Purpose

This manual is designed to serve as an educational resource guide to grieving families and bereavement professionals in the Central Virginia area and to provide a practical list of available national and local support services. It is meant to be a useful reference and is not intended as an exhaustive listing.

Grief is not neat and tidy. At Full Circle Grief Center, we realize that each person’s grief journey is unique and personal, based on many factors. Keep in mind that there is no “right” or “wrong” way to cope with grief. After losing a loved one, family members have varying ways of coping and may require different levels of support over time.

We hope that some aspect of this manual will be helpful to those grieving in our community and the professionals, friends, and family who support them.
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Full Circle’s mission is to provide comprehensive, professional grief support to children, adults, families, and communities. We are a comprehensive grief resource center that offers those who are grieving creative ways to express their grief and remember their loved one. Our organization offers grief support groups, individual counseling services, and educational programs for children, adults, and families.

All of our services are provided by counselors or social workers with extensive experience in the bereavement field, as well as providing trauma-informed care. Our professionals have the training, knowledge, and experience to properly support children, adolescents, and adults, and develop a customized plan that will assist them in the best possible way. Full Circle strives to create a compassionate place where individuals and families feel comfortable, find ongoing support and resources, share their experiences, and begin healing.

We have created an environment where relationships are built with each individual and family and these connections are cultivated throughout their grief journey. We take the time to get to know all individuals, learn their stories of loss, and find the best avenues for support...wherever the grief journey takes them.

At Full Circle, individuals will find:  
• Trained, nurturing grief counselors
• A unique group model
• Support for the entire family
• Creative outlets
• Acceptance of experiences and feelings
• Opportunity to create connections with others
• A chance to remember and commemorate a loved one
• Individual counseling and support

For additional information, including Full Circle’s latest program schedule, please visit us online at:  
www.fullcirclegc.org or on Facebook.

You may also contact us by calling  
(804) 912-2947 or stopping by our center located at:  
10611 Patterson Avenue, Suite 201  
Richmond, VA 23238.
Grief and Loss
The Experience of Grieving

Citation: www.recover-from-grief.com

Grief is a normal and natural reaction to the death of a loved one. It is a process which can bring about a variety of emotions, which may remain constant for a period of time or change from day to day. Grief may bring about shock, sadness, fear, anger, guilt, and a variety of other emotional and physical changes. There are stages or tasks of grief that many people go through before, during and after the loss of a loved one. While not every person experiences all stages and some experience additional manifestations of their grief, this model does explain what grief may look like, sound like, and feel like. Though these help to explain what may happen during the grieving process, there is no “proper” or “improper” way to grieve.

Shock and Denial

You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once, which may last for weeks.

Example: “I feel fine,” or “This can’t be happening, not to me.”

Pain and Guilt

As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully and not hide it, avoid it, or escape from it, especially with substances such as alcohol or drugs. You may have guilty feelings or remorse over things you did or didn’t do with your loved one. Life may feel chaotic and scary during this phase.

Example: “If I hadn’t asked him to go to the store, he would never have been in the car at all that night.” “I promised my son that we would go to the circus, and I was always ‘too busy’. I can’t ever get that back.” “The last time my mom and I spoke, we argued about something stupid. How could I not have just said I love you?”

Anger and Bargaining

When frustration gives way to anger, you may lash out and lay unwarranted blame for the death on someone else. This is a time for the release of bottled up emotion. You may rail against fate, questioning “Why me?” You may also try to bargain in vain with a higher power for a way out of your despair.

Example: “Why me? It’s not fair!” “How can he/she leave me alone like this?” “Who is to blame?” “I’ll do anything for a few more years.” “I will give my life savings if...”
Depression, Reflection and Loneliness

Just when your friends may think you “should be” getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be “talked out of it” by well-meaning outsiders. Encouragement from others may not be helpful to you, especially when others are encouraging you to “move on.” During this time, you begin to finally realize the true magnitude of your loss, and it may be overwhelming. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

The Upward Turn

As you start to adjust to life without your loved one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your extreme sadness begins to lift slightly.

Example: Appetite comes back or normalizes, you are able to concentrate on work/school again for varied periods of time and you begin to be able to talk about your loss.

Reconstruction and Working Through

As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

Example: “I finally was able to go through his closet and decide which clothes could be donated.” “Due to all of the funeral costs and estate taxes, I realized we would have to sell my mother’s house, so we put it on the market.”

Acceptance and Hope

During this time, you learn to accept and deal with the reality of your situation. Acceptance does not mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. However, you will find a way forward and a new normal.

Example: “It's going to be okay.” “I know I can't get him/her back, but I can find ways to remember all of the good things and preserve wonderful memories.” “Even though she is gone, I must go on.” You will start to look forward and, actually plan things for the future. Eventually, you will be able to think about your lost loved one without such intense pain - sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.
The Four Tasks of Grief

Citation: Angela Morrow, RN

Four tasks or phases of grief have been identified, but everyone will move through them differently. You may move through the phases quickly or slowly. You may move through them in different order, or you may skip a phase or task altogether. There is no specified timeline for these phases. Whichever way you choose to move through the process, will be the right way for you.

1. Numbness
   This is the phase immediately following a loss. The grieving person feels numb, which is a defense mechanism that allows him/her to survive emotionally.

2. Searching and Yearning
   This can also be referred to as pining and is characterized by the grieving person longing or yearning for the deceased to return. Many emotions are expressed during this time, and may include weeping, anger, anxiety, or confusion.

3. Disorganization and Despair
   The grieving person now desires to withdraw and disengage from others and activities they regularly enjoyed. Feelings of pining and yearning become less intense while periods of apathy and despair may continue.

4. Reorganization and Recovery
   In this final phase, the grieving person begins to return to a new state of “normal.” Weight loss experienced during the intense grieving phase may be regained, energy levels increase, and an interest to return to activities of enjoyment returns. Grief never ends, but thoughts of sadness and despair are diminished while positive memories of the deceased take over.
William Worden’s Four Tasks of Mourning

William Worden published his own model of the Four Tasks of Mourning in his 1982 book, Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner. Rather than seeing grief as a series of emotional phases, Worden approached grief as a series of tasks to accomplish in order to move forward in life after experiencing a loss. The Four Tasks offer a more pragmatic view of returning to a new semblance of normal after tackling a series of emotional tasks:

1. **To accept the reality of the loss**

   Worden’s model places acceptance first in the list of tasks, but this does not mean the griever has to fully accept all the realities of death right away. When someone passes away, it can be impossible to believe it. Even after hearing the news, people can momentarily forget, only to remember all over again, essentially re-living the moment of first hearing the news. Once it is readily understood that a loved one is gone, the next task can begin.

2. **To process the pain of grief**

   Whether it’s crying, sleeping, working a lot, talking to friends, finding a counselor, exercising, or engaging in life-affirming activities, everyone processes grief differently. Actively feeling hard feelings and working on them is key to slowly taking the sting out of loss.

3. **To adjust to a world without the deceased**

   The gaping hole left by a loved one cannot be filled by any person, hobby or distraction. Accepting that the world is now different is Worden’s third task. This takes into account barriers to grief that are tangible and not just emotional: finances, companionship, independence, child care/parenting, among other things. A significant obstacle to learning to live with grief is seeing positive value in a world that no longer includes the deceased person.

4. **To find an enduring connection with the deceased while embarking on a new life**

   While having an ongoing relationship with your deceased loved one may sound difficult, painful, and strange, it is necessary when a significant loss has occurred. Grieving people can do this by comfortably allowing thoughts and memories of their loved one to come up while also living an ongoing meaningful life. This can take some time, since initially even positive memories will be painful. This can include incorporating a ritual into life that honors the loved one; for example, laying flowers at a grave on their birthday each year. Some people continue to dream about deceased loved ones, or speak with them in alone time.

Worden’s tasks puts an uplifting spin on grief. Although no model of grief is the be-all and end-all, Worden’s adequately reframes the conversation toward productivity and, ultimately, better healing.

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Though these and other models of coping with bereavement have presented very different approaches to handling grief, they have one thing in common: they assume that facing grief head-on is the most effective and efficient way to move through it in a healthy way.
Time spent not actively processing grief is notably considered an important part of healthy bereavement in the dual process model of coping. Margaret Stroebe and Henk Schut first proposed the idea of a dual process model of coping in their work, “The Dual Process Model of Coping with Bereavement: A Decade On.” In the dual process model, there are two ways in which a person can process their bereavement: loss-oriented and restoration-oriented.

The loss-oriented process involves coping directly with all of the stressors of the loss, including grief. Remembering a loved one, yearning for them, crying, thinking about life without them, cognitively ‘dealing with grief’ (for example, by learning about and relating to grief education) and generally acknowledging sadness and isolation from grief are all loss-oriented ways of coping.

Restoration-oriented coping involves stressors that are secondary or unrelated to the loss that has occurred. Sometimes in order to cope, people need to avoid thinking about their grief all the time, and just get on with the task at hand. This avoidance is not considered a negative part of grieving, but a vital one. Tuning out bereavement and focusing on other things is actually beneficial, when balanced with loss-oriented coping.

The dual process model is a response to the gaps left by other models of grief theory, because it takes into account that life continues even when a person is in mourning, and that handling unrelated life challenges while grieving is actually a part of working through it. Depending on the way the person handles life challenges in bereavement can affect the way their grief transpires in the long term, perhaps partially explaining why 10–20% of people will experience complicated grief.

What’s key to loss and restoration coping as a dual process is the fluctuation between the two states of coping. Grieving people will swing back and forth between many mental and emotional states during bereavement, including times of relative dormancy. Binging tv shows, throwing energy into work or school, making new connections, and being able to forget about the person who has passed away when absorbed in a task: all of these reactions can all be better explained by this model of processing grief.
Reactions to Grief

Citation: Children and Grief 101 and Karla Helbert, LPC

You may have many different emotions and thoughts during the grieving process. There are no “normal” or “abnormal” emotions, no right or wrong ways to feel, and no timeline for when you should start feeling certain ways.

Emotional

Emotional reactions to grief may include shock or numbness, disbelief, extreme sadness, hopelessness, anxiety, frustration, despair, anger, loneliness, guilt, and tiredness. Some of us may also feel emotions such as relief or freedom. This can be especially true if the one who died suffered from a long illness, whether mental or physical. All of these emotions are normal and absolutely okay to have.

If the death is accidental or sudden, the shock/denial stage may last longer, as may the anger stage. Because the ones left behind have not had time to prepare, believing and accepting that the person is truly gone may be more difficult. As with all grieving, there is no “right” or “wrong” way to react. For example, your reaction (anger) might be different from that of your child’s (sadness) or your spouse’s (shock).

Intellectual

Intellectual reactions, or thoughts you or your child may have during a time of grief may include forgetfulness, disorganization, inability to concentrate or retain information, becoming easily frustrated or impatient, daymares (disturbing memories and dream-like fantasies during the day that may be related to the death), lack of interest or motivation in things that they or you used to love, or rational/irrational fears or worries. It might take you much longer to do what previously took you a few minutes. This is because your body and mind are working so hard to cope with your loss; the completion of seemingly easy tasks takes a lot more effort. You and your children may be experiencing a lot of stress.

Be patient with yourself and with your children if this occurs. Here are some things that may help:

- Allow ample time to complete tasks
- Write down important things
- Establish routines and schedules
- Be patient and gently refocus yourself or your child
- Break directions down into smaller segments when giving them to your children (don’t tell them several things to go do at once; give them one at a time)
- Read out loud
- Work on a task for 10-20 minute segments with 5-minute breaks (this is particularly helpful with homework for children)
- Remind yourself and your children not to take your grief out on other people
- Practice how to ask for help and understanding
- Give yourself moments alone to relax, meditate, or just cry
Spiritual

Spiritually, you or members of your family may be mad at religious deities or God. You might ask questions such as...

<table>
<thead>
<tr>
<th>Why did (God) let him die?</th>
<th>What did I do to deserve this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why have I been left alone?</td>
<td>Why is (God) punishing me?</td>
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All of these questions are normal reactions to loss and may be part of your grieving process. There are no easy answers, but if prayer or mediation is part of your belief, using it during this difficult time may help you sift through these types of questions and feelings you have while you come to terms with the death.

Physical

Our minds and bodies are deeply connected. Grief affects not only emotions and thoughts but our physical bodies as well. You or your family members may experience changes in your bodies that seem odd or unexplainable. You may become overtired and sleep for hours and hours, whereas others may have trouble sleeping at all. Also, you may have a loss of appetite, and others may cover up emotions by overeating. You or your children may experience headaches, stomachaches, dry mouth and skin, extreme fatigue, increased sensitivity to noise, and soreness or aches and pains in the body. Your body's symptoms may relate to the areas of pain for the person who died (i.e. stomach cancer - stomachaches for you or your child.) You may cry often or you may feel incapable of crying. Your energy levels may dip way down, and you may feel like you can't take in enough air when you are breathing. All of these are symptoms of grief.

Children may regress, or display behavioral characteristics of children younger than they are (bed-wetting, clinging, whining, crying, etc.) Also, children, particularly teenagers, may display risk-taking or impulsive behaviors that are out of character. While some of this is normal, it is important to be open and discuss this behavior when it first begins, to avoid dangerous situations and consequences.

It may be difficult to drag yourself or other family members out of bed at all. However, the more you can interact with the world in a positive, pro-social way, while still taking time for the rest you need, the better you will cope.

Don't forget to give yourself permission to take a day when you need it. You can also practice muscle relaxation and deep breathing to combat some of these physical symptoms. Try the following exercises yourself or with friends/family. They are good for children too!

**Deep Breathing Activity:** Sit in a comfortable position with your hands relaxed, either in your lap or on your knees. Relax your shoulders by pulling them up toward your ears and then allow them to drop, creating space between your ears and your shoulders. Breathe normally in and out for a few breaths. Notice how your belly rises and falls easily as you breathe naturally. Your chest should not rise a great deal as you breathe in and out. Place your hand on your belly to notice the movement as you breathe in and out. When you are ready, breathe in and on the next exhalation, breathe out slowly through your nose, counting to five. During this exhalation, tighten your abdominal muscles, and pull your diaphragm inward to help squeeze all the excess air out of your lungs. When all the air is squeezed out, pause for two counts and inhale slowly again, to the count of five, allowing your belly to expand as you breathe in. If you are comfortable doing so, close your eyes and repeat this easy deep breath 5-10 times.

If you find that your mind wanders during this exercise, don't worry. Simply bring your focus back to your breathing and begin your counts to five again. You may find it helpful to think of a happy color or calming color as you breathe in and a dreary or sad color as you breathe out.

**Muscle Relaxation Activity:** Once you get the hang of breathing, if you would like, you can add muscle relaxation to your breathing. Focus on a particular muscle or area of the body. On your inhale, squeeze tight a particular muscle that feels tight or hurts. Release the muscle on your exhale. Release and relax the muscle deeper and deeper as you let all of the air out of your lungs on each exhale. Repeat this until you feel the muscle relax or improve.
Children, Teens, and Grief
Developmental Stages

Citation: Pam Reese Comer, LPC | Shenandoah Valley Grief Center in Harrisonburg, VA

Children often grieve very differently than adults. It has been said that children grieve in “spurts,” often playing, suddenly crying for a lost loved one, and then returning to happy, normal behavior. Because they do not “show” their grief like adults, we often assume that they are not grieving and do not need support or that they simply do not understand. Most children can only endure these intense feelings of grief for a short period of time. It is not uncommon for children to seem to be coping well with a death and then experience behavioral changes a few months after the loss. It is possible that it takes a child longer to realize the meaning and impact of what has occurred, or the child waits to express his/her grief until his environment seems more stable and safe.

It is important for children to be given the opportunity to experience and express their feelings of grief, such as sadness, anger, relief, confusion, etc. They need support in understanding what happened, identifying their feelings and embracing their loved one’s memory. Below, we have outlined the developmental stages of grief, which should be used as a reference tool only. Obviously, each child is different; therefore, his/her experience with a significant loss will be unique.

Children 0-3
Children of this age will notice what is different in the family or home. They may regress in behavior (act younger than they are) or be more demanding. Comfort, consistency and attention to their sensitivity are important. Just because verbal expression is limited does not mean the child is not grieving.

Children 3-5
Children of this age do not see death as permanent. Cartoons seem real. People leaving is scary for children, and they often blame themselves due to “magical thinking.” They assume that if you die, you can come back to life, so they may not react to a death with the same sadness and grief as older children or adults might. Reassurance, calm support, and efforts to normalize life with their everyday routines are what these children need. Explaining what happened in short, clear ways can be helpful.

Children 6-9
Children of this age may have begun to develop an understanding of the irreversible nature of death. Curiosity about details might be stronger at this age level. As they process the loss, fears may arise; so clear conversations and support are still helpful. Watch for a continued tendency to blame themselves because they still believe thoughts make things happen.

Children 9-12
Children of this age definitely see the permanence of death, but may feel removed from the experience. Interest in the vivid details may be stronger as they attempt to understand what has happened. Children at this age may express more concern over practical issues and what will change. A good listening ear is very important as verbal skills are developing. Listen carefully and respond appropriately. These children are ready for more information, but remember that this is a crucial time of development. One foot in childhood and one in adolescence is an exciting and scary place to be for some children.
Teenagers

Adolescents do not like to be considered children, and do not want to be viewed by peers as different. Often, they do not want to associate with adults as much as they did. Therefore, adolescents can enter into a death or loss experience with many complex dynamics already in play. A loss makes all of us feel like a child again — teenagers will feel uncomfortable with this and find it difficult to handle.

If the teen loses a parent, he may have a tendency to take on duties or roles that are not age appropriate. In other words, a teen needs to be allowed to be a teen. This child needs a parent/guardian to be a parent/guardian first and a friend second. He/She needs a good listening ear, non-judgmental approach, open door policy and encouragement to express his grief in whatever works (and that my not be with all of the adults in his/her life). Often, teens lean on their friends more than family as they grieve. Don’t be discouraged. Still let your child know that you are there to listen, when he/she would like to talk.

According to Pamela Gabbay, MA, teens worry most about the following:

- Other surviving family members
- The chance that someone else may die
- Feeling different at school or in the neighborhood
- Their future
- Whether the person who died was proud of them

Helping children is not hard. It means remembering what you needed as a child and — whether you got it or not — giving it to children. The goal of grief work, as children or adults, is to make the loss a part of you and to grow from it. You are forever changed. Life becomes about creating a new normal.

Talking to Youth About Death

Citation: Alan D. Wolfelt, PhD, CT

It is important to talk to children about death in simple but matter-of-fact terms. Normalize death (it happens to everyone and every living thing but usually when we are very old) and be clear about what it means. If death is not discussed at all, it becomes scarier when it affects a child’s life. There are many wonderful books, some of which are listed in this manual, that help families explain death and dying to children.

General guidelines on how to talk to grieving children:

- Talk openly about death
- Share your feelings
- Be honest and direct
- Avoid euphemisms
- Teach what you believe about after life
- Give inviting, loving nonverbal cues
- Attend to your own grief
Strategies for Talking to Children Ages 2-6

1 Start Early
Talk about death starting at an early age by using everyday examples from TV or the death of animals. This will help them view death as part of the natural life cycle.

