



# Richmond's Bereavement Resource Manual 2024




# 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 an extensive 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 and social workers with considerable experience in the bereavement field, utilizing trauma-informed care. Our professionals have the training, knowledge, and expertise 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, cultivating these connections 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
- Opportunities to create connections
- Individual counseling and support
- A chance to remember & commemorate a loved one

For additional information, including Full Circle's latest program schedule, please visit us online at:

**[www.fullcirclegc.org](http://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](http://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 range 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 they 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

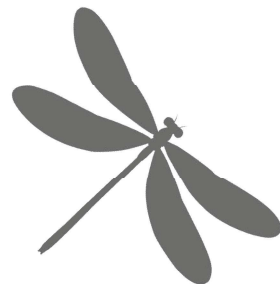
As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without them.

**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 them 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.*



# William Worden's Four Tasks of Mourning

Citations: <https://beyondthedash.com/blog/grief/grief-theory-the-dual-process-model-of-coping/7327>

<https://beyondthedash.com/blog/grief/worden-s-four-tasks-making-sense-of-grief/5271>

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, childcare/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 when alone.

Worden's tasks put 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 maintaining our connections.



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.

# The Dual Process Model of Coping with Bereavement

Citation: <https://beyondthedash.com/blog/grief/grief-theory-the-dual-process-model-of-coping/7327>

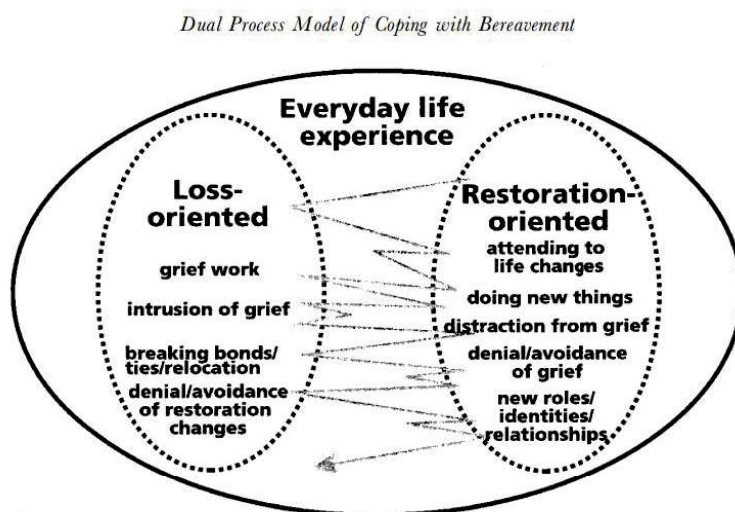
Time spent not actively processing grief is considered an important part of healthy bereavement in the dual process model of coping. Margaret Stroebe and Henk Schut first proposed the idea of a dual process model of coping in their work, “The Dual Process Model of Coping with Bereavement: A Decade On.” 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 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, etc.: all of these reactions can all be better explained by this model of processing grief.



**FIGURE 1** A dual process model of coping with bereavement.

Citation: <https://whatsyourgrief.com/wp-content/uploads/2014/09/dual-process.png>

# 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...

*Why did (God) let him die?*

*What did I do to deserve this?*

*Why have I been left alone?*

*Why is (God) punishing me?*

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 meditation 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, clinginess, 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 their grief until their environment seems safer and more stable.

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, their 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, they 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. They need a good listening ear, non-judgmental approach, open door policy and encouragement to express their grief in whatever way works for them (and that may not be with all of the adults in their 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 they 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 the 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, which 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 them know you are hurting too. Allow the child to comfort you — this makes them 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 them 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 they may be hearing.

## 9 Encourage Questions

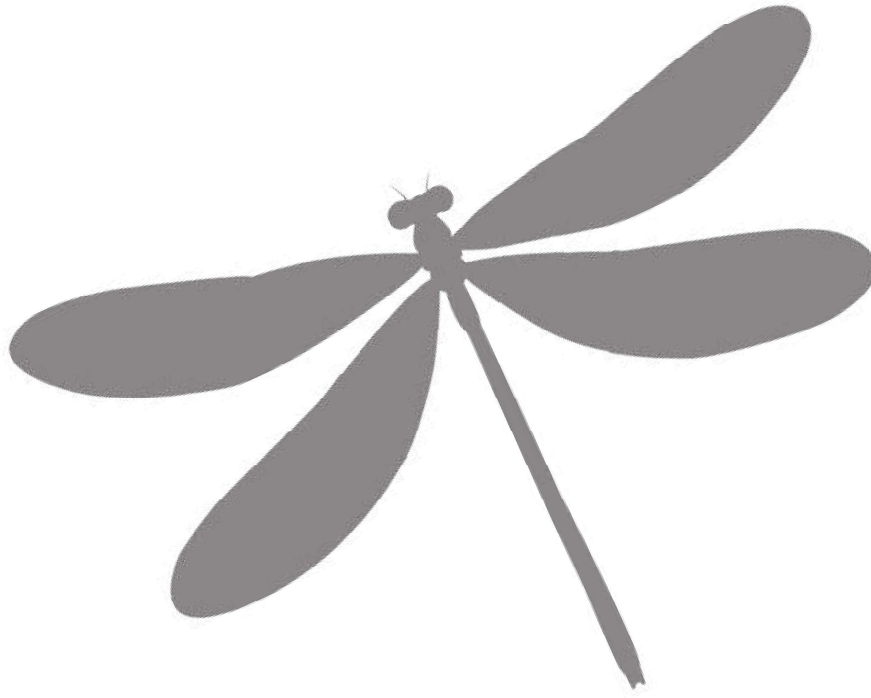
Ask for questions the child may have, but do not volunteer complex information about which the child has not asked. Tell them the main facts and do answer all of their questions simply and promptly. If you don’t know, it’s OK to say that you don’t know. Ask the child what they think the answer might 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 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 they react 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 they think they somehow caused the death, discuss these feelings with the child and help them 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 them 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 their 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 differently 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 typical 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 them 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 their 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](http://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

*Citation: National Alliance for Grieving Children | [www.nagc.org](http://www.nagc.org)*

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 cared 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](http://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.

**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’)

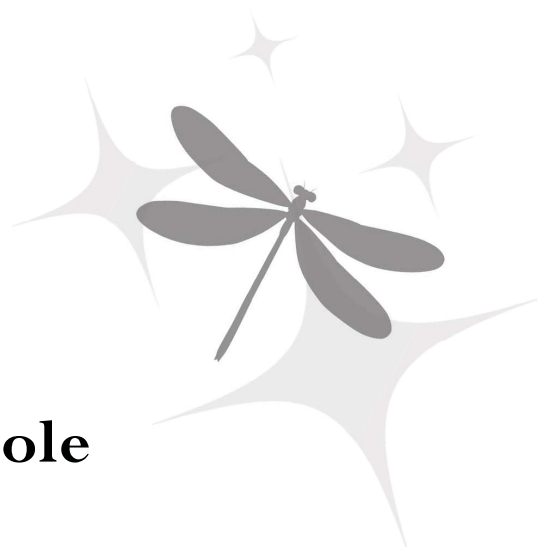
**Obituary:** A short article in the newspaper that tells about the person who died

**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 parents 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 feelings 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 the 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](http://www.nasponline.org)*



