight-restoring transplants and promoting public donation awareness, we advance research into the causes and cures of blinding eye conditions and provide humanitarian aid to people around the world in need of corneal transplantation.

Join the Eversight community. Change the lives of those who are losing their sight or are blind, and the future for millions more all over the world through research into treatment and cures.



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