2 Tell It How It Is
Use simple, truthful words like “dead,” “dying,” “died,” “buried,” or “cremated.” Dead means not moving, not breathing, not seeing, and not feeling. The person’s or animal’s body does not work anymore. Though it may sound nicer to you to use phrases that make death sound less final, it can be very confusing to the child.

Examples of confusing explanations:

“We lost him.”
Child’s response: Let’s go look for him! Can’t the police help? If I’m lost, will they look for me?

“He passed away.”
Child’s response: Where is away? Can we go there?

“She went for a long trip.”
Child’s response: Where did she go? When will she get back? What do you mean she’s not coming back if it’s just a trip?

“We had to put Fluffy to sleep.”
Child’s response: Why isn’t he waking up like I do? Will I be able to wake up? Sleeping means dead, so I’d better not go to sleep.

“God took her from us.”
Child’s response: Why would God do that? You’re not supposed to take things from other people. I want to take her back!

“God wanted Dad in heaven with him.”
Child’s response: God takes people from us. How could God love us?

3 Allow All Feelings
Encourage the child to express feelings openly. Crying is normal and helpful. Many children express anger towards the person for dying and leaving them. It is important to allow them to express these feelings and let them know it is OK to have them.

4 Express Yourself
Share your feelings with the child. Seeing you upset will not make the child worse. It lets him or her know you are hurting too. Allow the child to comfort you – this makes him or her feel helpful and needed. It’s OK for children to see you cry.

5 Be Patient
Know that children need to hear “the story” and to ask the same questions again and again. This is how they are processing it. You may also see it in their play or art.

6 What Ifs
Are you going to die too?” “What will happen to me if you die?” If the child is worried about the surviving parent or siblings dying, tell the child who will take care of him or her in that case, but offer reassurance that they are not likely to die anytime soon. Point out elderly people the child knows or sees and discuss how many people live to old age.

7 Exposure
Limit the amount of exposure to television if the death is being publicized. This can increase nightmares, worry, and expose children to knowledge of unnecessary details.

8 Tell the Truth
Do not “protect” a child from someone who is dying or from the cause of death. Be honest about what is happening (in age-appropriate terms) and let the child see you express your emotions. Define new words he or she may be hearing.

9 Encourage Questions
Ask for questions the child may have, but do not volunteer complex information about which the child has not asked. Tell him or her the main facts and do answer all of his or her questions simply and promptly. If you don’t know, it’s OK to say that you don’t know. Ask the child what he or she thinks the answer might be.

10 Reassurance
Reassure children of their safety at home and at school.

11 Outlets
Maintain daily routines as much as possible, as this signifies safety to a child. Allow your gut to guide you about when you need to be flexible. Give the child a chance to play and spend time with you, as this is how the child will express what is going on inside. More specific suggestions for constructive outlets for grief are discussed in the section of this manual entitled “self-care.”
Strategies for Talking to Children Ages 7-12

Use all of the information from “Talking to Children Ages 2-6,” but be prepared to go into more detail and answer more questions.

1. When children ask “morbid” or “distasteful” questions about the body and death, it is best to answer them promptly, simply, and to the point. In order to determine how much information a child can handle, notice how he or she reacts to the simplest information before going into the details. Do not be too graphic (particularly in the case of accidents and violent deaths) as this will only create difficult mental images for the child.

2. If the child is experiencing unrealistic feelings of guilt because he or she thinks they somehow caused the death, discuss these feelings with the child and help him or her to clear up this misconception.

3. Many children express anger towards the person for dying and leaving them. It is important to allow them to express these feelings and let them know it is OK to have them. Anger is one of the strong feelings of grief.

4. If the child is worried about the surviving parent or siblings dying, tell the child who will take care of him or her in that case, but offer reassurance that they are not likely to die anytime soon.

5. Point out elderly people the child knows or sees and discuss how many people live to old age.

6. Don’t be afraid to share your own feelings of grief and sorrow with the child. By allowing the child to see your tears, you teach the child that it is acceptable to express his or her emotions too.

7. By watching you move through the stages of your grief and begin to heal, children learn that life goes on and that people can recover to rebuild their lives while still keeping the deceased in their hearts.
Strategies for Talking to Adolescents

Adolescents or teenagers are a bit different because of the desire to fit in with their peers and “deal” with things. They are at a stage in their lives where they are breaking away from the family and bonding with peers. A death in the family challenges this role. Adolescents may feel different from their peers due to the death so they may suppress many of their feelings of grief in an attempt to fit in. Naturally changing hormones and mood swings may increase the intensity of the grief at times, making it even more difficult to cope.

The following may help in talking to adolescents during this time:

1. Educate them about normal reactions to grief so they know they are not going crazy and can trust the way their minds, bodies, and emotions are reacting. If this is difficult, provide movies or books (many of which are listed in this manual) they can look at on their own.

2. Encourage them to express what the grief experience is like for them. Recognize and affirm that the experience is likely to be different from others’ in the family. Model appropriate expressions of emotion yourself so that they can follow your example. If they prefer not to talk, suggest using other outlets: a journal to write in, art, photography, sports, music, etc.

3. Tell stories about the person who died. Keep photos of him or her up and around the house. Discuss going to the grave site. Listening to what they say will be helpful to them. This may take time.

4. Talk about how you do not expect your teens to take on adult roles now that someone important has died. Encourage normal teenage activities once they are ready to re-engage in them. They may be ready right away and use them as a coping mechanism or it may take time, as grieving takes a lot of energy. Be encouraging and let them know you love them and will support them always.

Thoughts from Teens about Death and Grief

Citation: National Alliance for Grieving Children / www.nagc.org

After the death, the most difficult part was...

“Not seeing him every day and talking to him.”

“Adapting to life without my mom – she was my best friend.”

“Going to school with the weight of thinking about it.”

“My friends don’t know what to say.”

“I lost some of my friends because they didn’t know what to do.”

“I am angry about how many regrets I have.”

“I pretended to be strong. No one would have guessed the turmoil inside of me.”

“I just want to be normal again.”
Questions about Death

When your children ask questions about death, burial, the afterlife, etc. be honest, limit details, and use your own spiritual beliefs to guide you. Here are a few possibilities of how you might answer some of these questions, though you may choose to alter your response to fit your personal experiences:

What is dead?

Dead means not alive anymore. Things like people, animals, trees, and plants are alive. When they die, they stop breathing because their bodies don’t need air. Their hearts stop beating and their bodies don’t work anymore. They don’t eat or drink or sleep when they die (Based on your spiritual beliefs, you may discuss where their soul is, etc).

Why do things have to die?

Birth and death are the cycle of life. Every living thing goes through it because that is the way the world works. (Use a leaf/flower as an example). But, just because someone’s body dies, it does not mean they are gone from our hearts. We remember them when we do their favorite things, eat their favorite foods, and make the best parts of them part of ourselves.

Will I die or will you die?

Someday you/I will. All living things are born and all living things die. But, most people die when they are very old. Do you notice very old people in our world? Yes, there are many so you know many people live for a long time. Reassure the child that it is not likely that you will die soon but if you do, tell them who will take care of them.

What happens when someone is buried?

(Person’s name) won’t feel anything because she died. It is just her body that is buried. You don’t have feelings when you are dead.

What happens after you die?

No one really knows for sure what happens. What do you think might happen? Use your own spiritual beliefs to guide you in answering this question.
How to Talk to Children About Specific Types of Death

Citation: How to talk to children and teens about death, suicide, funerals, homicide, cremations and other end-of-life matters by Alan D. Wolfelt, PhD, CT

When a Parent Dies

When children lose a parent, it is important to reassure them that you are there to care for them.

When a child says, “Where is mommy? When will she be home?”

Response: “Mommy is dead, and she isn’t coming back, but we are here to take care of you and love you.”

Or when a young person says, “Mom won’t be there to see me graduate.”

Response: “I understand that will be difficult. I know graduation is an important time for you, and you want everyone you love to share it with you. I am sorry she can’t be here, but the rest of us will be right beside you.”

When a Sibling Dies

Siblings often share strong feelings for each other, including feelings of love and caring, as well as feelings of jealousy and competition. Ambivalent feelings can complicate grief and create a sense of guilt or self-blame.

When a young person says, “It should have been me who died, not Sam.”

Response: “Each person’s life is precious and I care about you both very much. You are just as worthy of life as Sam was. What are you feeling?”

When a Grandparent Dies

When a child says, “Why couldn’t the doctors stop Grandma from dying?”

Response: “Many times doctors save people from dying, but sometimes they try their best and the person still dies. Their body is just too broken to fix, like Grandma’s. Most people go to hospitals to get better, but once in a while, people die.”

When a Friend or Classmate Dies

When a child says, “I can’t believe this happened.”

Response: “It might take a while to sink in, and that’s OK. You are in shock right now, and that is normal when you find out someone has died. Shock means you feel disbelief and numbness. You may be unable to believe it happened, or you may want to deny that Maddie died. Is that how you feel?”

When Someone Dies by Suicide

When a child asks, “How did Uncle Matt die?”

Response: “Do you know how our bodies can get sick? Well, Uncle Matt’s brain got sick and it hurt so bad that he chose to stop living.”

Or when a young person asks, “What is suicide?”

Response: “Suicide happens when someone gets very depressed, which is like being sad times 100 without a break. It hurts a lot and makes a person want to stop the hurt. Sometimes, a person thinks the only way he can stop hurting is to stop living.”

If they ask, “Why did he do it?”

Response: “I don’t know for sure, but I do know he felt that life was very hard for him and just didn’t know how to stop his pain, or what he was trying didn’t work. I know it’s hard to understand. I struggle with it too. I do know he really cared for you, though, and his death had nothing to do with you.”

When Someone Dies by Homicide

Grief after the traumatic death of a loved one to homicide or manslaughter is often complicated by feelings of turmoil, distrust, injustice, and hopelessness. It is important to provide young people with care and extra support from others immediately and for months following the death.

When a child says, “Why did he kill Joshua? Joshua was a good person! Why couldn’t it have been someone else?”

Response: “I know it makes no sense and, you are right, it is unfair. You know, it can help to write about it. How about you write a letter to the bad person and tell him how awful it feels to be without Joshua?”
About the Funeral

When a child asks, “What is a funeral? What happens at a funeral?”

Response: “A funeral is when friends and family get together to remember the person who died. We go to the service and sit quietly with other people who knew and care about Uncle Ned. People will take turns talking about Uncle Ned, singing, and reading poems or telling stories about him. Some people will be crying, and at times, some people may laugh. Do you think you would like to attend Uncle Ned’s funeral?”

When a child asks, “What is cremation?”

Response: “Cremation is when a body is put into a room with lots of heat until the body turns to ashes. The crematory, where they cremate the body, gives the family the ashes, and we can sprinkle them as a group in places that were special to Uncle Ned, like up at his cabin.”

“Child Speak” for Death and Mourning Rituals

Citations: Michelle Post, LMFT, www.Michelle-Post.com  |  Alan D. Wolfelt, Healing the Bereaved Child

These simple words and definitions may be helpful in explaining death to a child.

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**Ashes**: What is left of a dead body after cremation; is white or grey in color, and looks and feels like tiny rocks or chunky sand

**Burial**: Placing the body (inside a casket or urn) into the ground at a special place called a cemetery

**Casket**: A special box (usually four-sided) for burying a dead body

**Cemetery**: A place where many dead bodies and ashes are buried. (One child called it the ‘people park’ because it often looks like a park with grass and trees)

**Columbarium**: A small building at a cemetery where ashes are placed

**Cremation**: The process of turning a dead body into ashes. The body is placed in a special box at the crematorium, and it is heated until it turns into ashes.

**Dead**: When a person’s body stops working, i.e. it doesn’t see, hear, feel, eat, breathe, etc. anymore

**Funeral**: A ceremony where friends and family get together for a time to say goodbye to and remember or share memories of the person who died. Sometimes the body can be viewed at the ceremony.

**Funeral Home**: A place where bodies are kept until they are buried or cremated. Sometimes the funeral or viewing can happen here.

**Grave**: The hole in the ground where the body is buried at the cemetery

**Headstone**: The sign that marks the place where the body is buried or ashes are placed. It is often made of stone or metal and may be engraved with the person’s name, date of birth, and date of death. The ‘head’ is not placed inside the stone (also called the grave marker).

**Hearse**: The special car that takes the dead body in the casket to the grave (often at the cemetery)

**Memorial Service**: See funeral for definition of ceremony. Usually the body is not viewed at this ceremony (also can be called a ‘celebration of life’)

**Obituary**: A short article in the newspaper that tells about the person who died

**Pallbearers**: The people who help carry the casket at the funeral

**Scattering**: When the ashes of the cremated body are emptied onto a special place (in the air or water or on the ground). Can be a ceremony with family and friends

**Urn**: A special container that holds and protects the ashes of the cremated body

**Viewing**: The time when people can see the body of the person who died and say goodbye
The Parent or Guardian’s Role

Citation: Grief at School by The Hospice of Virginia

The “Grief at School” program from Hospice of Virginia succinctly describes a number of things that or guardians can do (some of which have already been discussed in previous sections) to help children through the grieving process:

- Focus on your children. Watch for unusual behavior or physical symptoms.
- Reassure them of your love and their safety.
- Make time to talk and monitor what they are thinking and feeling.
- Be a good listener, without judging. Allow all feelings to be expressed and accepted.
- Stay physically close to your children. This will reassure them and allow you time to observe their behavior. Extra hugs and cuddling may help! Remember, it is common for children’s behavior to regress (for children to act younger than they are) during grieving.
- Limit the amount of television exposure if the event is publicized. If the event is not publicized, also limit television programs that may be scary or traumatic. They have enough to deal with in their own lives right now.
- Maintain daily routines but be flexible.
- Spend extra time with your children (reading, playing games).
- Protect their health. Make sure children are getting the appropriate amount of sleep, exercise, and nutrition. If any or all of these remain difficult after a few weeks, consider consulting professional help.
- Provide a positive outlet of expression of grief: creative projects, family time, or religious rituals, depending on your personal beliefs.
- Involve the school. Find out what resources your child’s school has available. Call your child’s school counselor for ideas and advice, as well as resources and referrals. The more the school knows about the tragedy and how your child is coping, the more the staff can help.
Supporting Your Child Through the Death of a Parent/Immediate Family Member

Follow guidelines in “The Parent’s Role” and keep these issues in mind as well:

**Manage your own grief and prioritize your own self-care.**

Many children do not begin to truly grieve until their parent(s) is further along in their own process. By managing your own grief and taking care of yourself, you model good coping skills for your children and help them grieve themselves.

**Talk if they need to talk and even if they don’t.**

If you are open and honest about the feelings you feel, your children will feel safe in sharing their feeling with you. It is OK to cry together, tell them when you are feeling sad, and share age-appropriate thoughts with them. Again, you are modeling positive coping skills.

**Realize importance of rituals and remembrance.**

Even if it is painful to remember the loved one who died, it is especially important to do so on anniversaries and special events so that your child knows that death does not mean forgetting. Try to make these remembrance activities fun: make the loved one’s favorite meal together or do something as a family that the loved one liked to do. The more positive memories that the child can associate with remembering the one who died, the better able they will be to cope.

**Recognize resurfacing.**

Grief is a tricky thing. There will be developmental milestones in your child’s life when grief will resurface, particularly during times of change (anniversary of the death, holidays, new school, moving, puberty, graduation, college, etc.). Be ready for these times and show your support through them.

Supporting Your Child Through the Death of a Friend/Classmate/Peer

Follow guidelines in “The Parent’s Role” and keep these issues in mind as well:

**Talk it out.**

Discuss the main events of the death with your child and answer any questions. Listen to and accept the feelings your child expresses regarding the death of the peer. Know that this death may bring up memories or feelings associated with other losses your child has experienced in the past. Meet them where they are emotionally. Listen. Listen. Listen!

**Allow for expression of feelings.**

Allow your child to take part in ritual activities if they are organized by the school or religious organization. If not, call the school counselor or Full Circle to see if you can help in holding a ritual for the peer group. Look at the section in this manual entitled “Rituals and Remembrance Activities” for ideas.
Talking to Children about Violence
Tips for Parents and Teachers

Citation: National Association of School Psychologists | www.nasponline.org

Reassure children that they are safe.

Validate their feelings. Explain that all feelings are OK when a tragedy occurs. Let children talk about their feelings, help put them into perspective, and assist them in expressing those feelings appropriately. Make time to talk. Let their questions be your guide as to how much information to provide. Keep your explanations developmentally appropriate. Children and youth do not always talk about their feelings readily but watch for clues that they may want to talk.

Observe children’s emotional state.

Changes in behavior, appetite, and sleep patterns can indicate a child’s level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. However, some children with a past traumatic experience or personal loss, suffer from depression or mental illness, or have special needs may be at greater risk for more intense reactions. Seek help from a mental health professional if you are at all concerned.

Maintain a normal routine.

Keeping to a regular schedule can be reassuring and promote physical health. Ensure that children get plenty of sleep, regular meals, and exercise.
Perinatal Loss and Death of an Infant

Citation: SHARE, Pregnancy and Infant Loss Support, Inc. | www.nationalshare.org

The following provides possible answers to frequently asked questions of bereaved parents, friends, and family.

Bereaved Parents

I feel like I am sad all the time. Is this normal?
Experiencing the death of a baby can be shocking, and the many emotions you have may be overwhelming. The intense feelings of your grief will not last forever; there will come a time when the heartache is less painful. It is important for you to know that what you are feeling is normal for you. Give yourself permission to grieve. Intense feelings associated with grief can last up to two years, but not all that time is spent in deep grief. Incorporating your loss into daily life takes patience and time. When a baby dies, so many expectations and hopes become shattered, and now you face finding ways to put the pieces of life back together when some of them don’t fit anymore.

It seems like my spouse isn’t grieving for our baby. Why are we so different?
The death of a baby can be difficult for both parents. It is important to give yourself permission to grieve the way you need to grieve, and to allow the same for your spouse. You and your partner may have similar feelings, yet you may feel miles apart. You may even have difficulty understanding how your partner is grieving even though you both lost this baby. As much as some people would like one, there is not a step-by-step process for grieving. Everyone grieves differently. Some people are quiet in their grief, choosing solitary activities. Others may be more expressive in how they show grief and may be more assertive in grieving, such as sharing openly, crying, or sharing and making memories. For the quiet griever, they may be perceived as cold and irritable, or even depressed. Your partner may wonder why you don’t feel the same emotions at the same times. You may need to take a long walk alone, while your partner may need to be held and hear that you are sad too. It is normal to question your spouse, or for your spouse to question where you are in your grief. People want to know that they are all right and that you are too. Finding ways to express to your partner how you grieve or what you need to get through the death of your baby is invaluable to your relationship.

How do I cope with other people?
How will my coworkers understand when I go back to work? Even for someone who has experienced the loss of a baby, your experience is different and unique. Many times, people in your life don’t know what to say and don’t understand you lost a part of you, including the future you were planning with your baby. They may say things they feel are comforting, but make you angry. Most people are not trying to be insensitive to you; they just don’t truly understand the impact the death of your baby had on you. The best way to communicate with your friends, family, and coworkers when you are grieving is to be honest and specific in what you need. If you are not a verbal person, write a note telling them how you feel, what you have been through, or how you need to be supported. Depending on the relationships you have built, going back to work may be difficult. It is normal to have feelings of confusion, crying, difficult days, or trouble concentrating. Grief can make a normal day of work unbearable. Do your best to find appropriate ways to communicate your needs as a grieving parent and coworker/friend. As you continue grieving and remembering your baby, days will begin to fall into a new normal pattern.
Grandparent’s Grief

Why does the death of my grandchild hurt so much?