### **Reassure children that they are safe.**

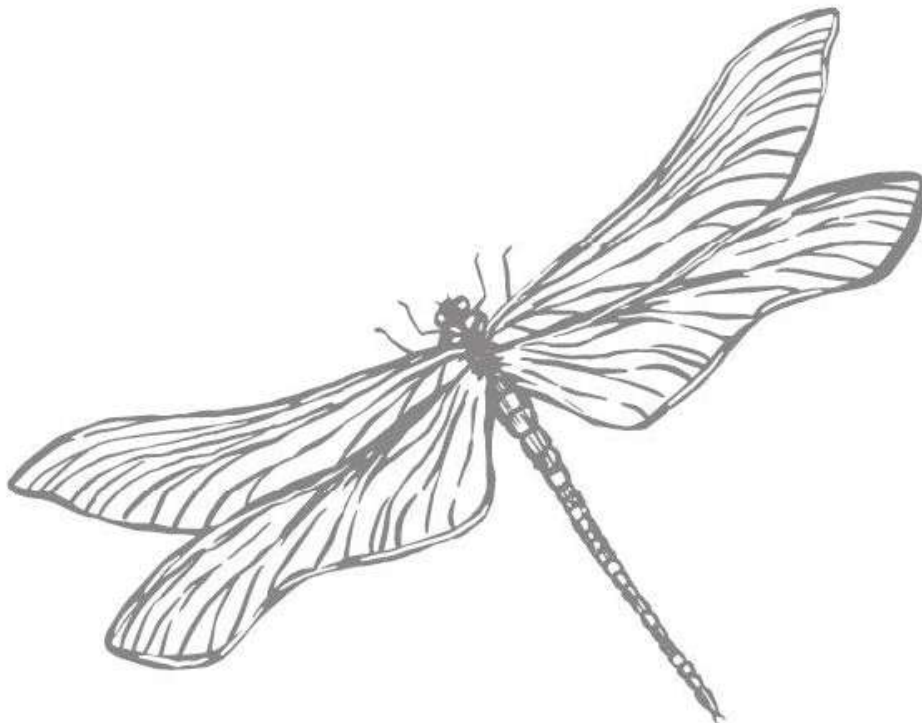
Validate their feelings. Explain that all feelings are OK when a tragedy occurs. Let children talk about their feelings, help put them into perspective, and assist them in expressing those feelings appropriately. Make time to talk. Let their questions be your guide as to how much information to provide. 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 promotes 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](http://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 that 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 child is grieving, and you are attempting to support them 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 child?

- 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 child. 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 their baby, but also their pregnancy or hopes and dreams for the future.
- Acknowledge the baby by using their 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 Father's 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 child about the future?

The future is best held in the hands and hearts of your child. 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 child will share their plans with you, and it will be all right to share your emotions. Just remember, whether or not there are more children in the future for your child, 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 they were 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?"

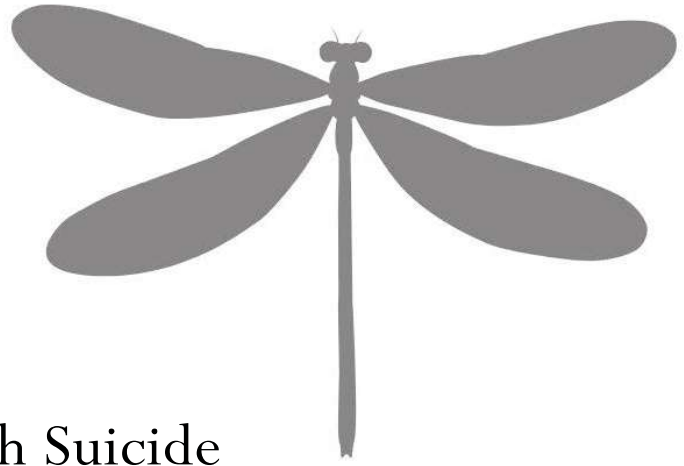
Children need honesty, not deception, when it comes to sharing sad news. Generally, children find ways to cope with grief. It is important to refrain from using clichés, half-truths, and fairy tales that may not explain the mystery of death. Remember that children think literally. Using phrases like "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 often 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." or "I am here for you."
- 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 by name. 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](http://www.save.org) | [www.afsp.org](http://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 their 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 they want to leave me?”
- A child should understand that the person who died loved them, 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 their fault. Listen closely, without interrupting, to what the child believes contributed to their 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 them 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

*Citation: AFSP: Survivor Initiatives Department, 2014 | 120 Wall Street, 29th Floor, New York, NY 10005*

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

*Citation: Suicide and Its Aftermath: Understanding and Counseling the Survivors by Dunne, McIntosh and Dunne-Maxim  
www.afsp.org*

## 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.

# Overdose & Substance Use-Related Loss

## Losing a Loved One to Drug Overdose

*Citation: Pathways Center for Grief & Loss | [www.hospiceandcommunitycare.org/wp-content/uploads/Losing-a-Loved-One-to-Drug-Overdose.pdf](http://www.hospiceandcommunitycare.org/wp-content/uploads/Losing-a-Loved-One-to-Drug-Overdose.pdf)*

If you have experienced the death of a loved one from accidental drug overdose, your reactions and emotions may be unlike anything you have ever experienced. You are not only left with the devastation of the loss, but there may also be feelings of veiled guilt, shame, discomfort or anger. Society treats this death in a much different manner than death from any other natural cause, often creating a stigma difficult for you to navigate and uncomfortable for others. It is important for you to know that the following responses are common in what for you may feel like an abnormal and uncharted situation. Even if you have experienced some of these, please know that the intensity and duration often change and lessen over time. We have also included some tips to better cope and move forward through the pain of your loss.

### Common Reactions:

- Sadness over not having the chance to say “goodbye”
- Helpless that you could not protect your loved one
- Fear of judgement from others regarding you, your family or your deceased loved one
- Disappointment in yourself for not having a sixth sense or picking up on clues
- Struggling with unanswered questions and the need to understand how this happened
- Mood changes of sadness, anxiety, irritability or crying spells
- Impatience while waiting for toxicology or police reports if these were initiated
- Anger at your loved one, or others who may have played a part in their addiction
- Needing to place blame either on yourself, someone else, or your deceased loved one
- Difficulty concentrating, forgetfulness, fear you are “going crazy”
- Frustration over the lack of support and understanding from others about addiction
- The need to have your loved one remembered for the good in them and not the way they died
- Difficulty sleeping, having intense dreams, intrusive thoughts or flashbacks about the deceased or circumstances at time of death
- Feeling isolated from supports and possibly lacking places to talk about your grief
- Fear of this happening to others you care about

### What May Help:

- Acknowledge the reality of the circumstances of this death. This helps to address complicated feelings and reactions to your loss which may open doors to healing for you and others who have experienced the same type of loss. Each voice expressed begins to change the stigma of death by overdose and decreases the vicious cycle of isolation.
- Don’t define your loved one by their addiction. The way your loved one died does not take away from the fact that they were a person who was valued and loved. A person who deserves to be remembered and grieved. Begin to consider ways to continue this legacy of love by finding positive ways to remember your loved one.
- Find healthy ways of acknowledging and expressing your feelings.
- Understand addiction. Learning about this disease may help you to know that you are powerless over addiction. All the money and love in the world cannot beat addiction.
- Understanding the struggle your loved one had may decrease feelings of guilt rather than having them spiral into unhealthy and untruthful proportions.



- Help others understand and know what is NOT helpful in regard to their comments and actions. Educate them if they are willing to learn, and if not, you have the right to limit your interaction with them and focus on healthy and positive support.
- Research what specific resources are available in the area of addiction loss. Some of the ones below may help you feel less alone and provide a safe place to express your feelings.
- Seek professional help from a therapist or your doctor for reactions that persist and may interfere with functioning.

