

Grief Resources

Submitted by HMA Spiritual Leadership Committee 2024

★ **GriefShare Program:** www.griefshare.org

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

★ *Care Notes:* Grief support books & grief cards for people trying to cope with family loss, suicide, grief, and much more. <https://carenotes.com>

★ *Healing Grief Card Deck: 55 Practices to Find Peace* by David Kessler

Books:

★ *Good Grief: A Companion for Every Loss* by Granger Westberg

★ *Healing After Loss: Daily Meditations for Working Through Grief* by Martha Hickman

★ *Journeying Through Grief* sponsored by Stephen Ministry: www.stephenministries.org



Journeying through Grief is a set of four short, easy-to-read books that offer words of comfort and hope to those grieving the loss of a loved one. Individuals and organizations send each of the *Journeying through Grief* books to grieving people at specific, crucial times during that first year after a loved one dies. Each book focuses on what the person is likely to be experiencing at that time and provides care, assurance, encouragement, and hope.

Journeying through Grief is a simple yet powerful way to extend care again and again during that difficult first year.

Although the books are designed to help those in the first year of grief, people whose loss was more than a year ago have also found them extremely helpful.

Each set includes four mailing envelopes and a tracking card to help you know when to send the books.

Journeying through Grief is also available in Spanish and Chinese.

Children's Books:

- ★ *One Wave at a Time: A Story About Grief and Healing* by Holly Thompson
- ★ *Samantha Jane's Missing Smile: A Story about Coping with the Loss of a Parent* by Julie Kalow and Donna Pincus
- ★ *The Invisible String* by: Patrice Karst
- ★ *The Memory Book: A Book About Grief* by Joanna Rowland
- ★ *Wherever You Are My Love Will Find You* by Nancy Tillman