A grandparent’s grief can be a complicated journey. Your grief is twofold. Not only are you mourning the loss of your grandchild, but your son or daughter is grieving and you are attempting to support him/her as well. Many grandparents feel a sense of helplessness because they are unable to prevent the anguish their own child feels. Life may now seem more fragile and unfair than ever. These feelings may be frustrating, but they are completely normal for grandparents and family to feel as they, too, experience the loss of this baby.

How can I support my son or daughter?

• Sometimes there is just nothing to say. Just be quiet, be with them, hold their hand, touch their shoulder, or give them a hug. If you can’t find the right words, say, “I’m sorry” or “I just don’t know what to say.”

• Avoid clichés like “Thank goodness you are young, you can have more children,” or “God wouldn’t give you more than you can handle.” What may seem comforting to you may be very hurtful to them.

• Check up on your son or daughter. Be specific in your offer to help. Perhaps offer to run errands, provide food, or do laundry. After a few weeks, people generally don’t stop by as often.

• Parents need a reminder that they are not alone. One misconception is that the shorter the baby’s life, the easier the grief process. The opposite is true. Chances are your child is grieving not only the loss of his or her baby, but their pregnancy or hopes and dreams for the future.

• Acknowledge the baby by using his or her name. This shows you value the short life of your grandchild.

• Avoid giving advice. There are no rules that define how one should feel or how soon one will return to the norms of daily life. Your child needs to be heard without feeling judgment or receiving unwanted advice. Grief can make people more sensitive and vulnerable.

• It is very difficult to watch your own child grieve, and after some time you may wonder why they have not gotten better. The parents of a baby who dies need more time to grieve, as the intense grieving period could be up to 24 months. Parents will go through ups and downs during this time, but allowing them time and being patient will help them grieve.

• Remember special dates or holidays. Parents, and grandparents, may be saddened by special events or dates like birthdays, due date, delivery date, or Mother’s or Fathers’ Day, because it is a reminder that their baby is not here. Acknowledge how difficult these days may be without the baby, and ask how they are doing. Showing your recognition with hugs, cards, gifts, or special remembrances also helps to create special mementos.

How do I talk to my son or daughter about the future?

The future is best held in the hands and hearts of your son or daughter. Allow them to share their thoughts on future pregnancies or children without pressure or prodding. Even though you may have good intentions, encouraging or implying that parents should have more children may make the parents feel as though you are minimizing their loss. When the time is right, your son or daughter will share with you their plans, and it will be all right to share your emotions. Just remember, whether or not there are more children in the future for your son or daughter, it is important to remember and honor your grandchild that died.
Children’s Grief

How can I support my grieving child(ren)?

Your child’s love for the baby may be very special, and it may depend on how much he or she was included during the pregnancy/birth. Open-ended questions can help you talk and listen to what your child feels. You can ask, “How does that make you feel?” or “What would you like to do to remember or honor the baby?”

Children need honesty, not deception, when it comes to sharing sad news. Generally, children find ways to cope with grief. It is important to refrain from using clichés, half-truths, and fairy tales that may not explain the mystery of death. Remember that children think literally. Using phrases like “we lost the baby,” “the baby is sleeping with God,” “the baby went on a long trip,” or “the baby is watching over you now” can be confusing because of the literal meaning of the phrases. Use an honest explanation like, “The baby died. That means her heart stopped beating and her body doesn’t work anymore. She is not with us like she used to be, but we will always remember and love her very much,” explains literally what happened. Use simple and honest explanations. Allow your child to ask questions. Younger children tend to need to repeat the same question again and again. Each time you repeat the answer or story honestly, you are allowing your child to understand it more deeply. Because you too are grieving, this may be a frustrating process. Do your best to be patient and open, as children learn how to cope from your sincere feelings, actions, and responses to their questions.

Ways to Support a Parent Whose Baby Has Died

For many families who are pregnant with or have recently delivered a very loved and wanted baby, hopes and dreams are torn apart with the news that the baby has died. The following information has been gathered by bereaved parents, friends, and professionals.

Here are some ways to better acknowledge the death of a baby and communicate with these parents experiencing grief.

• Say “I am sorry.”

• Avoid clichés such as:

  • “Everything happens for a reason.”
  • “Thank goodness you are young and can still have more children.”
  • “I understand how you feel.” (unless you have an experience to share)
  • “There must have been something wrong with the baby.”
  • “It was meant to be.”
  • “You have an angel in heaven.”
  • “At least you didn’t get to know the baby.”
  • “I guess it’s good it happened now.”
  • “At least you have other children at home.”
  • “God will never give you more than you can handle.”

• Silence can be okay.

• Respond to this death just like you would to other deaths. Send flowers, sympathy cards, share special remembrances, phone calls, make/bring dinner. If you are a close family member or friend, it may be helpful if you ask to help maintain laundry, basic house cleaning or cooking, or watch other children at home. Be specific in your offer to help.

• Acknowledge the baby with his/her name. By doing this, you are showing the parents you value the short life of their baby.

• Avoid giving advice
Suicide Loss
Supporting a Child Through Suicide

Citation: After a Parent’s Suicide: Helping Children Heal by Margo Requarth, MA, MFT
www.save.org  |  www.afsp.org

Below are tips for talking with children about a suicide death and supporting them through their grief.

• Give the child honest information in doses, suitable for his or her age. A more detailed explanation may include, “Our thoughts and feelings come from our brain, and sometimes a person’s brain can get very sick. The sickness can cause a person to feel very badly inside. It also makes a person’s thoughts get all jumbled and messed up, so sometimes he cannot think clearly. Some people can’t think of any other way of stopping the hurt they feel inside. They don’t understand that they don’t have to feel that way, that they can get help.”

• It’s okay to cry and express grief while telling your child. Typical questions from a child include: “Why? What happened? Why would he/she want to leave me?”

• A child should understand that the person who died loved him or her, but that because of the illness he may have been unable to convey that or to think about how the child would feel after the death.

• Be prepared to talk about the suicide multiple times during the first days and weeks and later throughout the child’s life.

• Reassure your child that it was not his or her fault. Listen closely, without interrupting, to what the child believes contributed to his or her loved one’s suicide.

• Reassure children that they are not responsible for adult decisions.

• Let your child know about depression and mental illness. You may say something like “Mental illness changes the chemistry of one’s brain, and can cloud a person’s judgment or decision making and make him feel hopeless. Brain illnesses, just like cancer or heart disease, can cause people to die too.”

• Help your child learn to respond to others about suicide. A child can decide when and with whom to talk about the suicide, as well as what experiences he wishes to share. A child can always say something like “I’m too sad to talk about this” or “I don’t want to talk about this right now.”

• If your child wants to respond, help him or her have an answer ready. It is good to role play with your child.

• Some children might ask questions related to the morals of suicide – good/bad or right/wrong. It is best to steer clear of this, if possible. Suicide is none of these. It is something that happens when the pain exceeds the ability to cope with that pain.
Explaining Suicide to a Child

For many adults, suicide can be very upsetting and frightening. If you find yourself having to explain suicide to a child, you may be wondering about the best way to do it. You can even be so overwhelmed that you feel tempted to “protect” the child by saying that the death was caused by a heart attack or an accident, rather than by suicide.

Practical guidelines:

- **Telling the truth:** If someone dies of a brain illness such as a tumor, you’d intuitively know what to say, even to a young child: “Daddy died of a serious illness in his brain.”

- It’s important to keep in mind that the research shows that more than 90% of people who die by suicide have a diagnosable (although not always identified) brain illness at the time of their death, most often depression, bipolar disorder, or schizophrenia, often complicated by substance abuse. Just as people can die of heart disease or cancer, they can die as a complication of psychiatric illness.

- These illnesses can cause terrible suffering and desperate hopelessness. They can also affect a person’s ability to make appropriate decisions such as whether to seek help, continue treatment, or take prescribed medication.

- If you see suicide as the tragic outcome of a serious illness, rather than as a moral weakness, a character flaw, irresponsibility, or a hostile act, it will become easier for you to talk about it openly and with compassion.

- Talking about suicide will not increase the risk that others will go on to take their own lives. In fact, like a death from any other serious illness, suicide is now part of the family’s health history. Knowing the truth about mental illness and suicide enables all surviving family members to be appropriately vigilant about their own health going forward, and take preventative steps.

- Although it’s understandable that adults naturally wish to protect children from pain or bad news, shielding children from the truth can undermine trust and create a legacy of secrecy and shame that can persist for generations.

- You can protect children best by offering comfort, reassurance, and honest answers to their questions.
Adults Coping with Suicide

Suggestions For Adults Coping With A Suicide Loss:

- Know you can survive. You may not think so, but you can.
- Know you may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
- Anger, guilt, confusion, forgetfulness are common responses. You are not crazy — you are in mourning.
- Be aware that you may feel appropriate anger at the person at the world, at God, at yourself. It's okay to express it.
- You may feel guilty for what you think you did or did not do.
- Guilt can turn into regret through forgiveness.
- Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
- Remember to take one moment or one day at a time.
- Find a good listener with whom to share. Call someone if you need to talk.
- Don't be afraid to cry. Tears are healing.
- Give yourself time to heal.
- Remember, the choice was not yours. No one is the sole influence in another's life.
- Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.
- Try to put off major decisions.
- Give yourself permission to get professional help.
- Be aware of the pain of your family and friends.
- Be patient with yourself and with others who may not understand.
- Set your own limits and learn to say no.
- Steer clear of people who want to tell you what or how to feel.
- Know that there are support groups that can be helpful. If you can't find one, ask a professional to help start one.
- Call on your personal faith to help you through.
- It is common to experience physical reactions to your grief, such as headaches, loss of appetite, and inability to sleep.
- The willingness to laugh with others and at yourself is healing.
- Wear out all your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.
- Know that you will never be the same again, but you can survive and even go beyond just surviving.
In fall 2017, Full Circle began our Overdose Loss Group for adults. Our Overdose Loss Group members grieve the deaths of adult children and grandchildren, spouses, siblings, parents, and close friends. Members’ loved ones died due to fatal doses of fentanyl, heroin toxicity, or use or abuse of prescription drugs, stimulants, or alcohol. Their loss may be quite recent or several years ago. Despite these differences, we’ve learned from members that there are common, yet unique, challenges faced by those grieving an overdose loss. These challenges are in addition to the more universal symptoms of grief. We hope that sharing some of these insights will help friends, colleagues, family members, and professionals in supporting those who are grieving an overdose loss.

Unique Emotions and Challenges Associated with Overdose Loss:

- Shame, Stigma, and Isolation. Members tell us they often feel judged by others because their loved one died due to substance use/abuse. They sometimes question if they did “too much” or “too little” to help their loved one and this can lead to shame. Despite the increased awareness about the opioid epidemic, members share there remains a stigma around addiction. This often leads those grieving an overdose loss to feel alone and isolated.

- Complex feelings like blame, relief, guilt, and regret.

- Unanswered questions about the circumstances around – and triggers/antecedents leading to – the fatal overdose.

- Relationship status at time of the death. Members have sometimes set firm boundaries in their relationships with their loved one who was actively using substances. The death may occur during a period of non-contact or during a period of high conflict.

- Trauma around being present for an overdose or discovering their loved one after an overdose.

- Length of time to receive toxicology results. Members share that it can take up to twelve weeks to receive the official medical examiner’s report which notes the substances in their loved one’s system. Even if they feel certain about what contributed to their loved one’s death, this waiting period is often difficult.
How You Can Support Those Who Have Lost a Loved One to Substance Use:

- Don’t avoid the subject or avoid saying their loved one’s name. Members share that they want others to check in on them, sit with them, listen, and embrace their tears.

- Listen to their stories and positive memories of their loved one. If you know their loved one, share your stories and positive memories of their loved one. It is important to recall loved ones for who they were during their life — their strengths, talents, and qualities — and not allow these gifts to be overshadowed entirely by their addiction or by the circumstances of their death. After every Overdose Loss Group, we ask members what the most helpful part of group is. We often hear sentiments like, “The most helpful part of group was sharing a photo of my loved one and sharing positive things about my loved one.”

- Reach out with a card, call, text, meal, plant, or memory/story of their loved one. Remember anniversaries and significant days. Members share that they sometimes feel others avoid them after the loss because they don’t know what to say or do. While this is true for many grievers, the impact for those grieving an overdose loss is compounded as they may already feel alone in their grief. Find your own ways to show them that you care about them.

- Try to create a judgement-free atmosphere when talking about their loved one and their grief. Members share that they often feel that their loved one’s death is marginalized because it was an overdose. We often hear from group members, “The most helpful part of group was just having people who listen with no judgement.”

- Expand your knowledge of drug use and addiction. This will allow you to truly be a helper and an active member of their support system.

- Offer to help connect them with community resources if they express a desire for outside support and guidance.

Remember these words from former Overdose Loss Group members as you work to support friends, colleagues, family members, and clients: “My son was a very strong man and never chose to be an addict. He would’ve given anything to beat his addiction. Unfortunately it was stronger than him. Grief can be very isolating, especially when the death is caused by a drug addiction. There is a shame, and support, comfort, and hope can be hard to find.”

Explaining Overdose and Substance Use Loss to a Child

Citation: Helping Yourself Heal When Someone You Care About Dies of a Drug Overdose by Alan D. Wolfelt, PhD

- Any child old enough to love is old enough to grieve and mourn. Children affected by an overdose death deserve our compassion, our presence, and our honesty.

- Start from the child’s place of understanding. Listen to and answer questions with words and ideas that are appropriate to the child’s age and unique development.

- If the child was unaware of the person’s habit, you will probably first need to explain drug use and the disease of addiction.

- Remember that young children, especially, are literal thinkers. If you tell them only that medicine killed the person, for example, they might end up being afraid to take their own medicine the next time they’re sick.

- Young children are also prone to magical thinking. For instance, they sometimes think that something they thought or did may have caused the death. Reassure them that it wasn’t their fault.

- Children, too, often sense the stigma of an overdose death. You can help by explaining that addiction is an illness and talking about thoughts and feelings openly and without judgment. Also, it’s never too early to start teaching children about the dangers of drug use.

- Children typically grieve in small doses. They may be upset one moment and playing the next. This is normal. Give them brief, frequent opportunities to ask questions or play out concerns (such as drawing or role playing). Be present and ready to talk and offer support. Express your own grief when it arises.
When Additional Support Is Needed

Though many of us are resilient, grief can test us in extreme ways. Grief support can help families and individuals to develop positive ways to cope with emotions and thoughts and help people develop outlets to express their grief and begin to heal. Grief support is not about helping people to “get over it.” People will never and should never get over the loss of those they love.

However, they can learn to work through the grief, heal broken hearts, and make those who have died loving parts of themselves who will always be remembered.

Friends, family, clergy, or mental health professionals may be helpful in supporting individuals and family through the bereavement process. In this section, we have outlined times when specific support may be needed for you or your children.

If you have further questions or concerns, please contact the professionals at Full Circle at (804) 912-2947.
Grieving is hard work and can feel overwhelming. It takes longer and requires more energy than most people imagine. Even when family and friends care deeply, they may find it difficult to support each other through grief. A grief counselor can help you keep your balance, tolerate the difficult phases of grief, and celebrate your gains.

Choose someone you trust.
A good grief counselor accepts you and your grief and acts as your sounding board. He or she will respect your pace and is absolutely confidential.

Tell your story.
Your counselor will want to know the details of your loss, your relationship with your loved one, and which aspects of your grief you find most troubling.

Learn about the grief process.
Your counselor can explain common grief reactions and identify warning signals. He or she can share information about the type of loss you are grieving and how others have coped successfully.

Be open to new ways of coping and understanding.
We never forget our loved ones or the life we had before our loss. Yet over time, we must adopt new roles and build a new identity, to continue growing. This is a huge task and you may need to learn new skills. Experiencing a spiritual crisis is often a part of grieving. Good counselors will help you explore questions of ultimate meaning and hope, without imposing his/her beliefs or opinions on you.

Work through your past as you create your future.
Love never dies, but what do we do with the bad memories, or the regrets that we often can’t bring ourselves to share with others? Grief professionals understand the complexity of relationships. They can help you see the past in new ways and they have ideas for creative memorial rituals that can help you begin a new and more whole relationship with your loved one.

Take heart.
Reconciling our grief does not mean forgetting. It means coming to understand what having our loved one in our life has meant and what not having them with us physically means for our future. You are the only one who can decide what the legacy of your loss will be. A grief professional is an ally who helps you regain control, manage your grief wisely, and journey on in healthy ways.
Complicated Grief

Citation: Adapted from Mayo Clinic, 2009

There are times when grief can become overwhelming and regular coping strategies are not enough. Watch for signs and symptoms in your children, other family members, and yourself, and be honest about what you see. There is no shame in needing help during such a difficult time. While some of these symptoms are normal following the death of a loved one, continued presence of two or more of these may call for professional intervention.

The following are signs and symptoms that demonstrate the need for additional help in coping with grief:

- Extreme sadness that prohibits the person from continuing with everyday necessary life activities (a month or more)
- Unwillingness to drink/eat for more than a few days
- Suicidal thoughts or a suicide attempt
- Continual nightmares and/or night terrors for a prolonged period of time (a month or more)
- Sleeping far too little or way too much
- Intense anxiety
- Avoidance of feelings for a prolonged period of time
- Being overwhelmed with emotion, feeling out of control
- Preoccupation with the events of the death so that these thoughts interfere in and disrupt daily living
- Outbursts of irritability or anger at home and/or school
- Difficulty concentrating on things usually enjoyed
- Significant decrease in normal activities at home and/or school
- Detachment or withdrawal from friends or family

When to get additional help for self or child...

If you see two or more of the signs or symptoms of complicated grief in yourself, in your children, or in other family members, please seek additional help. Support may be needed to cope with this grief.

Please refer to the list of resources in this manual for guidance in how to seek this help.
Depression & Anxiety

Citation: CrisisLink, 2009, Arlington, VA / www.crisislink.org

Depression/Anxiety Disorders/Post Traumatic Stress Disorder:
Depression and anxiety symptoms are common with grief, especially in the early stages. However, if the feelings and behaviors are displayed for weeks into months at severe levels and interfere with the person’s ability to cope effectively with everyday life, more help is needed.

Depression

Signs of Major Depression (when displayed for three months or more at a time):

- Sadness
- Irritability
- Loss of interest in usual activities
- Low energy and/or restlessness
- Poor concentration
- Sleeping too much or too little
- Dramatic weight gain or loss
- Otherwise unexplained/chronic physical ailments
- Feeling hopeless and helpless
- Feeling worthless and guilty
- Thoughts of death or suicide

Anxiety Disorders

Characterized by excessive and persistent fears and worries that interfere with an individual’s ability to cope effectively with everyday life.