## Dealing With Grief After Overdose Loss

*Citation: [www.hanleyfoundation.org/support-groups/dealing-with-grief-after-overdose-loss/](http://www.hanleyfoundation.org/support-groups/dealing-with-grief-after-overdose-loss/)*

Beginning the grieving process after losing a loved one to an overdose means navigating a complex emotional environment. Processing this type of loss entails dealing with a wide range of emotions, from profound sadness to thoughts of guilt or rage. Furthermore, the cultural shame associated with substance-related deaths can compound the suffering, leading to isolation and a reluctance to openly share experiences. Overcoming these challenges involves a sympathetic knowledge of the complexity of addiction and overdose, as well as encouraging healing and empathy for those who have suffered such losses. Coping strategies, such as artistic expression and support groups, are crucial. Memorializing your loved one through rituals and self-care practices, like mindfulness and exercise, facilitates healing.

### 10 Coping Strategies for Overdose Grief:

- **Artistic Expression:** Engage in creative outlets like art or music as a means of emotional expression.
- **Connecting with Others:** Foster connections with friends and family to build a support network during challenging times.
- **Establishing Routines:** Establish daily routines to create stability in the midst of grief.
- **Grief Counseling:** Seek professional counseling to navigate the complexities of grief and loss.
- **Journaling:** Express emotions through writing, providing a therapeutic outlet.
- **Memorializing:** Create memorials or rituals to honor and remember your loved one.
- **Mindfulness and Meditation:** Practice mindfulness to alleviate stress and promote emotional healing.
- **Physical Exercise:** Incorporate regular physical activity to benefit both physical and mental health.
- **Self-Care Practices:** Prioritize self-care with activities that promote mental and emotional well-being.
- **Support Groups:** Join support groups where individuals share similar experiences, fostering understanding.

## Explaining Overdose & 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.**



# How a Grief Counselor Can Help You Work Through Your Loss

*Citation: Kay Talbot, PhD | [www.carenotes.com](http://www.carenotes.com)*

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. They will respect your pace and are 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. They 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 their beliefs or opinions on you.

## **Work through your past as you create your future.**

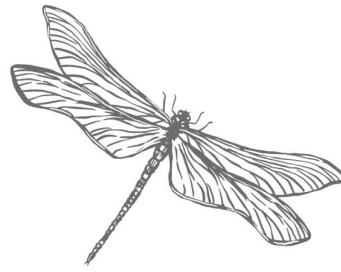
Love never dies, but what do we do with the bad memories, or the regrets that we often can't bring ourselves to share with others? Grief professionals understand the complexity of relationships. They can help you see the past in new ways, and they have ideas for creative memorial rituals that can help 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 yourself or others...**

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](http://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.**

**988 Suicide & Crisis Lifeline:  
Call or Text 988**

**Service members, veterans, and  
their families can also reach the  
Veteran Crisis Line by texting  
838255**

# The Risk of Suicide

Citation: CrisisLink, 2009, Arlington, VA | [www.crisislink.org](http://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 [a certain thing] 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



# 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 is 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 they loved close.

# Rituals and Remembrance

*Citation: Karla Helbert, LPC*

Actively remembering our loved ones who 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. It is a resource that allows the deceased to live on in the memories of those they 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 with you something special that reminds you of your loved one. 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, tabletop, 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 & Support Grieving Families

Citation: Daniel Bagby, BTSR

## Do Not Say or Do:

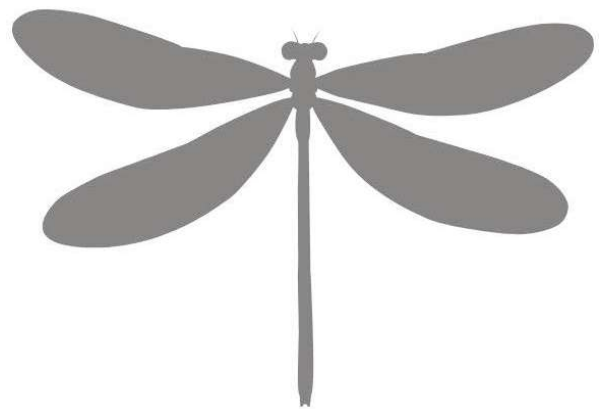
- Don't say: "It's for the best." How do you know?
- Don't give unsolicited advice – especially on what to feel or how to feel.
- Don't remind the survivor of the deceased's faults.
- Don't say: "It's all in God's plan." How do you know what God wanted or why?
- Don't avoid the survivors because you 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."

## 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.

## 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 to 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."



*Grief takes time; it's a lifelong journey.*

# Resources & References



# 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) 363-6437

*Works with children, teens, adults, couples and families. Has many areas of expertise to include griefwork 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](http://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.lanternofhopeva.com](http://www.lanternofhopeva.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](http://www.summit-eh.com)

Accepts fee for service.

DR. DEBBIE BLACKBURN

PARTNERS IN PARENTING

1617 Monument Avenue, Suite 202

Richmond, VA 23220

(804) 442-7192

[www.piprva.com/our-professionals](http://www.piprva.com/our-professionals)

*Provides individual and family therapy. Specific interests in working with children and families with an early history of trauma or relationship difficulties.*

BRENDA BONNUCELLI, LCSW

MILE MARKER ONE COUNSELING

SERVICE

\*Telehealth Only\*

(804) 402-0429

[mmonecounseling@gmail.com](mailto:mmonecounseling@gmail.com)

*Specializes in grief and loss and uses guided imagery and music in her practice. Fluent in Spanish.*

JOY BROCK, LCSW

\*Telehealth Only\*

(804) 621-5499 Ext. 0

*Specializing in maternal loss and trauma.*

LETITIA BROWN, LCSW

CARING FOR OUR COMMUNITY

6720 Patterson Avenue, Suite C3

Richmond, VA 23226

(804) 332-8133

[www.letitiabrownlcsw.com](http://www.letitiabrownlcsw.com)

[lbrown@caring4ourcommunity.com](mailto:lbrown@caring4ourcommunity.com)

LEE R. CARTER, LCSW

4860 Cox Road

Glen Allen, VA 23060

(804) 252-7953

[leecarterlcsw@comcast.net](mailto:leecarterlcsw@comcast.net)

[www.leecarterlcsw.com](http://www.leecarterlcsw.com)

*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

[www.suzannecoburnlpc.com](http://www.suzannecoburnlpc.com)

[suzannecoburnlpc@gmail.com](mailto:suzannecoburnlpc@gmail.com)

*Specializes in working with women and women's issues.*

DR. ANNIE READY COFFEY

Clinical Psychologist

530 East Main Street, Suite 420

Richmond, VA 23219

[www.replenishmentandchange.com](http://www.replenishmentandchange.com)

(804) 305-2295

*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 & sliding scale fees.

CARLA CREWS, LCSW

DISCOVERY COUNSELING &

CONSULTING

7760 Shrader Road, Suite B

Henrico, VA 23228

(804) 591-0002

[www.vadcc.com](http://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.*

KRISTEN EMERSON, LCSW  
BREAKING LIGHT COUNSELING  
www.breaking-light.com  
804-464-8432  
*Individual counseling for grief, bereavement, burnout, and other concerns; works with kids, teens, and adults.*  
Private pay only.

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  
9327 Midlothian Tpk-Fountain Park  
Building 7, Suite 2G  
Richmond, VA 23235  
(804) 257-9348  
jfitzgeraldgrc@gmail.com  
www.jfitzgeraldgrc.com  
*The Grief Resource Center offers individual and family counseling to those in need and guidance during the grieving process. Specializing in working with parents who have experienced the 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 200  
Richmond, VA 23223  
(804) 343-9786  
gillcounseling@gmail.com  
www.gillcounseling.com

WENDY HALL, LCSW  
\*Telehealth Only\*  
(804) 592-6528  
*Children, adolescents, and adults. Registered Play Therapist. 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  
karla@karlahelbert.com  
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.

