

Grief Support ~ Online Resources

While you are mourning the loss of a loved one, many of the sites listed below may help you understand the grieving process of your particular loss, find hope and healing, and guide you on how to move forward.

[Grief Steps Online](#)

Healing at your own pace.

[Center for Loss and Life Transitions](#)

Grief Articles and books by Dr. Alan Wolfelt, Ph. D.

[COVID-19 related articles](#)

[GriefShare](#)

[Grief Support Groups](#) – Discussions and [Videos](#)

[Locate a local GriefShare group](#)

[Bereavement Network Resources of Sacramento](#)

Grief Support Resources

[Snowline Grief Services and Support Groups](#)

[Grief Support Groups](#) and Grief Resources

[Hope, Healing and Help](#)

Grief Support Resources by Heritage Oaks Memorial Chapel – [Audio](#) (Recorded Interviews) and printed

[Hospice Foundation of America](#)

Grief Support Resources

[Crisis, Grief and Healing](#)

Grief Support Resources for Men – [Videos](#) and Forums

[The Dougy Center – The National Center for Grieving Children and Families](#)

Grief Support for Children – [Support Groups](#)

[The Compassionate Friends](#)

Grief Support Resources on loss of a child

[Open to Hope](#)

Grief Support Resources – [Podcasts](#) and [TV episodes](#)

[Compassion Books](#)

Grief Support Material -- Books and [Videos](#)

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Recommended books

- **The Grief Recovery Handbook** by John W. James and Russell Friedman
- **A Grief Observed** by C. S. Lewis
- **The Year of Magical Thinking** by Joan Didion
- **Widow to Widow** by Genevieve Davis Ginsburg
- **Healing a Spouse's Grieving Heart** by Alan D. Wolfelt
100 Practical Ideas after Your Husband or Wife Dies
- **On Death and Dying** by Elisabeth Kubler-Ross
- **Healing after Loss** by Martha Whitmore Whitman
- **ABC's of Healthy Grieving** by Harold Ivan Smith
- **The Space Between** by Virginia A. Simpson
A Memoir of Mother-Daughter Love at the End of Life
- **Finding your way after your parent dies** by Richard Gilbert
- **Grieving with the Help of your Catholic Faith** by Lorene Hanley Duquin
- **Seasons of Grief and Healing** by James E. Miller
- **A Journey through Grief** by Alla Renee Bozarth
- **Experiencing Grief** by H. Norman Wright
- **Now that you've gone home** by Joyce Hutchinson and Joyce Rupp
- **Finding your way after your spouse dies** by Marta Felber
- **How to go on living when someone you love dies** by Therese A Rando
- **Grieving the Loss of Someone you Love** by Raymond Mitsch and Lynn Brookside
Daily Meditations to help you through the grieving process
- **Shattered: Surviving the Loss of a Child** by Gary Roe
- **Aftermath: Picking Up the Pieces After a Suicide** by Gary Roe