Generalized Anxiety Disorder

Excessive, uncontrollable worry about everyday things. This constant worry affects daily functioning and can cause physical symptoms. The focus of GAD worry can shift, usually focusing on issues like job, finances, health of both self and family, but it can also include more mundane issues such as chores, car repairs, and being late for appointments. The intensity, duration, and frequency of the worry are disproportionate to the issue and interfere with the sufferer’s performance of tasks and ability to concentrate.

Panic Attacks

Defined by the abrupt onset of episodes of intense fear or discomfort, include at least four of the following symptoms:

- A feeling of imminent danger or doom
- The need to escape
- Palpitations
- Sweating
- Trembling
- Shortness of breath or a smothering feeling
- A feeling of choking
- Chest pain or discomfort
- Nausea or abdominal discomfort
- Dizziness or lightheadedness
- A sense of things being unreal; depersonalization
- A fear of losing control or “going crazy”
- A fear of dying
- Tingling sensations
- Chills or hot flashes

Post-Traumatic Stress Disorder (PTSD)

Exposure to traumas such as a serious accident, a natural disaster, or criminal assault can result in PTSD. When the aftermath of a traumatic experience interferes with normal functioning, the person may be suffering from PTSD. PTSD can occur at any age, from childhood to old age, and traumatic stress can be cumulative over a lifetime. Responses to trauma include feelings of intense fear, helplessness, and/or horror.

If these symptoms of depression and/or anxiety are being displayed by those you love or if you are experiencing them for prolonged periods of time and you feel unable to cope with everyday life, please seek the help of a professional.
The Risk of Suicide

Citation: CrisisLink, 2009, Arlington, VA / www.crisislink.org

Extreme grief or the death of a loved one by suicide can increase the risk of suicide in those who have survived the loss and now must cope with it. Below are signs of suicidal behavior. Grief can make emotions run in extremes — highs and lows. If the lows are bad, life can seem hopeless and suicide may be perceived as a possible way out. If you see these in a loved one or are experiencing them yourself, take them seriously and seek help immediately.

**Signs of Suicidal Behavior**

**Things People Might Say:**

- “I’m tired of life. I can’t go on.”
- “My family would be better off without me.”
- “Who cares if I’m dead anyway?”
- “I just want out.”
- “I won’t be around much longer.”
- “Soon you won’t have to worry about me.”
- “I wish I were dead.”
- “I’m going to end it all.”
- “I just want to die.”
- “I’m going to kill myself.”
- “If ______ doesn’t happen, I’m going to kill myself.”

**Things People Might Do:**

- Get a gun or stockpile pills
- Give away prized possessions
- Take more impulsive risks
- Cut themselves or other gestures of self-harm
- Neglect their appearance
- Abuse alcohol and/or drugs
- Isolate themselves/run away/drop out of school
- Show a dramatic change of mood

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**National Suicide Prevention Lifeline:**

1-800-273-TALK (8255)

Text TALK to 741741

Service members, veterans, and their families can reach the Veteran Crisis Line by texting 838255
Self-Care
While Grieving

Citation: Karla Helbert, LPC

It is important to take care of yourself and nurture your own grieving process so you will be able to help the ones you love to the best of your abilities. Studies show that when you model appropriate, healthy ways to grieve (talking about your grief, showing emotion, continuing to do activities that you enjoy, eating healthy, exercising, etc.), your children are far more likely to follow suit.

But grieving is hard work. It takes time. It takes energy. It is easy for us to provide you with a list of things to do for self-care. It is hard to accomplish them while you are grieving. Some parents are so concerned about their children’s grief, that they tend to “set” theirs aside to care for their children. The single most important thing you can do for your family is to take time for yourself, be kind to yourself and your loved ones, and remember you are important too. Remember your (and your family’s) grief will soften in time. Even the most difficult of days only have 24 hours in them.

Outlets for Adults:

- **Me time.** Carving out some time for yourself to sit with your feelings and do some processing of your own is extremely important. If your children have difficulty with this, explain why you need this time and tell them where you will be and when you will be back. Take time to go to an exercise or yoga class, write in a journal for 20-30 minutes, go to a support group, meet a friend for lunch, etc. If you need to be by yourself to yell, scream, or cry, that’s OK. Keep pillows nearby that you can hit, paper to tear or rip, and objects to stomp on. Time for yourself to release your grief makes you more accessible to your family because you are staying mentally healthy.

- **Exercise.** It is important to keep active even if you would rather stay in bed. The endorphins produced by exercise help you to cope with the other stressors during this difficult time. If you can’t get away alone, take daily walks with others. This can also be a great time to talk.

- **Eating Healthy.** While it is tempting to turn to comfort foods during sad times, the best thing you can do for your body is to drink lots of water, eat a balanced diet, plenty of fruits and vegetables, and cut down on snacking. This will also help with your energy level and ability to cope with grief.

Outlets for Children:

- **Encourage time to play.** Children often communicate best through their play, so be sure to take time to watch them in imaginative play as well as play with them. You might gain far more insight into what it going on internally than you would through talking alone.

- **Continue with routine.** Routine is very important in establishing normalcy and a sense of control. As soon as possible, return to bedtime routines, music lessons or sports teams. You might ask if the child wants to continue routines they did with the deceased, and give them an option of whom to include.

- **Creative time.** Encourage children and teens to express their feelings through creative arts: music, art (drawing, painting, clay, etc.), writing in a journal, collage, dance, photography, sports, etc.

- **Transitional objects.** Children and teens may want to keep stuffed animals or objects belonging to the deceased close to them for a while. If possible, offer a shirt, picture, special coin, or other object that holds special meaning to help the child keep the one he/she loved close.
Rituals and Remembrance

Citation: Karla Helbert, LPC

Actively remembering the ones we have loved that have died is what keeps them with us always. Children and adults will never “get over” the death of someone they love. However, they can learn to grow through the grief and discover that that love never goes away (Sims, 1983). While it may be painful to bring up these feelings of grief, especially on birthdays and anniversaries, acknowledging the death and the deceased individual in a positive way truly helps work through those feelings.

- Make a memory book that may include pictures, mementos, favorite quotes or sayings, collages, stories from friends of the deceased, etc. that remind the survivors of the loved one who is deceased. It is a resource that allows the deceased to live on in the memories of those he/she left behind.

- Light a special candle on holidays, anniversaries, in church, etc. in honor of the person who died.

- Make a toast to your loved one at dinner nightly, once a week, or on special occasions.

- Create a special CD or playlist of music that reminds you of your loved one.

- Plant a tree or flowers in your loved one’s memory.

- Make a donation to a charity that your loved one supported.

- Visit your loved one’s burial site.

- Carry something special that reminds you of your loved one with you. Take it out and hold it when you need to.

- Do a favorite activity of the person who died on their birthday and/or on the anniversary of their death (watch their favorite movie, go to a favorite place, or listen to a favorite song).

- Make and eat the favorite meal of the person who died.

- Create a family painting or collage about the loved one who died where each surviving family member contributes a piece. Hang the creation in the house where everyone can see it.

- Create a shrine or a special area that may be a shelf, a room, a corner, table top, etc. in your home, garden, office, etc. that reminds you of your loved one. It may be public for all to see or a private space for you alone.

- Create your own grief ritual. You may want to hold your ritual only one time or on a regular basis – daily, weekly, monthly, on special days. You can conduct your ritual alone or with others. To create your ritual you might do things like light a candle, light some incense, read or say aloud an inspirational verse, poem or prayer, chant, sing a song, ring or chime a bell, or play a particular selection of music. Clearly marking the beginning and end of a ritual will help you transition from daily life to the ritual and back again more smoothly. You may want to communicate with your loved one during this ritual either by speaking aloud, writing a letter, meditating, or praying.

- Make a plan for anniversaries, holidays and special events. This plan will help ease your worry and the worries of those around you. You might organize a special outing or visit to the cemetery; or you might plan to get together with friends or family and celebrate the life of your loved one. If the plan changes, that’s fine. However, worrying about what might or might not happen is often far worse than what actually happens. For holidays, know your limitations and be accepting of yourself in what you feel you can and cannot do. Let others help you and don’t be afraid to make changes – a different time for dinner, a different place of worship, or a different tradition. You might consider giving a charitable gift in memory of your loved one during a gift-giving holiday to honor their memory and help others in their name.
How to Help and Support Grieving Families

Citation: Daniel Bagby, BTSR

Do Not Say or Do:

- Don’t say: “It’s for the best.” How do you know?
- Don’t give unsolicited advice – especially on what to feel or how to feel.
- Don’t remind the survivor of the deceased’s faults.
- Don’t say: “It’s all in God’s plan.” How do you know what God wanted or why?
- Don’t avoid the survivors because you don’t know what to say. If nothing else, LISTEN.
- Don’t say: “I’m glad she’s no longer suffering” first. Let them say it first.
- Don’t interrupt a survivor when they start talking about death/loss. Let them talk.
- Don’t say: “I know how you feel” – unless you’ve had the same loss.
- Don’t criticize or judge.
- Don’t say: “It’s time to get on with your life,” “Move on” or “Get over it.”

Do Say or Do:

- Say: “I’m sorry,” “I care,” “I love you” (if you do)
- Say: “I’m here to listen if you want to talk.”
- Tell the survivor positive things about their care, love, and the deceased.
- Share happy memories – as appropriate.
- Say: “I know this must be a very difficult time for you. Is there anything you need that I can help with?”
- Say: “You’ve been so strong and helpful for your family. If you ever need someone to be strong for you to lean on, I’m here and would be honored to try.” “It’s OK to let your feelings out anytime with me.”
- Share your feelings of pain and loss for the deceased. This will not make the survivors feel worse. It will let them know you share their grief and that is comforting.
- Say: “It’s okay to be angry and frustrated – it’s part of loving and it’s totally normal.”
- When they cry, say: “It’s okay to cry. I may cry with you.”

When a Child Dies, Do Not Say or Do:

- Don’t say: “At least you have other children.”
- Don’t say: “At least you’re young; you can try again.”
- Don’t say: “God must have needed a little angel up there.”
- Don’t say: “Let’s not question God’s wisdom...”
- Don’t say: “At least you never knew/were never attached to the baby.” (stillbirth/miscarriage)
- Don’t say: “Maybe the baby had something wrong with him so it’s for the best.”
- Don’t say: “Please don’t cry.” Just sit with them or hug them while they cry. Crying is nothing more than a release of emotion.

- Grief takes time; it’s a lifelong journey.

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Community Bereavement
Support Services

The following is a list of some of the available mental health resources in the Greater Richmond Area. Full Circle does not necessarily recommend or endorse any of the following providers.

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**Private Therapists for Adults**

**YVONNE BARRY, PHD**
Clinical Psychologist
Midlothian, VA
(804) 563-6437
www.ahelpingplace.com
Works with children, teens, adults, couples and families. Has many areas of expertise to include grief work associated with sibling loss and cancer.
Accepts certain insurances and is flexible to work on a sliding scale basis.

**ADAM BENDER, LCSW**
SUMMIT EMOTIONAL HEALTH
8921 Three Chopt Road, Suite 300
Richmond, VA 23229
(804) 562-6557
www.summit-eh.com
Supporting adults and families through life changes, grief/loss, trauma, depression, and anxiety. Specializes in working with adolescent males.

**HEATHER BENDER, PHD**
LANTERN OF HOPE FAMILY PSYCHOLOGY PRACTICE
Licensed Clinical Psychologist
2567 Homeview Drive
Richmond, VA 23294
(804) 307-6514
www.lanternofhoperva.com
Accepts fee for service.

**DR. MATT BITSKO**
SUMMIT EMOTIONAL HEALTH
8921 Three Chopt Road, Suite 300
Richmond, VA 23229
(804) 562-6557
www.summit-eh.com
Accepts fee for service

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**Support Services**

**YVONNE BARRY, PHD**
Clinical Psychologist
Midlothian, VA
(804) 442-7192
www.ahelpingplace.com
Works with children, teens, adults, couples and families. Has many areas of expertise to include grief work associated with sibling loss and cancer.
Accepts certain insurances and is flexible to work on a sliding scale basis.

**DR. BLACKBURN**
PARTNERS IN PARENTING
1617 Monument Avenue, Suite 202
Richmond, VA 23220
(804) 402-0429
mmonecounseling@gmail.com
Accepts private fee for service.

**BRENDA BONNUCELLI, LCSW**
MILE MARKER ONE COUNSELING SERVICE
14 South Auburn Avenue
Richmond, VA 23221
(804) 665-4681
www.launchpadcounseling.com
Specializing in maternal loss and trauma.

**JOY BROCK, LCSW**
LAUNCHPAD COUNSELING
2008 Libbie Avenue, Suite 101
Richmond, VA 23226
(804) 665-4681
www.launchpadcounseling.com
Specializing in maternal loss and trauma.

**MARION BROWN, LCSW**
Westhampton Professional Park
5318 Patterson Avenue, Suite C
Richmond, VA 23226
(804) 627-2455
www.marionjbrownlcsw.com
Specializes in adults and couples. Certified EMDR Therapist.

**LLE R. CARTER, LCSW**
2200 Pump Road, Suite 220
Henrico, VA 23233
(804) 252-7953
leecarterlcsw@comcast.net
www.leecarterlcsw.com

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Private counseling and psychotherapy services close to Short Pump for adolescents, adults, couples, and families who are struggling with grief or other issues such as divorce, anxiety, and depression or coping with serious medical illness. Accepts most major insurance plans and many EAP’s.

**SUZANNE COBURN, LPC**
513 Forest Avenue, Suite 205A
Richmond, VA 23229
(804) 908-3911
suzannecoburnlpc@gmail.com
Specializes in working with women and women’s issues.

**DR. ANNE READY COFFEY, CLINICAL PSYCHOLOGIST**
2800 Patterson Avenue, Suite 303
Richmond, VA 23221
(804) 256-9650
Private individual, couples and family counseling. Works with ages 12 and older. Registered Drama Therapist.

**DR. ANNE CREEKMORE, PSYD**
Licensed Clinical Psychologist
(804) 741-2608
Sees individuals, couples, family and group therapy. Works with children, adolescents, and adults. West end office.
Accepts most insurances and sliding scale fees.

**CARLA CREWS, LCSW**
DISCOVERY COUNSELING & CONSULTING
7760 Shadr Road, Suite B
Henrico, VA 23228
(804) 591-0002
www.vadcc.com
DEBBIE DANIELS-MOHRING, PHD
Licensed Clinical Psychologist
2200 Pump Road, Suite 220
Henrico, VA 23233
(804) 740-0681
drdanielsmohring@comcast.net
Specializes in working with adolescent girls with self-harm issues and eating disorders. Also works with adolescents and adults dealing with anxiety, depression, grief, and loss.

OLIVIA FARIES, LCSW
JFS RICHMOND
6718 Patterson Avenue
Richmond, VA 23226
(804) 282-5644
ofaries@jfsrichmond.org
www.jfsrichmond.org
Works with adolescents ages 12 and up. Specializes in trauma, anxiety, depression, and adoptive challenges.

JILL FITZGERALD, LCSW
GRIEF RESOURCE CENTER
906 North Parham Road
Richmond, VA 23229
(804) 257-9348
jfitzgeraldgrc@gmail.com
www.jfitzgeraldgrc.com
The Grief Resource Center offers individual and family counseling to those in need, guidance during the grieving process. Specializing in working with parents who have experienced a loss of a child (including perinatal loss), suicide survivors, sibling loss, infertility, and life-threatening illnesses. Fee for services. Most insurances accepted.

KAREN GILL, LCSW, CT
GILL COUNSELING AND CONSULTING
2025 East Main Street, Suite 100
Richmond, VA 23223
(804) 343-9786
gillcounseling@gmail.com
www.gillcounseling.com

MALLORY GOLDMAN, LCSW
HEART AND MIND THERAPY SERVICES
2301 Hilliard Road, Suite 8
Henrico, VA 23228
(804) 307-2801
mallory@heartmindrva.com
www.heartmindrva.com
Works with ages 4 and up. Specializes in divorce, violence/abuse, grief, and life transitions.

WENDY HALL, LCSW
RICHMOND CREATIVE COUNSELING
(804) 420-2955
Children, adolescents, and adults. Registered Play Therapist – Supervisor. Focus on trauma, grief/loss and attachment. Accepts many insurance plans and sliding scale payment on a limited basis.

KARLA HELBERT, LPC
MANDALA YOGA THERAPEUTICS, LLC
3111 Northside Avenue, Suite 375
Henrico, VA 23228
(804) 892-2782
www.karlahelbert.com
Specializes in working with adolescents and adults on the autism spectrum as well as working with loss, grief, traumatic grief and anxiety management. When calling, say Full Circle referred you.

MONICA KLISZ, LPC
3111 Northside Avenue, Suite 101
Richmond, VA 23228
(804) 366-4330
monica@monicakliszlpc.com
Offers individual and group counseling and specializes in many areas. Certified in EMDR and as a trauma specialist.

KIMBERLY HINES, LCSW
RICHMOND CREATIVE COUNSELING
(804) 299-4490
Registered Play Therapist. Works with toddlers through adults. Accepts insurances, Medicaid, and sliding scale.

HELEN HENRICH, LCSW
COLONIAL BEHAVIORAL HEALTH
1657 Merrimac Trail
Williamsburg, VA 23185
(757) 220-3200
www.colonialbh.org
Trained in EMDR for those dealing with traumatic death.

LYNDA LESLIE, LCSW
8720 Forest Hill Avenue
Richmond, VA 23235
(804) 354-7563
Specialties include: marital/premarital counseling, parenting, behavioral issues. Adults/Elders (65+)
Accepts insurances, Medicaid, and sliding scale.

MARK LOEWEN
LAUNCH PAD COUNSELING
2008 Libbie Avenue, Suite 101
Richmond, VA 23226
(804) 665-4681
www.launchpadcounseling.com
Specializing in children and adults. Fluent in German and Spanish. Registered Play Therapist.

SCOTT MATES, LCSW
COMPASSIONATELY ROOTED COUNSELING
8600 Quicocassian Road, Suite 201
Richmond, VA 23229
(804) 464-7202
scottmateslcsw@gmail.com
Works with children, adolescents, families, and adults. Registered Play Therapist. Accepts insurance and sliding scale on a limited basis.
JOY MORENE, LPC
14 South Auburn Avenue
Richmond, VA 23221
(804) 240-4958
Works with children, adolescents, families, and adults. Registered Play Therapist – Supervisor. Specializes in childhood sexual abuse, attachment, and trauma. Also works with a range of issues to include grief, divorce, depression, foster care and adoption.

MARGARET SHEEHAN, LMFT
MARGARET NORMAN AND ASSOCIATES
5412 Glenside Drive, Suite B
Richmond, VA 23228
(804) 741-4300
www.margaretnormanpc.com
Works with adults, couples, and families. Specializes in trauma, depression, relationships, and EMDR.

KATHLEEN O'KEEFE, LCSW
4920 Millridge Parkway East #206
Midlothian, VA 23112
(804) 928-4632
Kathleen@kathleenokeefelcsw.com
www.kathleenokeefelcsw.com
Offers individual, couples, and family counseling. Specializes in grief and loss, anxiety, depression, personal growth, and parenting support.