HELEN HENRICH, LCSW  
\*Telehealth Only\*  
(540) 264-3729  
*Adults only. 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.

RACHEL HOFFMAN, LPC  
1-800-853-5996  
www.empathva.com  
rachel@empathva.com  
*Cognitive Behavioral Therapy working with adults (experienced in adults with special needs), adolescents, and school aged children.*  
Accepts Anthem, Health Savings Account, and Self-pay.

CARRIE KERR, LCSW  
(434) 535-5201  
carriekerrlcsw@gmail.com  
*Works with children, families, and adults specializing in grief, anxiety, depression, trauma, and eating disorders. Fluent in Spanish and enjoys working with the Hispanic community.*

LAURIE KLATT, LCSW  
BON SECOURS BEHAVIORAL  
GROUP AT MEMORIAL REGIONAL  
MEDICAL CENTER  
8220 Meadowbridge Road, Suite 308  
Mechanicsville, VA 23116  
(804) 325-8882  
*Works with adults only.*

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

CHRISTINE GLASSER LAMPS, LCSW  
C2 YOUR HEALTH  
8720 Forest Hill Avenue  
Richmond, VA 23235  
(804) 325-1669  
www.c2yourhealthpc.com  
*Offers individual, couple, and family counseling. Practice emphasis on divorce, teen girls, and self-harm.*

LYNDA LESLIE, LCSW  
8720 Forest Hill Avenue  
Richmond, VA 23235  
(804) 334-7563  
*Specialties include: marital/premarital counseling, parenting, behavioral issues. Adults/Elders (65+)*  
Accepts insurances, Medicaid, and sliding scale.

MARK LOEWEN  
LAUNCH PAD COUNSELING  
5540 Falmouth Street, Suite 100  
Richmond, VA 23230  
(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 Quioccasin Road, Suite 201  
Richmond, VA 23229  
(804) 464-7202  
[www.scottmateslcsw.com](http://www.scottmateslcsw.com)  
[scottmateslcsw@gmail.com](mailto:scottmateslcsw@gmail.com)  
*Works with children, adolescents, families, and adults. Registered Play Therapist.*  
Accepts insurances and sliding scale on limited basis.

ANNA MCCHESENEY, LPC  
HEALING SOUNDS RVA  
(804) 466-3130  
[anna@healingsoundsrva.com](mailto:anna@healingsoundsrva.com)  
[www.healingsoundsrva.com](http://www.healingsoundsrva.com)  
*Certified in music therapy and also utilizes art, imagery, and mindfulness. Works with children, adolescents, and adults.*

REBECCA MCCRAKEN, LPC, PHD  
DISCOVERY COUNSELING &  
CONSULTING  
(804) 591-0002  
[www.vadcc.com/about/rebecca-mccracken](http://www.vadcc.com/about/rebecca-mccracken)

OLGA MONTGOMERY, LCSW, MSS  
VOYAGER COUNSELING  
(804) 404-6008  
[www.voyager-counseling.com](http://www.voyager-counseling.com)

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

MARGARET NORMAN, LMFT, LPC  
MARGARET NORMAN AND ASSOCIATES  
5412 Glenside Drive, Suite B  
Richmond, VA 23228  
(804) 741-4300 Ext. 2  
[www.margaretnormanpc.com](http://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](mailto:kathleen@kathleenokeefelcsw.com)  
[www.kathleenokeefelcsw.com](http://www.kathleenokeefelcsw.com)  
*Offers individual, couples, and family counseling. Specializes in grief and loss, anxiety, depression, personal growth, and parenting support.*

KIMBERLY PULLEY, LCSW  
(804) 885-4365  
*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](mailto:bobby@richmondcreativecounseling.com)  
*Certified Trauma Specialist. Children, family, adults. Accepts Medicaid, sliding scale.*

JEAN SKRINCOSKY, LCSW  
DOMINION BEHAVIORAL HEALTHCARE  
2305 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  
3111 Northside Avenue, Suite 101  
Richmond, VA 23228  
(804) 614-7361  
[www.counselingcenterofrichmond.com](http://www.counselingcenterofrichmond.com)  
[amysmall.lpc@gmail.com](mailto:amysmall.lpc@gmail.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 HENRICO  
AREA MENTAL HEALTH &  
DEVELOPMENT SERVICES  
(804) 727-8500  
[stiefvaterLPC@yahoo.com](mailto: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 scale fees.

MELANIE STOUTDT, LPC  
5318 Patterson Avenue, Suite C  
Richmond, VA 23226  
(804) 257-9305  
[melanie@melaniemstoudtlpc.com](mailto:melanie@melaniemstoudtlpc.com)  
[www.melaniemstoudtlpc.com](http://www.melaniemstoudtlpc.com)  
*Offers intensive EMDR to adults.*

LOWELL THOMAS, LPC, LMFT, CT  
DOMINION BEHAVIORAL HEALTHCARE  
2301 North Parham Road, Suite 5  
Richmond, VA 23229  
(804) 270-1124  
[www.dbhwestend.com](http://www.dbhwestend.com)  
*Works with adults. Trained in EMDR and specializes in trauma.*

TERESA TIVENAN, LCSW  
(804) 331-8760  
*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.*

KELLY E. TULL, LPC  
(804) 420-9662  
[www.kellyetullcounseling.com](http://www.kellyetullcounseling.com)  
[kellyetullcounseling@gmail.com](mailto:kellyetullcounseling@gmail.com)

LINDA ZAFFRAM, LCSW HEALING  
CIRCLE COUNSELING 1525  
Huguenot Road, Suite 100  
Midlothian, VA 23113  
(804) 924-7600  
[lzaffram@healingcirclecounseling.com](mailto:lzaffram@healingcirclecounseling.com)  
[www.healingcirclecounseling.com](http://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

*Works with children, teens, adults, couples and families.*

*Has many areas of expertise to include griefwork associated with sibling loss and cancer.*

Accepts certain insurances and is flexible to work on a sliding scale basis.

**HEATHER BENDER, PHD**

LANTERN OF HOPE FAMILY

PSYCHOLOGY PRACTICE

Licensed Clinical Psychologist

2567 Homeview Drive

Richmond, VA 23294

(804) 307-6514

[www.lanternofhoperva.com](http://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

Accepts fee for service.

**SHANNON TRICE BLACK, PHD, LPC**

4860 Cox Road, Suite 200

Glen Allen, VA 23060

(804) 305-4642

[shannontriceblack@gmail.com](mailto:shannontriceblack@gmail.com)

*Counseling, consulting, art therapy, play therapy, and college preparation.*

**DR. DEBBIE BLACKBURN**

PARTNERS IN PARENTING

1617 Monument Avenue, Suite 202

Richmond, VA 23220

(804) 442-7192

[www.piprva.com/our-professionals](http://www.piprva.com/our-professionals)

*Provides individual and family therapy. Specific interests in working with children and families with an early history of trauma or relationship difficulties.*

**DR. ANNIE READY COFFEY**

Clinical Psychologist

530 East Main Street, Suite 420

Richmond, VA 23219

(804) 305-2295

[www.replenishmentandchange.com](http://www.replenishmentandchange.com)

*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 Shrader Road, Suite B

Henrico, VA 23228

(804) 591-0002

[www.vadcc.com](http://www.vadcc.com)

**DEBBIE DANIELS-MOHRING, PHD**

Licensed Clinical Psychologist

2200 Pump Road, Suite 220

Henrico, VA 23233

(804) 740-0681

[drdanielsmohring@comcast.net](mailto: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.*

**KRISTEN EMERSON, LCSW**

BREAKING LIGHT COUNSELING

[www.breaking-light.com](http://www.breaking-light.com)

804-464-8432

*Individual counseling for grief, bereavement, burnout, and other concerns; works with kids, teens, and adults.*

Private pay only.

**WENDY HALL, LCSW**

\*Telehealth Only\*

(804) 592-6528

*Children, adolescents, and adults. Registered Play Therapist. 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

[karla@karlahelbert.com](mailto:karla@karlahelbert.com)

[www.karlahelbert.com](http://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.

**KIMBERLY HINES, LCSW**

RICHMOND CREATIVE COUNSELING

(804) 299-4490

*Registered Play Therapist. Works with toddlers through adults.*

Accepts insurances, Medicaid, and sliding scale.

**RACHEL HOFFMAN, LPC**

1-800-853-5996

[www.empathva.com](http://www.empathva.com)

[rachel@empathva.com](mailto:rachel@empathva.com)

*Cognitive Behavioral Therapy working with adults (experienced in adults with special needs), adolescents, and school aged children.*

Accepts Anthem, Health Savings Account, and Self-pay.

**NIKOLE JIGGETTS, LCSW, RPT**

REPLAY COUNSELING CENTER 530

South Lake Boulevard, Suite A North  
Chesterfield, VA 23236

(804) 379-0400

[www.replaycounselingcenter.com](http://www.replaycounselingcenter.com)

*Works with children and adolescents. Registered Play Therapist.*

**CARRIE KERR, LCSW**

(434) 535-5201

[carriekerrlcs@gmail.com](mailto:carriekerrlcs@gmail.com)

*Works with children, families, and adults specializing in grief, anxiety, depression, trauma, and eating disorders. Fluent in Spanish and enjoys working with the Hispanic community.*

CHRISTINE GLASSER LAMPS,  
LCSW C2 YOUR HEALTH  
8720 Forest Hill Avenue  
Richmond, VA 23235  
(804) 325-1669  
[www.c2yourhealthpc.com](http://www.c2yourhealthpc.com)  
*Offers individual, couple, and family counseling.  
Practice emphasis on divorce, teen girls, and self-harm.*

MARK LOEWEN  
LAUNCH PAD COUNSELING  
5540 Falmouth Street, Suite 100  
Richmond, VA 23230  
(804) 665-4681  
[www.launchpadcounseling.com](http://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  
[www.scottmateslcsw.com](http://www.scottmateslcsw.com)  
[scottmateslcsw@gmail.com](mailto:scottmateslcsw@gmail.com)  
*Works with children, adolescents, families, and adults.  
Registered Play Therapist.*  
Accepts insurances and sliding scale on limited basis.

ANNA MCCHESENEY, LPC  
HEALING SOUNDS RVA  
(804) 466-3130  
[anna@healingsoundsrva.com](mailto:anna@healingsoundsrva.com)  
[www.healingsoundsrva.com](http://www.healingsoundsrva.com)  
*Certified in music therapy and also utilizes art, imagery, and mindfulness. Works with children, adolescents, and adults.*

RACHEL MELHORN  
CRESCENT MOON COUNSELING  
(804) 369-9457  
[www.crescentmooncounselingrva.com](http://www.crescentmooncounselingrva.com)  
[rachel@crescentmooncounselingrva.com](mailto:rachel@crescentmooncounselingrva.com)

ELIZABETH MONTANA, LCSW  
9568 Kings Charter Drive, Suite 101  
Ashland, VA 23005  
(540) 850-4955  
[montanaelcsw@gmail.com](mailto:montanaelcsw@gmail.com)

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

MARGARET NORMAN, LMFT, LPC  
MARGARET NORMAN AND  
ASSOCIATES  
5412 Glenside Drive, Suite B  
Richmond, VA 23228  
(804) 741-4300 Ext. 2  
[www.margaretnormanpc.com](http://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](mailto:kathleen@kathleenokeefelcsw.com)  
[www.kathleenokeefelcsw.com](http://www.kathleenokeefelcsw.com)  
*Offers individual, couples, and family counseling.  
Specializes in grief and loss, anxiety, depression, personal growth, and parenting support.*

KIMBERLY PULLEY, LCSW  
(804) 885-4365  
*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](mailto:bobby@richmondcreativecounseling.com)  
*Certified Trauma Specialist. Children, family, adults.  
Accepts Medicaid, sliding scale.*

JEAN SKRINCOSKY, LCSW  
DOMINION BEHAVIORAL HEALTHCARE  
2305 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  
3111 Northside Avenue, Suite 101  
Richmond, VA 23228  
(804) 614-7361  
[www.counselingcenterofrichmond.com](http://www.counselingcenterofrichmond.com)  
[amysmall.lpc@gmail.com](mailto:amysmall.lpc@gmail.com)  
*Specializes in working with children ages 6 and older, adults, couples, and families. Trained in EMDR and uses guided imagery and music.*

DAVID SORRENTINO, M.A., LPC  
TANDEM MENTAL HEALTH ASSOCIATES  
(804) 277-9877  
[www.tandemmentalhealth.com/staff/david-sorrentino](http://www.tandemmentalhealth.com/staff/david-sorrentino)

KURT STIEFVATER, LPC  
HENRICO AREA MENTAL HEALTH &  
DEVELOPMENT SERVICES  
(804) 727-8500  
[stiefvaterLPC@yahoo.com](mailto: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 scale fees.*

## **Counseling Agencies and Practices**

### **ARCHSTONE COUNSELING & TREATMENT**

1007 Peachtree Boulevard

Richmond, VA 23226

(804) 288-1788

*Therapists who specialize in grief, trauma, EMDR, and substance abuse.*

Accepts insurances, Medicaid, and self-pay.

### **BALANCE BEHAVIORAL HEALTH**

6504 Woodlake Village Circle

Midlothian, VA 23112

(804) 823-5475

[www.balancebehavioral.com](http://www.balancebehavioral.com)

### **C2 YOUR HEALTH**

8720 Forest Hill Avenue

Richmond, VA 23235

(804) 325-1669

[www.C2yourhealthpc.com](http://www.C2yourhealthpc.com)

*Spanish-speaking counselor*

### **CHILDSAVERS**

200 North 22nd Street

Richmond, VA 23223

(804) 644-9590

[www.childsavers.org](http://www.childsavers.org)

*Guidance Clinic (outpatient therapy services) and Trauma Response.*

### **COMMONWEALTH CATHOLIC CHARITIES**

1601 Rolling Hills Drive

Henrico, VA 23229

(804) 285-5900

[agency@cccovfva.org](mailto:agency@cccovfva.org)

[www.cccovfva.org](http://www.cccovfva.org)

*Individual counseling to include Spanish-Speaking professionals.*

### **COUNSELING ALLIANCE OF VA (CAVA)**

2924 Emerywood Parkway, Suite 200

Richmond, VA 23294

(804) 346-5165

[www.cavahelps.com](http://www.cavahelps.com)

(Charlottesville, VA office: 434-220-0333)

*Family and individual counseling.*

Sliding scale. Accepts Medicaid.

### **COUNSELING CENTER OF RICHMOND**

3111 Northside Avenue St. 101

Richmond, VA 23228

[www.counselingcenterofrichmond.com](http://www.counselingcenterofrichmond.com)

### **DOMINION BEHAVIORAL HEALTH**

2301 North Parham Road #5

Richmond, VA 23229

(804) 270-1124

[www.dbhrichmond.com](http://www.dbhrichmond.com)

### **DUELO LATINO**

[duelolatino@gmail.com](mailto:duelolatino@gmail.com)

804-424-1996

*Grief & Counseling support for Latinx by Latinx. No-cost grief support groups available inperson and virtually, led by experienced counselors. Contact Duelo Latino to refer or self-register.*

### **HEALING CIRCLE COUNSELING**

1525 Huguenot Road, Suite 100

Midlothian, VA 23113

2819 North Parham Road, Suite 130

Richmond, VA 23294

(804) 924-7600

[www.healingcirclecounseling.com](http://www.healingcirclecounseling.com)

Accepts Medicaid.