NICOLE O-PRIES, LCSW, CTS
VCU SCHOOL OF SOCIAL WORK
1000 Floyd Avenue
Richmond, VA 23284
(804) 828-6760
nlopires@vcu.edu
Specializes in helping kids and adults navigate trauma, grief and significant life changes. Certified Trauma Specialist and utilizes EMDR. All services provided online or by phone. Offers non-traditional appointment times to include late evening.

KIMBERLY PULLEY, LCSW
5700 Old Richmond Avenue, Suite G30
Richmond, VA 23226
(804) 288-0704
Individuals, couples, and families. From teens to seniors. Specializes in grief/loss to include anticipatory grief.

BOBBY SALAZAR, LCSW
RICHMOND CREATIVE COUNSELING
(804) 376-9909
bobby@richmondcreativecounseling.com

JEAN SKRINCOSKY, LCSW
DOMINION BEHAVIORAL HEALTHCARE
2305 North Parham Road #3
Richmond, VA 23229
(804) 270-1124
www.dbhwestend.com
Works with adults. Trained in EMDR and specializes in trauma.

CORINNE THOMPSON, LCSW
RIVER CITY INTEGRATIVE COUNSELING SERVICES
(804) 681-2525
(804) 632-4483
Works with children and adults. Accepts insurances, Medicaid, and sliding scale.

TERESA TIVENAN, LCSW
(804) 331-8760
https://teresativenan.wordpress.com
Offers individual and couples therapy. Specializes in PTSD and survivors of sexual abuse. Also supports those suffering with grief and loss, with a specialty in perinatal loss.

LINDA ZAFFRAM, LCSW
HEALING CIRCLE COUNSELING
1525 Huguenot Road, Suite 100
Midlothian, VA 23113
(804) 924-7600
lzafram@healingcirclecounseling.com
www.healingcirclecounseling.com
Works with all age groups. Located in the west end. Specializes in pregnancy loss and traumatic loss. Birth Doula. In addition to women's issues, specializes in PTSD, mental health, and life transitions.
Private Therapists for Children and Teens

YVONNE BARRY, PHD
Clinical Psychologist
Midlothian, VA
(804) 363-6437
www.ahelpingplace.com
Works with children, teens, adults, couples and families. Has many areas of expertise to include grief work associated with sibling loss and cancer.
Accepts certain insurances and is flexible to work on a sliding scale basis.

HEATHER BENDER, PHD
PARTNERS IN PARENTING
1617 Monument Avenue, Suite 202
Richmond, VA 23220
(804) 442-7192
www.piprva.com/our-professionals
Provides individuals and family therapy. Specific interests in working with children and families with an early history of trauma or relationship difficulties.

HELEN HENRICH, LCSW
COLONIAL BEHAVIORAL HEALTH
1657 Merrimac Trail
Williamsburg, VA 23185
(757) 220-3200
www.colonialbh.org
Trained in EMDR for those dealing with traumatic death.

KIMBERLY HINES, LCSW
RICHMOND CREATIVE COUNSELING
(804) 299-4490
Registered Play Therapist. Works with toddlers through adults.
Accepts insurances, Medicaid, and sliding scale.

KARLA HELBERT, LPC
MANDALA YOGA THERAPEUTICS, LLC
3111 Northside Avenue, Suite 375
Henrico, VA 23228
(804) 892-2782
karla@karlahelbert.com
www.karlahelbert.com
Offers individual, couple, and family counseling. Practice emphasis on divorce, teen girls, and self-harm.

Specializes in working with adolescents and adults on the autism spectrum as well as working with loss, grief, traumatic grief and anxiety management.
When calling, say Full Circle referred you.
MARK LOEWEN  
LAUNCH PAD COUNSELING  
2008 Libbie Avenue, Suite 101  
Richmond, VA 23226  
(804) 665-4681  
www.launchpadcounseling.com  
Specializing in children and adults. Fluent in German and Spanish. Registered Play Therapist.

SCOTT MATES, LCSW  
COMPASSIONATELY ROOTED COUNSELING  
1901 Huguenot Road, Suite 310  
North Chesterfield, VA 23235  
(804) 464-7202  
scottmateslcsw@gmail.com  
Works with children, adolescents, families, and adults. Registered Play Therapist. Accepts insurances and sliding scale on limited basis.

ANNA MCCHESNEY, LPC  
HEALING SOUNDS RVA  
(804) 352-2913  
anne@healingsoundsrva.com  
www.healingsoundsrva.com  
Certified in music therapy and also utilizes art, imagery, and mindfulness. Works with children, adolescents, and adults.

JOY MORENE, LPC  
14 South Auburn Avenue  
Richmond, VA 23221  
(804) 767-2431  
Works with children, adolescents, families, and adults. Registered Play Therapist – Supervisor. Specializes in childhood sexual abuse, attachment, and trauma. Also works with a range of issues to include grief, divorce, depression, foster care and adoption.

DR. JENNINE MORITZ, PhD  
PARTNERS IN PARENTING  
1617 Monument Avenue, Suite 202  
Richmond, VA 23220  
(804) 442-7192  
www.piprva.com/our-professionals

JUNIE B. MYERS, LCSW  
THE THERAPY CENTER  
3520-B Mayland Court  
Richmond, VA 23233  
(804) 537-0908  
Specializing in working with grieving adolescents and adults.

KATHLEEN O’KEEFE, LCSW  
4920 Millridge Parkway East #206  
Midlothian, VA 23112  
(804) 928-4632  
Kathleen@kathleenokeefelcsw.com  
www.kathleenokeefelcsw.com  
Offers individual, couples, and family counseling. Specializes in grief and loss, anxiety, depression, personal growth, and parenting support.

NICOLE O-PRIES, LCSW, CTS  
VCU SCHOOL OF SOCIAL WORK  
1000 Floyd Avenue  
Richmond, VA 23284  
(804) 828-6760  
nlopries@vcu.edu  
Specializes in helping kids and adults navigate trauma, grief and significant life changes. Certified Trauma Specialist and utilizes EMDR. All services provided online or by phone. Offers non-traditional appointment times to include late evening.

KIMBERLY PULLEY, LCSW  
5700 Old Richmond Avenue, Suite G30  
Richmond, VA 23226  
(804) 288-0704  
Individuals, couples, and families. From teens to seniors. Specializes in grief/loss to include anticipatory grief.

BOBBY SALAZAR, LCSW  
RICHMOND CREATIVE COUNSELING  
(804) 376-9909  
bobby@richmondcreativecounseling.com  

MARGARET SHEEHAN, LMFT  
MARGARET NORMAN AND ASSOCIATES  
5412 Glenside Drive, Suite B  
Richmond, VA 23228  
(804) 741-4300  
www.margaretnormanpc.com  
Works with adults, couples, and families. Specializes in trauma, depression, relationships, and EMDR.

JEAN SKRINCOSKY, LCSW  
DOMINION BEHAVIORAL HEALTHCARE  
2309 North Parham Road #3  
Richmond, VA 23229  
(804) 270-1124  
Works with adults, adolescents, children, and families. Specializes in anxiety and mood disorders, ADHD, OCD, women’s issues, chronic illnesses, stress and anger management.

AMY SMALL, LPC  
COUNSELING CENTER OF RICHMOND  
311 Northside Avenue, Suite 101  
Richmond, VA 23228  
(804) 621-7219  
www.counselingcenterofrichmond.com  
Specializes in working with children ages 6 and older, adults, couples, and families. Trained in EMDR and uses guided imagery and music.

KURT STIEFVATER, LPC  
SHADY GROVE FAMILY COUNSELING  
9044 Mann Drive at Shady Grove Road  
Mechanicsville, VA 23116  
(804) 616-3971  
stiefvaterLPC@yahoo.com  
Provides Individual and Family Therapy for ages 14 and up. Specializes in grief, substance abuse, and depression. Accepts insurance plans and sliding scales fees.

MELANIE STOUDT, LPC  
5318 Patterson Avenue, Suite C  
Richmond, VA 23226  
(804) 257-9305  
melaniestoudt@gmail.com  
www.melaniestoudt.com  
melanie.stoudt@yahoo.com  
Offers individual, family and grief therapy. Trained in EMDR.

DR. TOM TERRACIANO, PhD  
Licensed Clinical Psychologist  
West End Family Counseling  
3932 Springfield Road  
Glen Allen, VA 23060  
(804) 747-8300
CAROL ZOGRAN, PHD
1503 Santa Rosa Road, Suite 211
Richmond, VA 23229
(804) 282-9100
Specializes in working with adults and teens. Accepts most major insurances.

DOMINION BEHAVIORAL HEALTH
2305 North Parham Road #3
Richmond, VA 23229
(804) 270-1124

COUNSELING ALLIANCE OF VA (CAVA)
2924 Emerywood Parkway, Suite 200
Richmond, VA 23294
(804) 346-5165
Family and individual counseling. Sliding scale. Accepts Medicaid.

COUNSELING AGENCIES AND PRACTICES

ARCHSTONE COUNSELING & TREATMENT
1007 Peachtree Boulevard
Richmond, VA 23226
(804) 288-1788

BALANCE BEHAVIORAL HEALTH
6504 Woodlake Village Circle
Midlothian, VA 23112
(804) 823-5475
www.balancebehavioral.com

C2 YOUR HEALTH
8720 Forest Hill Avenue
Richmond, VA 23235
(804) 325-1669
www.C2yourhealthpc.com
Spanish-speaking counselor

CHILDREN’S MENTAL HEALTH AND RESOURCE CENTER
1506 Willow Lawn Drive, Suite 207
Richmond, VA 23230
(804) 447-2124
Gives resources - not direct counseling.

CHILDSDIVERS
200 North 22nd Street
Richmond, VA 23223
(804) 644-9590
www.childsdavers.org
Guidance Clinic (outpatient therapy services) and Trauma Response.

COMMONWEALTH CATHOLIC CHARITIES
1601 Rolling Hills Drive
Henrico, VA 23229
(804) 285-5900
agency@cccsova.org
www.cccsova.org
Individual counseling to include Spanish-Speaking professionals.

COUNSELING ALLIANCE OF VA (CAVA)
2924 Emerywood Parkway, Suite 200
Richmond, VA 23294
(804) 346-5165
(Chesterfield, VA office: 434-220-0333)
Family and individual counseling. Sliding scale. Accepts Medicaid.

DOMINION BEHAVIORAL HEALTH
• 2305 North Parham Road #3
  Richmond, VA 23229
  (804) 270-1124
• 703 North Courthouse Road
  Suite 101
  Richmond, VA 23236
  (804) 794-4482
• 5931 Harbour Park Drive
  Midlothian, VA 23112
  (804) 639-1136

HEALING CIRCLE COUNSELING
1525 Huguenot Road, Suite 100
Midlothian, VA 23113
(804) 924-7600
www.healingcirclecounseling.com
Accepts Medicaid.

HEART AND MIND THERAPY SERVICES
6200 Lakeside Avenue
Henrico, VA 23228
(804) 307-2801
www.heartmindrva.com

JEWISH FAMILY SERVICES
6718 Patterson Avenue
Richmond, VA 23226
(804) 282-5644
information@jfsrichmond.org
www.jfsrichmond.org

LAUNCHPAD COUNSELING
2008 Libbie Avenue, Suite 101
Richmond, VA 23226
(804) 665-4681
www.launchpadcounseling.com

PARTNERS IN PARENTING
1617 Monument Avenue, Suite 202
Richmond, VA 23220
(804) 442-7192
www.piprva.com

RICHMOND CREATIVE COUNSELING
1900 Byrd Avenue, Suite 103
Richmond, VA 23230
(804) 592-6311
www.richmonddcreativecounseling.com
Counselors who accept Medicaid.

SUMMIT EMOTIONAL HEALTH
8921 Three Chopt Road, Suite 300
Richmond, VA 23229
(804) 562-6557
www.healthofva.com

THRIVWORKS COUNSELING
9846 Lori Road, Suite 201
Chesterfield, VA 23832
(804) 419-4122
www.thriveworks.com
Psychiatry services and various therapeutic group offerings for adults and kids. Offers outpatient counseling.

THE WESTWOOD GROUP
5821 Staples Mill Road
Richmond, VA 23228
(804) 264-0966
www.thewestwoodgroup.org

WOMEN’S COUNSELING CENTER
6714 Patterson Avenue, #101
Richmond, VA 23226
(804) 288-2217
Utilizes homeopathic medicine, botanical medicine, dietary changes, and lifestyle modifications to facilitate the healing process. Primary areas of focus include anxiety disorders, eating disorders, depression, attention and behavioral difficulties, and grief and bereavement.

ALEX PEAVEY
Mindfulness Instructor
admin@thepeaveyproject.org
thepeaveyproject.org

ROBIN RIO, MA, MT-BC
RIO MUSIC THERAPY
rrio@vcu.edu
Specialized in working with caretakers of those with Alzheimer’s.

Mental Health and Social Services
Contact your local government-funded services (usually fees based on sliding scale):
Henrico: (804) 727-8500
Hanover: (804) 365-4200
Chesterfield: (804) 768-7200
Goochland (804) 556-5400
Powhatan (804) 598-2200
Richmond: (804) 819-4000
Central Virginia: (434) 581-3271
District 19: (804) 862-8054
(Petersburg, Colonial Heights, Hopewell, Emporia)
If not listed here, find contact information for your local Department of Behavioral Health and Developmental Services at: http://www.dbhds.virginia.gov or dial 2-1-1 in Virginia for referrals.

Other Support Services
BEACON TREE FOUNDATION
9201 Arboretum Parkway, Suite 140
North Chesterfield, VA 23236
(804) 414-6427
www.beacontree.org
Family advocates providing education about treatment and financial resources to assist children and teens struggling with mental health issues and to provide hope for the future.
Crisis Hotlines (24 hours)

Lifeline - National  (800) 273- TALK
Youth Crisis Hotline  (800) 448-4663
First Candle/National SIDS Hotline  (800) 221-7437
Charles City/New Kent  (804) 966-2496
Chesterfield  (804) 748-6356
Goochland  (804) 556-3716
Hanover  (804) 365-4200
Henrico  (804) 727-8484
Powhatan  (804) 598-2697
Richmond  (804) 819-4100
District 19  (804) 862-8000
Disaster Distress Helpline*  (800) 985-5990

*The nation’s first permanent hotline dedicated to providing disaster crisis counseling. This free, confidential, and multilingual crisis support service is available 24 hours a day, 7 days a week via phone and SMS (Text “TalkWithUs” to 66746 or for Spanish-speakers, Text “Hablanos” to 66746) for anyone experiencing psychological distress as a result of tragedy.

Full Circle offers eight-week family bereavement groups, perinatal loss groups, suicide loss groups, overdose loss groups, and various community educational opportunities.

10611 Patterson Avenue, #201
Richmond, VA 23238
(804) 912-2947
www.fullcirclegc.org

For information about a specific program, please contact:

BLOGS AND ARTICLES
www.fullcirclegc.org/category/blog

INDIVIDUAL COUNSELING
counseling@fullcirclegc.org

INDIVIDUAL AND PROFESSIONAL CONSULTATIONS/REFERRALS:
Britt Cowart, LCSW
britt@fullcirclegc.org

EDUCATIONAL PROGRAMS:
Allyson England Drake, M.Ed., CT
allyson@fullcirclegc.org

FAMILY HANDS ON HEALING GROUPS:
Sarah Mayfield, M.Ed., NCC
hothgroup@fullcirclegc.org

OVERDOSE LOSS GROUPS:
Stacia Macklin, LCSW
stacia@fullcirclegc.org

PERINATAL LOSS GROUPS:
Carrie Schaeffer, LCSW
carrie@fullcirclegc.org

SUICIDE LOSS GROUPS:
Karen Kennedy, MSW
slg@fullcirclegc.org

VOLUNTEER OPPORTUNITIES:
Visit www.fullcirclegc.org/volunteering
Bon Secours Specialists, Psychiatry and Neurology

BEHAVIORAL HEALTH GROUP
(OUTPATIENT)
See www.bonsecoursmedicalgroup.com for a list of providers.

1510 North 28th Street
Medical Office Building, Suite 101
Richmond, VA 23223
(804) 371-1670

5855 Bremo Road
MOB North, Suite 404
Richmond, VA 23226
(804) 287-7788

8220 Meadowbridge Road
Medical Office Building, Suite 313
Mechanicsville, VA 23116
(804) 325-8882

BEHAVIORAL HEALTH SERVICES
(INPATIENT)
1500 North 28th Street, Third Floor
Richmond, VA 23223
(804) 371-1675
Bruce R. Stevens, MD

BON SECOURS BEHAVIORAL HEALTH
GROUP AT ST. MARY’S (INPATIENT)
5801 Bremo Road
7 West Behavioral Health
Richmond, VA 23226
(804) 287-7836
Rashida Gray, MD
Tara A. Crisinati, MS, PMH, NP/CNS-BC

BON SECOURS BEREAVEMENT CENTER
(804) 433-4710
bereavement@bshsi.org
Gwen Reed, LCSW, Grief Counselor
Kristen Emerson, MSW, Grief Counselor

Hospices

ADDUS HOMECARE
(804) 281-0451
www.addus.com

AMEDISYS HOSPICE CARE
(804) 282-4364
Bereavement Support
www.amedisys.com

CRATER COMMUNITY HOSPICE
(804) 840-6454
3916 South Crater Road
Petersburg, VA 23805
www.cratercommunityhospice.org
Offers a variety of grief and bereavement groups at varying times and locations to include caregiver support.

ENCOMPASS HOSPICE
(804) 726-2855
www.ehhi.com
Locations in Richmond, Chesterfield, and Petersburg

NOAH’S CHILDREN PEDIATRIC
(804) 287-7686
Noah’s Children’s purpose is to ensure quality of life and dignity of death for children with life-threatening illnesses, providing compassionate support to their families as they navigate this journey. Services are available in the home beginning with diagnosis through bereavement, from prenatal through newborn, infancy, childhood and adolescence. Palliative and Hospice Care.
Other Support Services

CROSSOVER HEALTHCARE MINISTRY
(804) 655-2794
info@crossoverministry.org

FORT LEE SURVIVOR OUTREACH SERVICES
(804) 734-6388
www.leemwr.com/survivor-outreach-services
A part of Fort Lee Army Community Service, Survivor Outreach Services (SOS) uses a holistic and multi-agency approach to provide Survivors with benefits coordination, financial counseling, and the long-term support counseling that is specific to the individual and family grief process.

HEALTH BRIGADE
1010 North Thompson Street
Richmond, VA 23230
(804) 358-6343
www.healthbrigade.org
Medical and mental health care.

LIFENET DONOR FAMILY SERVICES
(800) 847-7831
www.HealingTheSpirit.org
Provides support services to grieving donor families (adults and children). Families often find meaning in the midst of a tragedy when a loved one’s organs and tissues are used to save or enhance the lives of others. LifeNet Health helps to honor the lives of loved ones with friends and family.

PET LOSS COUNSELING

THE CENTER FOR HUMAN-ANIMAL INTERACTION, VCU SCHOOL OF MEDICINE
(804) 827-PAWS (7297)
www.chai.vcu.edu

FETCH A CURE
Dr. Leslie Greenberg
5711 Staples Mill Road, Suite 101
Richmond, VA 23228
(804) 525-2193
info@fetchacure.org
Complimentary. Monthly 5:30-6:30 PM.
For family members, including children. RSVP.

VIRGINIA VICTIM ASSISTANCE NETWORK
www.vanetwork.org
Victim Assist Helpline
(855) 4-HELP-VA
(855) 443-5782
Widow/Widower Support Groups

BLILEY’S WIDOW’S TEA TALK
Jennifer Moss
jmoss@blileys.com

WIDOWED GRIEF GROUP
Elaine Nowinski: (804) 272-7787
Belinda B. Early: (804) 513-5772
Bereavement support groups for widowed men and women.

WIDOWED PERSONS SERVICES
Karen Miller
(804) 350-3604
Support group for widows and widowers.

WIDOWED PERSONS SERVICE OF RICHMOND
(804) 270-4221
Discovery Methodist Church Westend group meetings Thursdays at 2 pm.
A program of AARP/VA.

YOUNG WIDOWS OR WIDowers, INC.
Tammy Smith
(804) 201-5741
www.ywow.org

Widow/Widower Support Groups

Camps and Retreats

CAMP KESEM
www.kesem.org
Camp Kesem is a nationwide community, driven by passionate college students supporting children through and beyond their parent’s cancer.

CAMP LIGHTHOUSE
(757) 553-3000
www.camplighthouse.org
A two-day camp for children ages 5-16 who have experienced the death of a close family member or friend within the past two years, to provide a safe place to share grief and take the steps needed to heal. Offers an Adult Grief Camp as well.

COMFORT ZONE CAMP
Virginia Intake Coordinator
(804) 377-3430
www.comfortzonencamp.org
A weekend bereavement camp for kids age 7-17 to help them work through the loss of a parent, caregiver or sibling in an accepting, fun environment with other kids who have been through similar experiences.
Camp is free of cost and offered year-round in Virginia, New Jersey, California and Massachusetts.

MIKEY’S CAMP
Bon Secours Hospice
Beth Pile
(757) 737-2287
Mikey’s Camp provides a supportive environment where children and teens can explore the normal process of grieving and where their self-expression is heard, valued, and honored. The camp is staffed by professional grief facilitators and trained volunteers and held each fall in the Hampton Roads area.

Spiritual-Based Organizations

BARNABAS COUNSELING
St. Paul’s Baptist Church
(804) 643-6177
www.myspbc.org

BENEDICTINE COUNSELING SERVICES
Sister Kathy Persson, OSB, LCSW
(804) 814-2793
Counseling for grief, trauma, and anxiety/depression for couples, individuals, and families.

CHRISTIAN COUNSELING TRAINING CENTER
3602 Floyd Avenue
Richmond, VA 23221
(804) 358-1343
Biblical-based counseling.

COOL SPRINGS BAPTIST CHURCH: GRIEFSHARE
Jerry and Patsi Deans
(804) 402-2032
Jerry.deans@comcast.net
A peer-led group facilitated by two sets of parents, both of whom have lost children. The group meets on the 2nd Sunday of every month at 5:00pm at Cool Spring Baptist Church on Atlee Station Road. The group is open to new members anytime and welcomes those suffering from all types of losses. The program consists of 13 sessions spread over 13 consecutive months. There is no charge for services and you do not have to be a member of the church to join the group.
OTHER GRIEFSHARE PROGRAMS
(800) 395-5755
www.griefshare.org/findagroup
Visit website or call for a complete listing of current and upcoming groups held at local churches around Greater Richmond.
Bethany Baptist Church
Ben Haygood
North Chesterfield
(804) 276-3993
www.bethanyplace.com
Journey of Hope Ministries
Helen Skipwith
(804) 272-1947
RICHMOND HILL GRIEF SUPPORT GROUPS
Sandra Gramling, PhD, LCP, Spiritual Director and Coordinator of Grief Ministries
(804) 783-7903
2209 East Grace Street
www.richmondhillva.org
SISTERS OF HOPE
Peggy Graeser
(804) 301-4166
graeserh@comcast.net
www.sistersofhope-richmond.com
Sisters of Hope is a faith-based group of bereaved moms meeting monthly in a member’s home. We offer care and support to each other on this hard journey in the Lord’s name.
VA INSTITUTE FOR PASTORAL CARE
(804) 282-8332
FULL CIRCLE GRIEF CENTER
Karen Kennedy
(804) 912-2947
www.fullcirclcgc.org
Full Circle offers three 8-week counseling groups each year. The group is open to any adult grieving the loss of someone due to suicide.
PEER-LED SUPPORT GROUP:
AMERICAN FOUNDATION FOR SUICIDE PREVENTION
AnneMoss Rogers
First Baptist Church, Pusey House
2705 Park Avenue
Richmond, VA 23230
(804) 928-8074
annemossrogers@gmail.com
NATIONAL ALLIANCE ON MENTAL ILLNESS OF VIRGINIA
www.namivirginia.org/support-groups
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

Suicide Support Services

Overdose and Substance Use Loss Support Services

FULL CIRCLE GRIEF CENTER
Stacia Macklin
(804) 912-2947
www.fullcirclcgc.org
Full Circle offers three 8-week counseling groups each year. The group is open to any adults grieving the loss of someone due to an overdose or substance use.
GRAPLE RVA
Tracy Grow
(804) 229-5024
graplerva@gmail.com
Founded in 2017 by Tracy Grow, GRAPLE is a grief and loss recovery resource available to those who have lost a loved one to Substance Use Disorders or addiction. To learn more about GRAPLE and how to attend, please contact Tracy.

Additional Support Groups

DIGNITY MEMORIAL LIFT
(LIVING INFORMATION FOR TODAY)
Susan Campbell
(804) 874-8824
susan.campbell@dignitymemorial.com
www.dignitymemorial.com
A social support group out of Woody Funeral Home that gives widowed individuals (adults) the opportunity to socialize with others who share similar feelings and experiences. By hosting organized monthly events such as luncheons, educational seminars and day trips, members have the chance to invest emotional energy in fellowship.

There are no fees or dues to participate and membership is not restricted to those who have been served by Dignity Memorial Providers. *L.I.F.T. is for individuals who have moved beyond their initial grief and are ready to look for new beginnings at this stage of their lives.
Child Loss Support Services

BLILEY’S FUNERAL HOME INTERMENT
OF ANGELS
(804) 355-3800
Through a cooperative effort among Richmond area hospitals, Bliley Funeral Home and The Catholic Diocese of Richmond, infants may be buried in Mt. Calvary Cemetery at no cost to the family. Services are generally led by a priest from the Richmond Diocese or a local pastor. Full Circle is a partner in this program.

COMPASSIONATE FRIENDS
(804) 458-9000
tcfrva@hotmail.com
www.compassionatefriendsRVA.org
Provides highly personal comfort, hope and support to every family experiencing a death of a son or daughter, a brother or sister, or a grandchild, and helps others better assist the grieving family. Each last Tuesday of the month, 7:00 PM, St. Matthias Episcopal Church, 11300 West Huguenot Road Midlothian, VA 23113. Also meets 3rd Thursday of the month, 7:00 PM, Sandston Baptist Church, 100 West Williamsburg Road, Sandston, VA 23150.

FULL CIRCLE’S PERINATAL LOSS GROUP
Carrie Schaeffer, LCSW
(804) 912-2947
www.fullcirclegc.org
Full Circle offers perinatal loss counseling groups each year for parents/couples who have experienced the death of an infant or late-term pregnancy due to stillbirth, prematurity, or medical complication. The closed group will meet for eight weeks, and is offered free of charge.

HENRICO DOCTORS HOSPITAL
PREGNANCY & INFANT LOSS SUPPORT GROUP
(804) 977-5862
7607 Forest Avenue, Suite 110
First Thursday of every month, 6:00 - 7:00 pm.
This support group is intended for parents and adult family members who are grieving the loss of a baby. This loss includes miscarriage, stillbirth, and an infant death younger than a year old. The group is free of charge and open to the community. Bereavement group is facilitated by a social worker and members will provide peer support. The social worker can assist you in deciding if this group is right for you by calling ahead of time. Participation in all sessions is encouraged, but this is a drop-in group (i.e. you are not required to commit to attending every session).

MISS FOUNDATION
Linda Zaffram: (804) 482-0852
8600 Quiocassin Road
http://richmond.missfoundation.org
Misscarriage support group for anyone grieving a miscarriage. Meets the first Wednesday of the month, 6:30 - 8:00 pm. Call with any questions.

MOMS OF HOPE
Marsha Retig
(804) 677-0768
marrettig@comcast.net
Peer-lead group for moms who have experienced the death of a child.

MONTHLY MISCARRIAGE SUPPORT GROUP AT VIRGINIA WOMEN’S CENTER
Henrico Doctor’s Hospital
7611 Forest Avenue, Suite 200
Richmond, VA 23229
(804) 288-4084
Meets the first Thursday of each month, offered free of charge.

MOTHERS IN SYMPATHY AND SUPPORT (MISS)
www.facebook.com/MISSFoundationRVA
Twitter: @MISS_RVA
Karla Helbert, LPC
karla.helbert@missfoundation.org
Offers Bereaved Parents Support Group for mothers and fathers enduring the death of a child from any cause at any time before or after pregnancy. Every third Monday of the month from 7:00 - 8:30 pm at St. Matthew’s Episcopal Church, 1101 Forest Avenue, Richmond, VA 23229.

NOAH’S CHILDREN
Beth Smith, MRE, Bereavement Coordinator
(804) 287-7686

RESOLVE, THE NATIONAL INFERTILITY ASSOCIATION
www.resolve.org
Online Grief and Bereavement Services

Citation: The Bereavement Coalition of Central Virginia

Child Loss

BEREAVED PARENTS OF USA
www.bereavedparentsusa.org

BETHANY CHRISTIAN SERVICES OF VIRGINIA
Monthly support group for birth moms who have placed a child for adoption voluntarily. Meets 3rd Thursday of each month at 6:30 PM. 8100 Three Chopt Road, Suite 220 Richmond, VA 23229
https://bethany.org/locations/us/virginia/richmond

C2 ADOPT
Monthly support group to birth parents and families who are considering or have placed a child for adoption. Free. Meeting 3rd Tuesday of each month from 6:30-8:30 PM. 8100 Three Chopt Road, Suite 101 Henrico, VA 23229
(804) 354-1881
www.c2adopt.com

COMPASSIONATE FRIENDS
Supports individuals who experience child loss of all kinds. Online support is limited to siblings 18 years and older.
www.compassionatefriends.org/resources/Resources/Online_Support.aspx

HEALING HEARTS FOR BEREADED PARENTS
Holding Out the Light of Hope and the Hand of Friendship to Grieving Parents and Their Family
www.healingheart.net

MISS FOUNDATION
Provides chats and forums for bereaved parents, siblings, grandparents and other family members. Visit the website and click ‘forums.’ Browse as guests anonymously or join with an identifying screen name, sharing as much or as little as you like.
www.missfoundation.org

PARENTS OF MURDERED CHILDREN
Only national self-help organization dedicated solely to the aftermath and prevention of murder. POMC makes the difference through ongoing emotional support, education, prevention, advocacy, and awareness. 800-818-7662
www.pomc.org

SHARE, PREGNANCY AND INFANT LOSS SUPPORT, INC.
Perinatal or neonatal loss
www.nationalshare.org

General Grief

AMERICAN HOSPICE FOUNDATION
www.americanhospice.org/grief-landing

DOUGY CENTER
www.dougy.org

GRIEFSHARE
GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You’ll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.
www.griefshare.org

GRIEF WATCH
Provides bereavement resources, memorial products, education, and links that can help you through your personal loss.
www.griefwatch.com

HEALING THE SPIRIT
Resources for coping with the death of a loved one.
www.healingthespirit.org

MODERN LOSS
A candid conversation about grief, blog for young adults.
www.modernloss.com

MOTHERS AGAINST DRUNK DRIVING (MADD)
National office will refer victims of drunk driving crashes to their nearest local chapter. If one is not available, telephone counselors will offer guidance and support. 1-800-GET-MADD (438-6233)
www.madd.org

NATIONAL CHILD TRAUMATIC STRESS NETWORK (sudden loss)
www.nctsn.org

NATIONAL WIDOWERS’ ORGANIZATION
A virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition.
www.nationalwidowers.org

SCHOLASTIC
www.scholastic.com/childrenandgrief

TWINLESS TWINS
Provides support for twins and other multiples who have lost their twin due to death or estrangement at any age. The unique aloneness felt can best be understood by another twinless twin.
www.twinlesstwins.org
Loss From Suicide

AMERICAN ASSOCIATION OF SUICIDIOLOGY
www.suicidology.org

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
www.afsp.org

SUICIDE PREVENTION LIFELINE
(800) 273-TALK (8255)
www.suicidepreventionlifeline.org

GRASP offers overdose grief support on a national level. It was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.

Over time, GRASP has grown into a peer-to-peer support network with over 100 chapters in the United States and Canada. They also have an active Facebook group and online resources.

For Children

CHILDREN’S GRIEF AND LOSS ISSUES
Books to help children cope with loss
www.childrensgrief.net

CREATIVE HEARTWORK
Organization that combines the grief process and creative expression
www.creativeheartwork.org

NATIONAL ALLIANCE FOR GRIEVING CHILDREN
www.childrengrieve.org

Remembrance

FULL CIRCLE MEMORY WALL
An online memory wall to share pictures, quotes, and memories of your loved one.
www.fullcirclegc.org/memorywall

THE HEALING GARDEN
A child web page with interactive activities to help children deal with their grief and loss through creative expression and companion interaction.
www.lifenethealth.org/healingthespirit
Book List for Grief and Loss

For Children 4-8 Years Old

A Hug From Heaven
by Anna Whiston-Donaldson

Always Remember
by Cece Merg

Away: A Children's Book of Loss
by WP Osborne, Ayan Saha

Badger's Parting Gifts
by Susan Varley

Don't Despair on Thursdays!: The Children's Grief-Management Book (The Emotional Impact Series)
by Adolph Moser
Illustrated by David Melton

The Empty Place: A Child's Guide Through Grief
by Roberta Temes

The Fall of Freddie the Leaf
by Leo Buscaglia

Grumpy Monkey
by Suzanne Lang

I Had a Friend Named Peter - Talking to Children About the Death of a Friend
by Janice Cohn

I Miss You: A First Look at Death
by Thomas and Harker

The Invisible String
by Patrice Karst

Lifetimes: The Beautiful Way to Explain Death to Children
by Bryan Mellonie

The Memory Box
by Joanna Rowland

Sad Ninja: A Children's Book About Dealing with Loss & Grief
by Mary Nhin

Someone I Love Died from a Drug Overdose
by Melody Ray

Water Bugs and Dragonflies: Explaining Death to Young Children
by Doris Stickney

What on Earth Do You Do When Someone Dies?
by Trevor Romain

What's Heaven?
by Maria Shriver

When Dinosaurs Die: A Guide to Understanding Death
by Laurie and Marc Brown

When People Die
by Sarah Levete

Where's Jess: For Children who have a Brother or Sister Die
by Marvin and Joy Johnson

Wherever You Are: My Love Will Find You
by Nancy Tillman

For Children 9-12 Years Old

But I Didn't Get to Say Goodbye
by Barbara Rubel

The Dragonfly Secret: A Story of Boundless Love
by Clea Adams and Barbara Gibson

Gentle Willow: A Story for Children About Dying
by Joyce Mills

Good Grief: A Kids Guide for Dealing with Change and Loss
by Kim Frank

Healing Your Grieving Heart: For Kids
by Alan D. Wolfelt

The Magic Moth
by Virginia Lee

Our Dad Died: The True Story of Three Kids Whose Lives Changed
by Amy Dennison, Allie Dennison and David Dennison

Sad Isn't Bad
by Michaelene Murphy

The Snowman: A Book About Children and Grief
by Robert Vogel

Tear Soup
by Pat Schweibert
Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum
by Kayla Helbert, LPC

The Grieving Teen: A Guide for Teenagers and Their Friends
by Helen Fitzgerald

Healing Your Grieving Heart for Teens: 100 Practical Ideas
by Alan D. Wolfelt

Losing Someone You Love: When a Brother or Sister Dies
By E. Richter

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love
by Earl Grollman

When a Friend Dies - A Book for Teens About Grieving
by Marilyn Gootman

You Are Not Alone: Teens Talk About Life After The Loss of a Parent
by Lynne Hughes

Anxiety: The Missing Stage of Grief
by Claire B. Smith

Bearing the Unbearable
by Joanne Cacciatore and Jeffrey Rulan

Bereaved Children and Teens: A Support Guide for Parents and Professionals
by Earl Grollman

Black Widow
by Leslie Gray Streeter

Children and Grief: When a Parent Dies
by William Worden

The Cure for Sorrow: A Book of Blessings for Times of Grief
by Jan Richardson

Grief: Day by Day
by Jan Warner

Grief in Children: A Handbook for Adults
by Dyregrov and Yule

Grieving: Our Path Back to Peace
by James R. White

The Grieving Child: A Parent's Guide
by Helen Fitzgerald and Elisabeth Kubler-Ross

Guiding Your Child Through Grief
by James P. Emwiler and Mary Ann Emwiler

Healing After Loss: Daily Meditations
by Martha Whitmore Hickman

Healing Your Grieving Heart
Healing a Child’s Grieving Heart
(Or any of Wolfelt’s Healing Books)
by Alan D. Wolfelt

I’m Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal
by Linda Feinberg

It’s Okay You’re Not Okay
by Megan Devine

I Wasn’t Ready to Say Goodbye
by Brook Noel and Pamela D. Blair

The Mourning Handbook: The Most Comprehensive Resource Offering Practical and Compassionate Advice on Coping with All Aspects of Death and Dying
by Helen Fitzgerald

Option B
by Sheryl Sandberg and Adam Grant

The Orphaned Adult: Understanding and Coping with Grief and Change
by Alexander Levy

The Other Side of Sadness
by George Bonanno

Rare Bird
by Anna Whiston-Donaldson

Talking About Death: A Dialogue Between Parent and Child
by Earl A. Grollman

Talking With Children About Loss
by Maria Trozzi

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart
by Alan D. Wolfelt

What Do We Tell the Children?
by Dan Schaefer and Christine Lyons

The Worst Loss
by Barbara D. Rosof
### Serious Illnesses

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
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<tbody>
<tr>
<td>Gentle Willow: A Story for Children about Dying</td>
<td>Joyce Mills</td>
</tr>
<tr>
<td>How to Help Children Through a Parent’s Serious Illness</td>
<td>Kathleen McCue</td>
</tr>
<tr>
<td>Raising an Emotionally Healthy Child when a Parent is Sick</td>
<td>Paula Rauch and Anna Muriel</td>
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### Loss of a Child