### **HEART AND MIND THERAPY**

6200 Lakeside Avenue

Henrico, VA 23228

2180 Plainview Center

Powhatan, VA 23139

(804) 307-2801

[www.heartmindrva.com](http://www.heartmindrva.com)

### **JEWISH FAMILY SERVICES**

6718 Patterson Avenue

Richmond, VA 23226

(804) 282-5644

[information@jfsrichmond.org](mailto:information@jfsrichmond.org)

[www.jfsrichmond.org](http://www.jfsrichmond.org)

### **LAUNCHPAD COUNSELING**

5540 Falmouth Street

Richmond, VA 23230

(804) 665-4681

[www.launchpadcounseling.com](http://www.launchpadcounseling.com)

### **PARTNERS IN PARENTING**

1617 Monument Avenue, Suite 202

Richmond, VA 23220

(804) 442-7192

[www.piprva.com](http://www.piprva.com)

### **QUEERWELL**

2219 West Main Street

Richmond, VA 23220

(804) 234-3158

*Offering accessible online counseling services for LGBTQ+ adults in Virginia.*

### **RICHMOND CREATIVE COUNSELING**

1900 Byrd Avenue

Richmond, VA 23230

2550 Professional Road

North Chesterfield, VA 23235

(804) 592-6311

[www.richmondcreativecounseling.com](http://www.richmondcreativecounseling.com)

Counselors who accept Medicaid.

### **RIVER CITY COMPREHENSIVE COUNSELING SERVICES**

(804) 230-0999

[info@rivercityccs.com](mailto:info@rivercityccs.com)

[www.rivercityccs.com](http://www.rivercityccs.com)

### **SUMMIT EMOTIONAL HEALTH 8921**

Three Chopt Road, Suite 300

Richmond, VA 23229

(804) 562-6557

[www.summit-eh.com](http://www.summit-eh.com)

### **THRIVEWORKS COUNSELING 1901**

East Franklin Street, Suite 108

Richmond, VA 23223

(804) 331-2570

[www.thriveworks.com/richmond-therapy](http://www.thriveworks.com/richmond-therapy)

*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](http://www.thewestwoodgroup.org)

WOMEN'S COUNSELING  
CENTER  
6714 Patterson Avenue #101  
Richmond, VA 23226  
(804) 288-2217

YOUR PATH COUNSELING  
CENTER  
Two locations in Ashland, VA.  
(804) 798-5327  
[www.yourpaththerapy.com](http://www.yourpaththerapy.com)

ZOE THERAPY SERVICES  
Glen Allen, Henrico, and Midlothian  
(804) 303-9622  
[www.zoerva.com](http://www.zoerva.com)  
*Telemedicine, psychiatric services, neurofeedback,  
counseling, and massage therapy.*  
Accepts Medicaid.

### **Holistic Support**

REAMEY BELSKI  
CROSSOVER DOULA SERVICES  
END OF LIFE DOULA  
(804) 404-2628  
[www.crossoverdoulaservices.com](http://www.crossoverdoulaservices.com)

CINDY JENNINGS  
HEALING HARP  
(804) 647-5353  
[jenningscindy@verizon.net](mailto:jenningscindy@verizon.net)  
[www.cindyjenningsmusic.com](http://www.cindyjenningsmusic.com)  
*Certified Music Practitioner.*

SHELBY KIRILLIN AND  
NICKY HANSEN  
End-of-Life Doulas  
(804) 502-3667  
[shelbyk1021@gmail.com](mailto:shelbyk1021@gmail.com)  
[www.apeacefulpassing.info](http://www.apeacefulpassing.info)

KELLEY IRIS  
END-OF-LIFE CARE  
[www.kelleyirisendoflifecare.com](http://www.kelleyirisendoflifecare.com)  
[kelleyiris.doula@gmail.com](mailto:kelleyiris.doula@gmail.com)

COURTNEY PARE, ND, LICENSED  
NATUROPATHIC DOCTOR  
NATURAL HEALTH SOLUTIONS OF  
VIRGINIA  
2200 Pump Road, Suite 220  
Richmond, VA 23233  
(804) 486-0801

*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.*

THE PEAVEY PROJECT  
Mindfulness Instructors  
[admin@thepeaveyproject.org](mailto:admin@thepeaveyproject.org)  
[thepeaveyproject.org](http://thepeaveyproject.org)

ROBIN RIO, MA, MT-BC  
RIO MUSIC THERAPY  
[rrio@vcu.edu](mailto:rrio@vcu.edu)  
[www.robinrio.com](http://www.robinrio.com)  
*Specialized in working with caretakers of those with  
Alzheimer's.*

SAGNITE "SUNNY" CASTRO  
PLENTITUDE  
(915) 235-5279  
[sagnite@plentitude.love](mailto:sagnite@plentitude.love)  
<https://plentitude.love/>  
*Sunny is a certified End-of-Life Care Specialist, Death  
Doula, and Advanced Reiki Practitioner.*  
Self-pay, sliding scale.

### **Mental Health and Social Services**

Contact your local government-  
funded services (usually fees based on  
sliding scale):

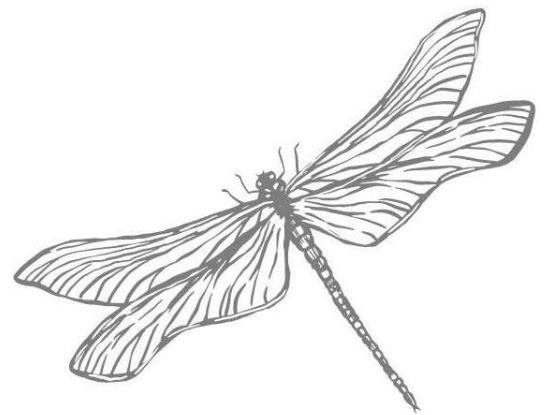
Henrico: (804) 727-8500  
Hanover: (804) 365-4200  
Chesterfield: (804) 768-7318  
Goochland: (804) 556-5400  
Powhatan: (804) 598-2200  
Richmond: (804) 819-4000  
Central Virginia: (434) 581-3271  
District 19: (804) 862-8002  
(Petersburg, Colonial Heights,  
Hopewell, Emporia)

If not listed here, find the contact  
information for your local  
Department of Behavioral Health and  
Developmental Services at:  
[www.dbhds.virginia.gov](http://www.dbhds.virginia.gov) or dial 2-1-1  
in Virginia for referrals.