<table>
<thead>
<tr>
<th>Title</th>
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<tr>
<td>Children and Grief: When a Parent Dies</td>
<td>William Worden</td>
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<tr>
<td>Finding Hope When A Child Dies: What Other Cultures Can Teach Us</td>
<td>Sukie Miller and Doris Ober</td>
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<tr>
<td>Gone but Not Lost: Grieving the Death of a Child</td>
<td>David W. Wiersbe</td>
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<tr>
<td>The Grieving Garden: Living with the Death of a Child</td>
<td>Suzanne Redfern</td>
</tr>
<tr>
<td>Guiding Your Child Through Grief</td>
<td>James Emswiler and Mary Ann Emswiler</td>
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<tr>
<td>Healing a Child’s Grieving Heart</td>
<td>Alan D. Wolfelt</td>
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<tr>
<td>Healing Your Grieving Heart</td>
<td>Alan D. Wolfelt</td>
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<tr>
<td>Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies</td>
<td>Janis Silverman</td>
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<tr>
<td>Help Your Marriage Survive the Death of a Child</td>
<td>Paul C. Rosenblatt</td>
</tr>
<tr>
<td>I Keep Trying to Catch His Eye</td>
<td>Ivan Maisel</td>
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<tr>
<td>Talking With Children About Loss</td>
<td>Maria Trozzi</td>
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<tr>
<td>Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart</td>
<td>Alan D. Wolfelt</td>
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### Art Journals/Workbooks

<table>
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<tr>
<th>Title</th>
<th>Author(s)</th>
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<tbody>
<tr>
<td>Angel Catcher: A Journal of Loss and Remembrance</td>
<td>Kathy Eldon and Amy Eldon Turteltaub</td>
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<tr>
<td>Children and Grief: When a Parent Dies</td>
<td>J. William Worden</td>
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<tr>
<td>From Grief to Peace</td>
<td>Heather Stang</td>
</tr>
<tr>
<td>Guiding Your Child Through Grief</td>
<td>James P. Emswiler and Mary Ann Emswiler</td>
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<td>Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies</td>
<td>Janis Silverman</td>
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<tr>
<td>How to Carry What Can’t Be Fixed</td>
<td>Megan Devine</td>
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<tr>
<td>Talking With Children About Loss</td>
<td>Maria Trozzi</td>
</tr>
<tr>
<td>Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart</td>
<td>Alan D. Wolfelt</td>
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<td>When Someone Very Special Dies</td>
<td>Marge Heegaard</td>
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### Pet Loss

<table>
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<tr>
<th>Title</th>
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<tbody>
<tr>
<td>The Forever Dog</td>
<td>Bill Cochran</td>
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<tr>
<td>The Invisible Leash</td>
<td>Patrice Karst</td>
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<tr>
<td>The Tenth Good Thing about Barney</td>
<td>Judith Viorstmswiler</td>
</tr>
<tr>
<td>When a Pet Dies</td>
<td>Fred Rogers</td>
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</tbody>
</table>
## Suicide Resources

### General Resources

- **After Suicide Loss: Coping with Your Grief**  
  By Bob Baugher and Jack Joran, PhD
- **Black Suicide: The Tragic Reality of America’s Deadliest Secret**  
  by Alton R. Kirk, PhD
- **Dying to Be Free: A Healing Guide for Families after Suicide**  
  by Beverly Cobain and Jean Larch
- **Healing After the Suicide of a Loved One**  
  by Ann Smolin and John Guinan
- **Lay My Burden Down: Unraveling Suicide and Mental Health Crisis Among African Americans**  
  by Alvin F. Poussaint and Amy Alexander
- **Reaching Out After Suicide: What’s Helpful and What’s Not**  
  by Linda H. Kilburn MSW
- **Rocky Roads: The Journeys of Families through Suicide and Grief**  
  by Michelle Linn-Gust, PhD
- **Silent Grief: Living in the Wake of Suicide**  
  by Christopher Lukas and Henry Seiden
- **Suicide of a Child**  
  by Aina Wrobleski
- **Suicide Survivors Handbook - Expanded Edition**  
  by Trudy Carlson
- **Survivors of Suicide**  
  by Rita Robinson and Phyllis Hart
- **Touched by Suicide: Hope & Healing After Loss**  
  by Michael Myers
- **Unfinished Conversation: Healing from Suicide and Loss - A Guided Journey**  
  by Robert E. Lesoine and Marilyne Chopel
- **Why Suicide? Questions and Answers about Suicide, Suicide Prevention and Coping with the Suicide of Someone You Know**  
  by Eric Marcus
- **The Wilderness of Suicide Grief: Finding Your Way**  
  by Alan D. Wolfelt

### Understanding Suicide and Mental Illness

- **An Unquiet Mind: A Memoir of Moods & Madness**  
  by Kay Redfield Jamison
- **Darkness Visible**  
  by William Styron
- **Demystifying Psychiatry: A Resource for Patients and Families**  
  by Charles Zorumski and Eugene Rubin
- **Night Falls Fast: Understanding Suicide**  
  by Kay Redfield Jamison
- **No One Saw My Pain: Why Teens Kill Themselves**  
  by Andrew Slaby and Lili Frank Garfinkle
- **The Noonday Demon: An Atlas of Depression**  
  by Andrew Solomon
- **November of the Soul: The Enigma of Suicide**  
  by George Howe Colt
- **Understanding Depression: What We Know and What You Can Do About It**  
  By J. Raymond DePaulo Jr. MD

### Survivor Stories

- **A Force Unfamiliar to Me: A Cautionary Tale**  
  by Jane Butler
- **An Empty Chair: Living in the Wake of Sibling’s Suicide**  
  by Sara Swan Miller
- **A Special Scar: The Experience of People Bereaved by Suicide**  
  by Alison Wertheimer
- **Before Their Time: Adult Children’s Experiences of Parental Suicide**  
  by Mary and Maureen Stimming
- **Blue Genes: A Memoir of Loss and Survival**  
  by Christopher Lukas
  by Josh Rivedal
- **History of a Suicide: Me and My Sister’s Unfinished Life**  
  by Jill Bialosky
- **I Keep Trying to Catch His Eye**  
  by Ivan Maisel
- **In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide**  
  by Nancy Rapport
<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author</th>
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<tbody>
<tr>
<td>After a Parent’s Suicide: Helping Children Heal</td>
<td>Margo Requarth</td>
</tr>
<tr>
<td>After a Suicide: A Workbook for Grieving Kids</td>
<td>available through The Dougy Center</td>
</tr>
<tr>
<td>But I Didn’t Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors</td>
<td>Barbara Rubel</td>
</tr>
<tr>
<td>Child Survivors of Suicide: A Guidebook for Those Who Care for Them</td>
<td>Rebecca Parkin and Karen Dune-Maxim</td>
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<tr>
<td>My Uncle Keith Died</td>
<td>Carol Ann Loehr</td>
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<tr>
<td>Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care For Them</td>
<td>Doreen Cammarata</td>
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<tr>
<td>Understanding Suicide, Supporting Children</td>
<td>available through The Dougy Center</td>
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<tr>
<td>After a Suicide: Young People Speak Up</td>
<td>Susan Kuklin</td>
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<tr>
<td>For Adolescents Touched by Suicide</td>
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<tr>
<td>After a Suicide: Young People Speak Up</td>
<td>Susan Kuklin</td>
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<tr>
<td>For Men Touched by Suicide</td>
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<tr>
<td>Men &amp; Grief: A Guide for men Surviving the Death of a Loved One and a Resources for Caregivers and Mental Health Professionals</td>
<td>Carol Staudacher</td>
</tr>
<tr>
<td>Real Men Do Cry: A Quarterback’s Inspiring Story of Tackling Depression and Surviving Suicide Loss</td>
<td>Eric Hipple with Dr. Gloria Horsley and Dr. Heidi Horsley</td>
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<tr>
<td>Swallowed by a Snake: The Gift of the Masculine Side of Healing</td>
<td>Thomas R. Golden</td>
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<tr>
<td>When a Man Faces Grief/ A Man You Know Is Grieving: 12 Practical Ideas to Help You Heal from Loss</td>
<td>Thomas R. Golden and James E. Miller</td>
</tr>
<tr>
<td>When Suicide Comes Home: A Father’s Diary and Comments</td>
<td>Paul Cox</td>
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<tr>
<td>For Clinicians</td>
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<tr>
<td>Suicide and It’s Aftermath: Understanding and Counseling the Survivors</td>
<td>Edward Dunne</td>
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<tr>
<td>Therapeutic and Legal Issues for the Therapists Who Have Survived a Client Suicide: Breaking the Silence</td>
<td>Kayla Miriyam Weiner</td>
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<tr>
<td>When a Man Faces Grief / A Man You Know Is Grieving: 12 Practical Ideas to Help You Heal from Loss</td>
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Helping Children Through Suicide Loss

For Men Touched by Suicide

For Men Touched by Suicide

For Adolescents Touched by Suicide

For Adolescents Touched by Suicide

For Clinicians

For Clinicians
Overdose and Substance Use Loss Resources

Codependent No More by Melody Beattie

Grief Diaries: Surviving Loss by Overdose by Lynda Cheldelin Fell

Option B: Facing Adversity, Building Resilience, And Finding Joy by Sheryl Sandberg and Adam Grant

Dream Land: The True Tale of America’s Opiate Epidemic by Sam Quinones

Heartbroken: Grief and Hope Inside the Opioid Crisis by Ellen Krohne

Tweak by Nic Sheff

Drinking: A Love Story by Caroline Knapp

Mindfulness and Overdose Grief Articles and Podcasts www.mindfulnessandgrief.com/overdose-loss/

Understanding Your Grief after a Drug Overdose Death by Alan D. Wolfelt

From Heroin to Hope: Making Sense of the Loss of a Child by Marsha Wiggins, Ph.D.

My New Normal: A Mother’s Story of Love and Loss in the Opioid Epidemic by Charla Bocchicchio

When a Child Dies From Drugs: Practical help for Parents in Bereavement by Pat and Russ Wittberger

The Grief Chronicles: With You in my Eyes Like Flaming Flowers by Marie Minnich

Perinatal Loss Resources

About What Was Lost by Jessica Berger Gross

Father Along: The Writing Journey of Thirteen Bereaved Mothers by Carol Henderson

Grieving Fathers: To the Brink and Back by Kelly Farley

Celebrating Pregnancy by Franche Cox

Fathers Feel Too by Andrew Don

Healing After Loss by Martha Whitmore Hickman

Closer to the Light by Melvin Morse

Free to Grieve by Maureen Rank

Heaven is Real: A Little Boy’s Astounding Story of his Trip to Heaven and Back by Todd Burpo

Dancing in the Rain by Cindy Schuffle Banger

Gone But Not Lost: Grieving the Death of a Child by David W. Wiersbe

I Will Carry You – The Sacred Dance of Grief and Joy by Angie Smith

Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah Davis

Good Grief by Monica Novak

Journeys: Stories of Pregnancy After a Loss by Ay Abbey

An Exact Replica of a Figment of My Imagination: A Memoir by Elizabeth McCracken

Grieving the Child I Never Knew by Kathery Wunnenburg
For Adults: Sudden Loss

The After Journey: Getting Through the First Year
by Laurie-Ann Weis
A collection of people's thoughts and words of wisdom based on their experiences after suffering a great loss in their lives. Each section begins with the author's story and leads into the reflections of others on the same topic, some of those voices drawing tears from readers, while others conjuring sheer laughter and a sense of relief. The book is simply a friend that can hold your hand when getting through the first year alone.

Coping With the Sudden Death of Your Loved One: Self-Help for Traumatic Bereavement
by Terese Rando
Written for the unique needs of those whose loved ones die from accident, suicide, homicide, illness, or acute natural causes.

Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death
by Alan D. Wolfelt, PhD

How To Go On Living When Someone You Love Dies
by Terese Rando
This book was written to provide information and support to help individuals cope better with loss, and supplant the unrealistic expectations about mourning that make it harder than it has to be. It addresses the specific issues faced by those who lose a spouse, child, parent, sibling, or friend and it explains the unique needs of those whose loved ones die from accident, suicide, homicide, illness, or acute natural causes.

I Wasn't Ready to Say Goodbye:
Surviving, Coping and Healing After the Sudden Death of a Loved One
by Brook Noel

No Time for Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death
by Janice Harris Lord

Surviving Sudden Loss: Stories From Those Who Have Lived It
by Heidi Snow, Ariana Bratt and Rudy Giuliani

Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One
by Courtney M. Armstrong, LPC
For Adults: Loss of a Sibling

An Empty Chair: Living in the Wake of a Sibling’s Suicide
by Sara Swan Miller
Written following interviews with more than 30 bereaved siblings, and aided by her personal experience with her sister’s suicide, the author offers hope for those left behind.

The Empty Room: Understanding Sibling Loss
by Elizabeth DeVita-Raeburn
Drawing from her own experiences and those from interviewing 200 other individuals, this author describes the journey to healing and the unique emotions that may be present along the way.

The Jim and Dan Stories: A Journey of Grief and Faith
by Colleen Redman
The author lost two adult brothers one month apart - a devastating loss that she dealt with by writing. The result is an inspiring book for those who have lost adult siblings.

The Lone Twin: Understanding Twin Bereavement and Loss
by Joan Woodward
This book was written by a psychotherapist in England, who explores what happens when twins are separated, especially by death. Since twin mortality is high, it is not unusual for the surviving twin’s loss to go unnoticed. The author says that the relationship between twins is highly significant and begin for many twins before they are actually born. The book is based on interviews with 219 “lone twins.” Woodward is an attachment therapist and bases her understanding of twin loss on Bowlby’s theory of attachment.

Recovering From the Loss of a Sibling: When a Brother or Sister Dies
by Katherine Donnelly
A book of hope and healing that addresses the many questions, fears and feelings of surviving siblings of all ages, such as: Why did this happen to me? It should have been me. Why wasn’t it? God must have punished me for the time when I was so mean to my brother. My sister was my parents’ favorite and I don’t seem to count to them. At work, they have no idea what I’m going through; they think I’m just a sibling. These intimate, true stories provide valuable insight, demonstrating that the reader is not alone and that others have gone through this devastating experience and have survived.

Sibling Grief: Healing After the Death of a Sister or Brother
by Pleasant White, PhD
Validation of the emotional significance of sibling loss. She draws on both clinical experience and her own deeply personal experience, along with wisdom from hundreds of bereaved siblings, to explain the five healing tasks unique to sibling grief. White also describes the dream patterns of bereaved siblings, showing how healing is reflected in the dream state. Throughout, she illustrates the long-lasting connection between siblings - a connection that death itself cannot sever.

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies
by T.J. Wray
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. The book discusses: searching for and finding meaning in your sibling’s passing, using a grief journal to record your emotions, choosing a grief partner to help you through tough times, dealing with insensitive remarks made by others.
For Adults: Loss of a Parent

Death Benefits: How Losing a Parent Can Change an Adult’s Life – For the Better
by Jeanne Safer, PhD
Demonstrates through powerful stories (including the author’s own revelatory experience) how parent loss is the most potent catalyst for change in middle age and can actually offer us our last, best chance to become our truest, deepest selves.

Death of a Parent: Transition to a New Adult Identity
by Debra Umberson
This book sets out in clear and comprehensive terms what the death of a parent means to most adults – how it in fact functions as a turning point in our emotional, social, and personal lives. Drawing on her own groundbreaking research, in-depth interviews, and data collected nationwide, Debra Umberson explores the social and psychological factors that determine how this important loss will affect us - as a personal crisis or an opportunity for healthy change. Her book shows how adults, far from the “finished” beings we are often assumed to be, can be profoundly transformed by the death of a parent - in beliefs, behavior, goals, sense of self - transformed in ways that will continue to affect us, for better or worse, for the rest of our lives. She is the only scholar to have published on the topic of parental death in adulthood using national data.

Fatherloss: How Sons of All Ages Come to Terms with the Death of their Dad
by Neil Chethik
Features up-close-and-personal profiles of father-son relationships, drawing on the author’s national survey of 300 men and interviews with 70 others. Grieving is part of the unique relationship between sons and fathers; it is highly subjective and dependent on the son’s age at the time of his father’s death.

Forgiving Our Parents, Forgiving Ourselves: Healing Adult Children of Dysfunctional Families of Dysfunctional Families
by David A. Stoop and James Masteller
Dr. Stoop and Masteller believe you can move beyond failure to forgiveness. But before you can begin the process of forgiveness, you need to understand the roots of your pain, through exploring the family patterns that perpetuate dysfunction. When you understand your family of origin, you will be able to take the essential step of forgiveness.

Grieving the Death of a Mother
by Harold Ivan Smith
This book explores how the loss of the mother can impact an adult through personal anecdotes from the author and other celebrated figures, and provides insight on this specific grief process.

In the Letting Go: Words to Heal the Heart on the Death of a Mother
by Jonathon Lazear
When a mother dies, often the center of the family is gone. The holiday rituals, the special birthday celebrations for children and grandchildren – the memories are often held by the mother. A mother is a caretaker, a best friend, a source of sage-like wisdom. Losing her can be a traumatic experience. It is a space where you are invited to discover solace through the experiences and feelings of others – simple or profound.

Losing a Parent: Passage to a New Way of Living
by Alexandra Kennedy
Most people will have to deal with the death of a parent; few are prepared to. Addressing this incomparable loss, Alexandra Kennedy shares her own compelling story and offers innovative strategies for healing and transformation.

Losing Your Parents, Finding Yourself: The Defining Turning Point of Adult Life
by Victoria Secunda
Drawing on her survey of 94 people, Secunda explores how adult orphans gradually give up their old childish identity and discover their true adult selves in terms of their relationships with siblings, children, and friends.

Midlife Orphan: Facing Life’s Changes Now That Your Parents Are Gone
by Jane Brooks
The word “orphan” may make us think of a child – but even self-sufficient adults can feel the pain of “orphanhood” when their parents are suddenly gone. Complicating the natural mourning process is the fact that this loss often occurs in our thirties, forties, or fifties – as we are raising our own children, watching them leave the nest, and facing other adjustments in our lives, from our jobs to our marriages to our health.

Motherless Daughters: The Legacy of Loss
by Hope Edelman
This resource addresses the unique loss of a mother from a daughter’s perspective, exploring not only the initial grief, but how the loss may impact you in the years to come.

On Love Alone: Words to Heal on the Death of a Father
by Jonathon Lazear
This book is the tranquil place you’ve been looking for. It is a heartfelt collection of quotes, poems, and passages.

The Orphaned Adult: Understanding and Coping With Grief and Change After the Death of Our Parents
by Alexander Levy
This book addresses those who have lost their parents in adulthood, making an effort to explore that grief and not ignore it as society might want.
She Loved Me, She Loved Me Not: Adult Parent Loss after a Conflicted Relationship
by Linda J. Converse
Anger, rage, ambivalence, guilt and shame...all of these unexpected feelings can accompany grief and sadness when a parent dies. Such reactions, however, are often considered unacceptable in our society. After reading this sensitive and thoughtful book, you will no longer feel alone.

When Parents Die: A Guide for Adults
by Edward Myers
He discusses the psychological responses to a parent’s death, such as shock, depression, and guilt, and offers suggestions on how to cope with and overcome these responses. Practical matters, such as dealing with funerals and estates are also discussed, and a resource guide offers information on support groups, counseling, and additional reading. Enriched by the voices of bereavement experts, clinicians, and individual men and women who have suffered the loss of a parent. When Parents Die will lead the grieving toward insight, growth, solace, and acceptance.

Helping Grieving Children
Books to Help Children Cope with Separation and Loss
by Joanne E. Bernstein and R. Bowker
A bibliographic guide to fiction and non-fiction books designed to help children from ages 3 to 16 during grief.

Children Mourning, Mourning Children by Kenneth Doka, PhD

Explaining Death to Children by Earl A. Grollman
A collection of articles on the title subject. Young child’s view of death as seen in different cultures. Also the Protestant, Catholic and Jewish approach with children.

Healing a Teen’s Grieving Hearth: 100 Practical Ideas
by Alan D. Wolfelt

Healing Children’s Grief; Surviving a Parent’s Death from Cancer
by Grace Hyslop Christ

Helping the Bereaved Child
by Alan D. Wolfelt

Helping Children Cope with Grief by Alan D. Wolfelt
Excellent reference work designed for those who want to be “helping-healing adults” to children coping with grief experiences.

Helping Children Grieve
by Theresa Huntley
To help adults understand how children grieve and how to help.

How Do We Tell The Children?
by Dan Schaefer
Provides the straightforward, uncomplicated language that will explain the facts of death to children from two to teenagers.

Living with Death
by Judith Bisignano
This is a workbook for ages 11 to adult.

The Magical Thoughts of Grieving Children: Treating Children with Complicated Mourning and Advice for Parents
by James A. Fogarty

Telling a Child about Death
by Edgar Jackson
A reference book for adults in how to present information about death to a child.

Where Has Grandpa Gone?
by Ruth Kopp, MS
Excellent book for parents in understanding what a child grasps at various age levels.

Spousal Loss
Finding Your Way After Your Spouse Dies
by Marta Felber
This Christian resource encourages adults to really explore their grief through prayer, journaling, and reading as the author offers help navigating their grief journey.

Getting to the Other Side of Grief: Overcoming the Loss of a Spouse
by Robert De Vries
A Christian resource, written by a psychologist/pastor team, this book outlines the grieving process and addresses why it is so vital to undertake the journey through grief.

Healing a Spouse’s Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies
by Alan Wolfelt
Written for widowed individuals regardless of age, circumstances, or length of time after death, this book addresses grieving and the impact that it can have as you try to continue after the death.
Levels of Life
by Julian Barnes
The winner of the 2011 Man Booker Prize offers a rumination on grief and the alchemical power of love after the shattering loss of his wife.

Swallowed by a Snake
by Tom Golden
Discover new and powerful ways to heal, how the genders differ in their healing, greater understanding between partners, examples of successful and unique healing strategies, new ways to understand your grief, and ways the individual’s loss can impact the entire family.

Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life
by Genevieve Davis Ginsburg
This resource addresses not only the emotions that often accompany a newly bereaved widow, but also many of the practical issues that may arise, such as learning to travel and eat alone.

Loss of an Adult Child

Angel Catcher: A Journal of Loss and Remembrance
by Kathy Eldon and Amy Eldon Turteltaub
Written by a bereaved mom and her daughter.

The Bereaved Parent
by Harriet Sarnoff Schiff
Addressing not only the initial grief that a parent may feel, this book also discusses how grief may evolve over the coming year and offers guidance through the day-to-day issues that may arise.

The Death of an Adult Child: A Book for and About Bereaved Parents (Death, Value and Meaning)
by Jeanne Webster Blank

Farther Along: The Writing Journey of Thirteen Bereaved Mothers
by Carol Henderson

Healing the Heartbreak of Grief
by Dr. Peter James Flaming
A locally notable pastor emeritus shares his thoughts on the struggle of grief, from his personal experience of an adult child’s death, and from providing pastoral care to many.

When the Bough Breaks: Forever After the Death of a Son or Daughter
by Judith Bernstein
This resource combines Bernstein’s work with interviews from 55 parents that had lost children from 5 to 45, creating a book that addresses the intense grief a parent may feel as well as how such a loss may impact all members of a family.

When Your Family’s Lost a Loved One
by David and Nancy Guthrie
While many marriages and families falter under the load of grief that losing a child brings, these authors have not only stayed together but have grown closer. “It breaks my heart to think of couples who not only lose their child but also lose the one person who connects them most closely to that child.” The death of a child does not spell the certain death of a marriage. It can actually draw a family closer.

General Grief

A Grace Disguised: How the Soul Grows through Loss
by Jerry Sittser
In coming to the end of ourselves, we can come to the beginning of a new life – one marked by spiritual depth, joy, compassion, and a deeper appreciation of simple blessing.

A Grief Observed
by C. S. Lewis
The author’s heavy spiritual journey through grief following his wife’s death. A comforting, important book.

Ambiguous Loss: Learning to Live with Unresolved Grief
by Pauline Boss
Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. These losses may be life altering and traumatic (having a spouse with Alzheimer’s disease, immigration loss, spouses missing in action) yet are often not recognized as real losses. There are no rituals to mark them, no wakes, funerals, sympathy cards or meals by neighbors. Without the validation the people often feel frozen in limbo, unsure how to navigate lives that no longer felt familiar. The central message of this book is that they can move on.

Experiencing Grief
by H. Norman Wright
This resource explores the five stages of grief and the tumult of emotions that emerge, such as guilt, from a Christian perspective.

Healing After Loss: Daily Meditations for Working Through Grief
by Martha Hickman
By delivering insight through short, one-page entries, this wonderful resource manages to not only cover a span of emotions and reactions in grief, but also to fit into the chaotic lives of grievers.
Healing Complicated Grief: Reflections and Exercises to Mourn the Loss of Those Who Loved and Hurt Us
by Cheryl Kroll
Through a series of sensitively written reflections and innovative exercises, Cheryl will walk you through the authentic grief process, helping you to resolve past hurts, heal present losses, and once again embrace the future with hope and joy.

How to Go On Living When Someone You Love Dies
by Therese Rando
This resource is a wealth of knowledge, beginning by teaching about grief itself then applying it to specific experiences and teaching about the resolution of it.

The Infinite Thread: Healing Relationships Beyond Loss
by Alexandra Kennedy
The loss of someone close to us can shake the very foundations of our lives. We look for ways to rebuild that foundation but our society has little to offer. We hear clichés such as time heals all wounds and you just need to get on with your life. But too often such advice deepens the pain and turmoil we feel. Thankfully, there are alternatives that really can bring us comfort. She tells how to use our own innate abilities for finding the path through the bewildering experience of loss. From writing letters to creating a sanctuary for the process of recovery, she tells how our creative and intuitive capacities can help us find peace beyond the inner turmoil. Using anecdotes from real-life, she eloquently describes the seven tasks of grieving and offers ways to support partners, friends, and children who are struggling with loss.

I Wasn’t Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One
by Brooke Noel and Pamela Blair
Though much of the book centers on the experience of losing a loved one suddenly, the authors also explore the first few weeks after a death, myths about grieving, and gender-based grieving styles.

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss
by Elisabeth Kubler-Ross
This book breaks down common emotional stages that many adults may feel as they grieve and addresses a variety of situations that may lead to complicated grief.

Swallowed by a Snake: The Gift of the Masculine Side of Healing
by Thomas Golden
A book for men and women about the masculine side of healing from loss. Discover how the genders differ in their healing and create greater understanding between partners. Learn by examples of others’ successful and unique grief journeys. Discover ways that your loss can impact the entire family. Swallowed by a Snake is meant to be a map and a guide through the experience of loss. It will help you move through the pain of loss and into a place of healing and transformation.

Tear Soup
by Pat Schweibert
One of the best and most popular grief resources available. Although it looks and reads like a fairy tale, or a child’s fable, it is actually most informative about grief for adults as well as children.

Through a Season of Grief: Devotions for Your Journey from Mourning to Joy
by Bill Dunn & Kathy Leonard
A collection of 365 daily devotions, this Christian resource helps individuals move from initial loss through their grief in the year that follows to a place of healing.

To Begin Again
by Rabbi Naomi Levy
She shares a deep and compassionate understanding of grief that is useful for those of any spiritual belief. Levy realizes that the question after a personal tragedy should not be, “Why did this happen?” but rather, “How can I go on?”

Traveling Through Grief: Learning to Live Again After the Death of a Loved One
by Susan Zonnebelt-Smeenge and Robert De Vries
This resource examines each of five common tasks of grief with both a Christian and mental health perspective – accepting the reality of death, embracing all the following emotions, keeping memories, separating yourself from the deceased, and reinvesting fully in your life.

When a Man Faces Grief / A Man You Know is Grieving
by Thomas Golden & James Miller
This resource is divided into two sections, each with twelve chapters. The first addresses men that are grieving directly to give helpful ideas to work through grief and the other that addresses loved ones who want to understand and help men who are grieving.

When There Are No Words: Finding Your Way to Cope with Loss and Grief
by Charlie Walton
This is a heartfelt book written for a grieving adult and it includes a helpful list of resources and organizations at the back of the book.

Healing from grief is the process of remembering with less pain and more joy.

- Author Unknown
Disenfranchised Grief

Better Than My Dreams: Finding What You Long For Where You Might Not Think to Look
by Paula Rinehart
Every morning we face the day with a set of expectations about how things will or should be. Author Paula Rinehart says, “The oddest part about our mental images is that we don’t know they are there until the video of our lives plays out in a different fashion.” Offering a radical shift in perspective, Paula guides readers to a fresh discovery that the story of our lives may look vastly different than what we anticipated – but that it’s a good thing.

Disenfranchised Grief: Recognizing Hidden Sorrow
by Kenneth J. Doka
Author coined this term to mean grief that people experience when they have a loss that is not or cannot be openly acknowledged, socially sanctioned or publicly mourned, like a death to AIDS or of an ex-spouse.

No Time for Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death
by Janice Harris Lord

Perfection: A Memoir of Betrayal and Renewal
by Julie Metz
One woman’s story of finding out, after his sudden death, that her husband had had numerous affairs. Two of the affairs were with close friends of the couple.

How to Help a Grieving Family

By: Anna Whiston Donaldson
An author and blogger whose twelve-year-old son Jack died in a neighborhood accident.

Thousands of other people are teaching me how to love someone through grief. You see, I realize now I have NEVER been good at reaching out to those who were grieving. I made a lot of excuses such as, “I don’t want to intrude,” “We’re not that close,” “I’m sure plenty of other people are doing it,” and “I don’t want to make them any sadder than they already are.” A lot of times I think I just chose my agenda versus reaching out, and I missed many opportunities to walk beside grieving families.

We are truly amazed by the outpouring of love we have received upon losing Jack, and we hope some of these suggestions could help us all know how to “love on” another family in need.

1. PRAY. PRAY. PRAY.

2. Attend the funeral. To attend funerals people must travel, skip work or school, arrange childcare, and figure out parking and directions. Funerals are inconvenient. The bereaved family knows this and will be blessed and lifted when people extend themselves to be there. Do not worry if you were not close to the deceased, or have been out of touch with the family for many years. Attend anyway. A funeral is a communal event; you will not be intruding. You never know if your presence, or even a glimpse of you or a hug from you will be THE ONE that provides the most comfort.

3. Cook. Have a point person arrange meal sign-up via a website such as Take Them A Meal or Sign Up Genius. Consider making a meal and freezing it in your own freezer for when the other meals stop coming. A small family will appreciate smaller meals so they don’t feel they are wasting food. We were so grateful to have meals provided for us for almost 4 months!

4. Send a card or a handwritten note. If possible, include a personal story about the the person who died. Even the smallest anecdote is welcome. These are treasured by the family and read over and over. One friend reminded me in a card that one of Jack’s first words was “Azalea.” How cool is that? If you are not able to share a personal story, don’t worry. A simple, “I am so very sorry for your loss,” or “My heart is breaking for you” will help. When you write your letter, consider going ahead and addressing another envelope to send 3, 6, or 9 months out. The envelope will help you remember to pray for the family, and your next letter will come when most people have stopped sending cards.
5. **Send flowers to the home or church.** However, you may want to consider sending flowers to the home a month or two after the death so that they will not overwhelm the family. Seeing the house full of flowers, that would eventually die, was hard for me.

6. **Come by to show your support.** When Jack was missing, close friends and family just showed up. They stayed with us until we found out the horrible news of his death. Several sat in the dark at my kitchen table until after midnight to be there when my sister arrived. They all had other things they could have been doing that rainy night, but they showed up. In the days following a death, a family should have a point person who feels comfortable telling people whether or not it’s a good time to visit, because immediate family members may be too shocked and confused to be able to communicate this. **When you drop by, be prepared for a quick hug and then to be on your way, but be flexible. If the bereaved family asks you to stay, be open to that, too. Men, don't be shy about coming by. Tim appreciated men dropping by just for him.**

7. **If you are a close family friend, consider taking any children out for an activity** to give them a break from the home atmosphere. Kids need chances to feel “normal” in the midst of grief.

8. **Give the family pet some attention.** Our neighbor walked Shadow several times a day and even kept her overnight during those first crazy days.

9. **Consider the physical needs of the home.** Working in the yard could make a family feel too exposed or vulnerable so soon after a death. One friend mowed our grass for us. He didn’t know that Jack was the grass mower in our house and that it would be so painful for us to do it ourselves, but he just thought it would be helpful and showed up. Another family raked our leaves. One friend, after asking if it was okay, came by and planted 100 tulip bulbs in our yard while I was at work! Mulching, power washing, or cleaning someone’s gutters could be other outside jobs a grieving family might not feel able to tackle. You can include your kids in some of these tasks. I remember Tim taking Jack to spread mulch at a newly widowed friend’s house and it was a meaningful experience for them both.

10. **Drop a gift in the mail.** We received grief books, devotionals, inspirational CDs, fruit, sweets, and more in the mail. Every day of the week I now wear special, meaningful jewelry that represents Jack and was sent to me by people all over the world. These touching gifts took time and effort and are so special to us. Margaret has received small gifts and even a care package from France! Consider mailing a gift card to a restaurant or the movies for a family to use later when they feel up to it. Sometimes a gift card provides the motivation to get out of the house.

11. **Make a contribution to a charity in the name of the deceased.** Consider writing it on your calendar now to do annually so the family will know you have not forgotten. These donations help a family see that something positive can come out of their loss. If you feel led, spearhead a scholarship or a charitable event in the person’s name.

12. **Mention the deceased person’s name when you see the family.** It’s hard. Do it anyway. The family will cry. Do it anyway.

13. **Invite a family member out for coffee, a meal, a walk, or a sporting event.** One on one time with a friend, sharing the story and processing it, is a valuable form of therapy. Don’t worry if they say no; sometimes they are not ready, or they may need to spend time with someone else right now. Ask anyway.

14. **Use texting, email, blogging or Facebook to reach out to the family.** You can do this anytime of day or night. I have one friend, whom I did not know very well before the accident, who is committed to praying for us and sending us messages when her baby gets her up at night, which is often. Don’t worry about saying the same thing again and again. Your friends are not looking for words of wisdom, just the reminder that you are there.

15. **Do not feel offended if your phone calls go unreturned.** Just leave a loving message. I have found returning phone calls, or even picking up the phone, to be daunting and difficult, but I still appreciate hearing messages.

16. **Send photos or videos of the deceased.** Even if you think family members might already have photos from an event, send whatever you have. A new facial expression or a different angle provides them with another glimpse of the one who is gone. The photos on today’s post were sent to me by a reader I’ve never met who realized Jack was in the background of some of her photos from the LEGO store in 2010!
17. **Use your special talents to show your love.** A poem. A knitted prayer shawl or blanket. A painting. Handcrafted jewelry. We have been stunned by the way people have shared their talents by making us gifts from the heart.

18. **Get creative!** You have heard how our community tied royal blue bows around trees and mailboxes so that we would feel loved when we drove around town. Then our blogging friends tied ribbons at their homes around the world, and even put them on their Christmas trees. Now, we have made blue ribbon magnets with Jack’s Bible verse on them for our cars. Who knew how the simple act of tying a ribbon could bring us so much comfort? Maybe there is a special color associated with the deceased, or a symbol (dove, butterfly, rainbow) that reminds you of him or her. For Jack, friends and neighbors made LEGO crosses to wear at the funeral. These incorporated 2 of Jack’s greatest loves! Maybe YOUR idea or kind gesture will be the one that will most resonate with the family, whether it is tying bows, lining their driveway with luminaria, setting up a Facebook memory page, having a card signed by a Sunday School class, or organizing a tribute such as a balloon release. If you are feeling led to commemorate the deceased in such a way, it could be a big blessing to the family.

19. **Even if you didn’t know the deceased, consider sharing what the deceased means to you NOW.** Eternal life is, well, ETERNAL. Jack’s life is affecting people in ways we could never imagined, and we are blessed that so many people are making the effort to let us know, through emails, blog comments, letters, or in person. This helps ease the sting. Have you had a dream about the person who passed away? Tell the family.

20. **You may want to drop by during the day, or at work.** While this not be appropriate for some people, because of their job settings, it has been nice to me to be surprised by friends bearing smoothies, hugs, or a cup of tea at my tear-friendly workplace.

21. **REMEMBER.** Take note of the season, the day of the month, the day of the week, even the time of day that the deceased person left us. Reach out at these times as you feel led – through a quick email, text, or note.

22. **Write the person’s birthday and death day on your calendar.** Send a note or an email on those days.

23. **Memorialize the loved one** by planting a tree, erecting a cross, making a stepping stone, donating a book to an elementary school, starting a scholarship, or installing a bench.

24. **Visit the cemetery.** I have only been to Jack’s cemetery 2 times, but I know others have gone FOR me. Maybe a face to face at visit at the family’s home isn’t your thing, but saying a prayer in the quiet of a cemetery is.

25. **Follow promptings.** If you feel a prompting to reach out, it could very well mean that the family needs your support. Do not get bogged down thinking about how close you were or weren’t before the death. A reality of death is that relationships change during difficult times. The grieving person may not have the support you think they do. YOU may be the one who can best relate, or listen, or connect with a hurting person. It may feel awkward at first, but it’s worth it. I think of how blog readers have felt prompted to write to me, share their own experiences, and offer prayer. If they had gotten bogged down about our not knowing each other “in real life,” they would never have reached out.

Okay, so this is a VERY long list, and if it weren’t after midnight, it would probably grow longer. I hope it doesn’t sound entitled, or like I think other people should take care of every aspect of our family’s life, just because we lost Jack. These are just some of the incredible ways people have reached out to us, and I hope by sharing them others can be helped similarly. Of course, NO ONE can do all of these things. But someone did do EACH of these things. And more.

**Love is a verb.**

See more at: http://aninchofgray.blogspot.com/2012/03/what-you-can-do-to-help-grieving-family.html
I AM STILL WITH YOU

If it seems that I am far away
on this empty and solemn day.
Just open your heart and know it’s true
that I am still right here with you.
If during the day things are going wrong
please don’t feel sad and alone.
Just open your heart and know it’s true
that I am still right here with you.
When night time falls and the day is done
If you are feeling alone and sleep won’t come
Just open your heart and know it’s true
that I am still right here with you.
Close your eyes, and feel the warm embrace
Sleep peacefully in the wings of grace
If sadness finds you in the morning light
if you feel alone, don’t give up trying
Hold this feather close and know it’s true
that I am always here with you.

- Julie Johnson, Wings of Grace

No rule book. No
time frame. No
judgement. Grief is
as individual as a
fingerprint. Do what
is right for your soul.

~lfw

I WILL NOT HIDE MY
GRIEF, AS I DID NOT
HIDE MY LOVE.

GRIEF
is the last act
of love we can
give to those we
loved.
Where there is
depth, grief
there was great love.