### **Other Support Services**

CAMERON GALLAGHER FOUNDATION  
9700 Gayton Road  
Richmond, VA 23238  
(804) 528-5000  
[www.ckgfoundation.org](http://www.ckgfoundation.org)  
*Awareness, Education and Help for those Battling Teenage  
Depression*

MCSHIN FOUNDATION  
2300 Dumbarton Road  
Richmond, VA 23228  
(804) 249-1845  
[www.mcshin.org](http://www.mcshin.org)  
[info@mcshin.org](mailto:info@mcshin.org)  
*The McShin Foundation is a Recovery Community Organization  
(RCO). An RCO is defined in part as having resources such as:  
Halfway Houses, Transitional Recovery Houses, linkage to  
Medical Detox Services, and being connected with alcohol and  
drug rehabs, substance abuse treatment and aftercare. McShin  
offers a social model recovery program that implements authentic  
Peer-to-peer delivered Recovery Support Services (PRSS).*





# Crisis Hotlines (24 hours)

National Suicide and Crisis Lifeline	988
Youth Crisis Hotline	(800) 448-4663
The Trevor Project (serves LGBTQ+ youth)	(866) 488-7386 or text START to 678-678
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 "Hablamos" 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, Suite 201  
Richmond, VA 23238  
(804) 912-2947  
[www.fullcirclegc.org](http://www.fullcirclegc.org)

BLOGS AND ARTICLES  
[www.fullcirclegc.org/blog](http://www.fullcirclegc.org/blog)

VOLUNTEER OPPORTUNITIES:  
[www.fullcirclegc.org/volunteering](http://www.fullcirclegc.org/volunteering)

For information about a specific program, please contact:

INDIVIDUAL COUNSELING  
[counseling@fullcirclegc.org](mailto:counseling@fullcirclegc.org)

INDIVIDUAL AND PROFESSIONAL CONSULTATIONS/REFERRALS:  
Britt Cowart, LCSW  
[britt.cowart@fullcirclegc.org](mailto:britt.cowart@fullcirclegc.org)

EDUCATIONAL PROGRAMS:  
Allyson England Drake, M.Ed., CT  
[allyson.drake@fullcirclegc.org](mailto:allyson.drake@fullcirclegc.org)

FAMILY HANDS ON HEALING GROUPS:  
Heather Treptow, M.S.Ed.  
[hohgroup@fullcirclegc.org](mailto:hohgroup@fullcirclegc.org)

OVERDOSE LOSS GROUPS:  
Laura McDonald, LCSW  
[olg@fullcirclegc.org](mailto:olg@fullcirclegc.org)

PERINATAL LOSS GROUPS:  
Carrie Schaeffer, LCSW  
[plg@fullcirclegc.org](mailto:plg@fullcirclegc.org)

SUICIDE LOSS GROUPS:  
Karen Kennedy, MSW  
[slg@fullcirclegc.org](mailto:slg@fullcirclegc.org)



# Hospices

ADDUS HOMECARE/HOSPICE  
OF VIRGINIA  
(804) 281-0451  
[www.addus.com](http://www.addus.com)

AFFINITY CARE OF VIRGINIA  
(888) 517-8100  
[www.affinityhealthmanagement.com/virginia/](http://www.affinityhealthmanagement.com/virginia/)

AMEDISYS HOSPICE CARE  
Bereavement Support  
(804) 282-4364  
[www.amedisys.com](http://www.amedisys.com)

ASCEND HEALTH  
10571 Telegraph Road, Suite 203  
Glen Allen, VA 23059  
(804) 673-1330  
[www.ascendhealth.com/hospice](http://www.ascendhealth.com/hospice)

AT HOME CARE & HOSPICE  
(804) 358-3480  
[www.athomecareandhospice.com](http://www.athomecareandhospice.com)

CRATER COMMUNITY HOSPICE  
3916 South Crater Road Petersburg,  
VA 23805  
(804) 526-4300

[www.cratercommunityhospice.org](http://www.cratercommunityhospice.org)  
*Offers a variety of grief and bereavement groups at  
varying times and locations to include caregiver support.*

ENHABIT HOME HEALTH AND  
HOSPICE  
(804) 726-2855  
[www.ehab.com](http://www.ehab.com)

HEARTLAND HOSPICE  
10800 Midlothian Turnpike, Suite 303  
North Chesterfield, VA 23235  
(888) 436-8482

JAMES RIVER HOSPICE  
1-855-415-5744  
[www.jamesriverhospice.com](http://www.jamesriverhospice.com)

LEGACY HOSPICE  
1-877-970-7776  
[www.legacy-hospice.com](http://www.legacy-hospice.com)

NOAH'S CHILDREN  
(804) 287-7686  
[www.noahschildren.org](http://www.noahschildren.org)  
*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.*

SERENITY FIRST HOSPICE  
4915 Fitzhugh Avenue  
Richmond, VA 23230  
(804) 562-5777  
[www.serenityfirsthospice.com](http://www.serenityfirsthospice.com)

VCU HEALTH AT HOME  
HOSPICE CARE  
(804) 628-4663  
[www.vcuhealth.org/services/vcu-  
health-at-home/programs-and-  
services/hospice-care](http://www.vcuhealth.org/services/vcu-health-at-home/programs-and-services/hospice-care)



## Other Support Services

CROSSOVER HEALTHCARE  
MINISTRY  
(804) 655-2794  
[info@crossoverministry.org](mailto:info@crossoverministry.org)  
[www.crossoverministry.org](http://www.crossoverministry.org)

FORT GREGG-ADAMS SURVIVOR  
OUTREACH SERVICES  
(804) 734-6445  
[https://gregg-adams.armymwr.com/  
programs/acs/survivor-outreach-services](https://gregg-adams.armymwr.com/programs/acs/survivor-outreach-services)  
*A part of Fort Gregg-Adams 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](http://www.healthbrigade.org)  
*Medical and mental health care.*

LIFENET DONOR FAMILY  
SERVICES  
(800) 847-7831  
[www.HealingTheSpirit.org](http://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.*

TRAGEDY ASSISTANCE  
PROGRAM FOR SURVIVORS  
(TAPS)  
24/7 Helpline: 800-959-8277  
[info@taps.org](mailto:info@taps.org)  
[www.taps.org](http://www.taps.org)  
*Offers grief support for those grieving the loss  
of a military loved one. Retreats, seminars,  
children's programs, and online resources.*

VIRGINIA VICTIM  
ASSISTANCE NETWORK  
[www.vanetwork.org](http://www.vanetwork.org)  
Victim Assist Helpline:  
855-4-HELP-VA  
(855) 443-5782

# Pet Loss Counseling

ANIMAL WELFARE ASSOCIATION  
[www.awanj.org/community-outreach/pet-bereavement](http://www.awanj.org/community-outreach/pet-bereavement)

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

FETCH A CURE  
5711 Staples Mill Road, Suite 300  
Richmond, VA 23228  
(804) 525-2193  
[info@fetchacure.org](mailto:info@fetchacure.org)

RAINBOW BRIDGE PET SERVICES  
(703) 973-5088  
[www.rainbowbridgepetservices.com/help-with-loss](http://www.rainbowbridgepetservices.com/help-with-loss)

VIRGINIA PET LOSS RESOURCES  
[www.pet-loss.net/resources/VA.shtml](http://www.pet-loss.net/resources/VA.shtml)



# Widow/Widower Support Groups

BLILEY'S  
- WIDOW'S TEA TALK  
- WIDOWER DISCUSSION GROUP  
- WIDOW/WIDOWER GROUP  
Jennifer Moss  
[jmoss@blileys.com](mailto:jmoss@blileys.com)

WIDOWED GRIEF GROUP  
Belinda B. Early  
(804) 513-5772  
[belinda.early@gmail.com](mailto:belinda.early@gmail.com)  
*Bereavement support groups for widowed men & women.*

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

WIDOWED PERSONS SERVICE OF  
RICHMOND  
Nancy Burner  
(804) 292-3556  
[nancyandmilt@verizon.net](mailto:nancyandmilt@verizon.net)  
*Discovery Methodist Church Westend group meetings  
Thursdays at 2 pm. A program of AARP/VA.*

YOUNG WIDOWS OR  
WIDOWERS, INC.  
Tammy Smith  
[info@ywow.org](mailto:info@ywow.org)  
[www.ywow.org](http://www.ywow.org)



# Camps and Retreats

## BRYAN'S OASIS

Hank and Peggy Graeser

[graeserh@comcast](mailto:graeserh@comcast)

*Retreat cabin in the Blue Ridge Mountains for grieving parents, hosted by to offer rest and hospitality.*

## CAMP KESEM

[www.kesem.org](http://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) 553-3330

[camplighthouse@sentara.com](mailto:camplighthouse@sentara.com)

*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.comfortzonecamp.org](http://www.comfortzonecamp.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 & KIDZ 'N GRIEF

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. KNG offers support groups for children and their families in the Hampton Roads area.*



# Spiritual-Based Organizations

## THE BARNABAS CENTER

7113 Three Chopt Road

Richmond, VA 23226

(804) 741-2333

[www.barnabasrva.org](http://www.barnabasrva.org)

## BENEDICTINE COUNSELING SERVICES

Sister Kathy Persson, OSB, LCSW

[kathyperssonosb@gmail.com](mailto:kathyperssonosb@gmail.com)

*Counseling for grief, trauma, and anxiety / depression for couples, individuals, and families.*

## CHRISTIAN COUNSELING TRAINING CENTER, INC.

2510 Professional Road

Richmond, VA 23235

(804) 358-1343

[info@cctcinc.org](mailto:info@cctcinc.org)

*Biblical-based counseling.*

## COOL SPRINGS BAPTIST CHURCH: GRIEF SHARE

Jerry and Patsi Deans

(804) 402-2032

[jerry.deans@comcast.net](mailto: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 Springs Baptist Church on Atlee Station Road. The group is open to new members anytime and welcomes those suffering from all types of loss. 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 GRIEF SHARE PROGRAMS

(800) 395-5755

[www.griefshare.org/findagroup](http://www.griefshare.org/findagroup)

*Visit the website or call for a complete listing of current and upcoming groups held at local churches around Greater Richmond.*

## P23 RETREAT

[www.p23retreat.org](http://www.p23retreat.org)

[cindy@p23retreat.org](mailto:cindy@p23retreat.org)

*Offers respite and retreat to parents grieving the loss of a child.*

## RICHMOND HILL GRIEF SUPPORT GROUPS

Sandy Gramling, PhD, LCP, Spiritual Director and Coordinator of Grief

Ministries

2209 East Grace Street

Richmond, VA 23223

(804) 783-7903

[www.richmondhillva.org](http://www.richmondhillva.org)

## ST. PAUL'S BAPTIST CHURCH

(804) 643-4769

[www.myspbc.org](http://www.myspbc.org)

## VA INSTITUTE FOR PASTORAL CARE

(804) 282-8332

# Suicide Support Services

FULL CIRCLE GRIEF CENTER  
(804) 912-2947

[www.fullcirclegc.org](http://www.fullcirclegc.org)  
[slg@fullcirclegc.org](mailto:slg@fullcirclegc.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.*

NATIONAL ALLIANCE ON  
MENTAL ILLNESS OF VIRGINIA  
[www.namivirginia.org/support-groups](http://www.namivirginia.org/support-groups)

RVA'S SURVIVORS OF SUICIDE LOSS  
SUPPORT GROUP

*\*Peer-facilitated, virtual\**

[www.survivorsofsuicidelossrva.wordpress.com](http://www.survivorsofsuicidelossrva.wordpress.com)  
*Meets the 3rd Thursday of every month from 6:30pm-8:00pm*

SUICIDE PREVENTION LIFELINE: 988  
[www.988lifeline.org](http://www.988lifeline.org)



# Overdose and Substance Use Loss Support Services

FULL CIRCLE GRIEF CENTER  
(804) 912-2947

[www.fullcirclegc.org](http://www.fullcirclegc.org)  
[olg@fullcirclegc.org](mailto:olg@fullcirclegc.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

[graplerv@gmail.com](mailto:graplerv@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. \*Virtual\**



# Homicide Support Services

HOMICIDE SUPPORT GROUP

Richmond Police Department Training Academy  
1201 West Graham Road  
Richmond, VA 23220

*For adults and children who have lost a loved one from homicide.  
Held weekly, in-person.*

VIRGINIA VICTIM ASSISTANCE NETWORK

[www.vanetwork.org/homicide-survivor-support-groups](http://www.vanetwork.org/homicide-survivor-support-groups)  
Scharnelle Hamlin

(804) 331-4057 Ext. 103

[scharnelle.hamlin@vanetwork.org](mailto:scharnelle.hamlin@vanetwork.org)

*Weekly Virtual Group*

# Child Loss Support Services

## BLILEY'S FUNERAL HOME INTERMENT OF ANGELS

Coordinated by Jenny Bliley  
(804) 355-3800

*The Interment of Angels service was established over 40 years ago to provide families with a memorable and comforting service for their babies. This funeral and burial service is for babies who are miscarried, still born or live for fewer than 24 hours. This service is provided by Bliley's and offered at no cost to the families.*

## COMPASSIONATE FRIENDS

(804) 458-9000  
tcfrva@hotmail.com  
[www.compassionatefriendsRVA.org](http://www.compassionatefriendsRVA.org)

*Provides highly personal comfort, hope and support to every family experiencing a death of a child, a sibling, 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.*

## ELIJAH'S PURPOSE

[www.elijahspurpose.com](http://www.elijahspurpose.com)  
[admin@elijahspurpose.org](mailto:admin@elijahspurpose.org)

*Provides burial resources, support, comfort, and hope to families experiencing pregnancy or infant loss.*

## FULL CIRCLE'S PERINATAL LOSS GROUP

(804) 912-2947  
[www.fullcirclegc.org](http://www.fullcirclegc.org)  
[plg@fullcirclegc.org](mailto:plg@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.*

## HEALING CIRCLE COUNSELING

Miscarriage Support Group  
2819 North Parham Road, Suite 130  
Richmond, VA 23294  
(804) 924-7600  
[www.healingcirclecounseling.com/  
services/group-therapy](http://www.healingcirclecounseling.com/services/group-therapy)  
[hello@healingcirclecounseling.com](mailto:hello@healingcirclecounseling.com)

*This is a free miscarriage support group for families seeking support after the loss of a baby in early pregnancy. This includes all losses in the first trimester of pregnancy. Meets the 1st Tuesday of each month at 6:00p at the Parham Road location.*

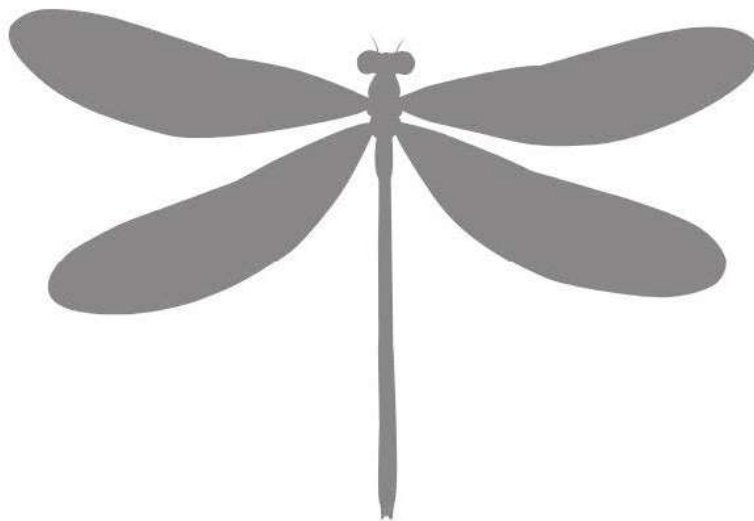
## MISS FOUNDATION SUPPORT GROUP FOR BEREAVED PARENTS

10611 Patterson Avenue, Suite 201  
Richmond, VA 23238  
Sarah Mayfield, M.Ed., N.C.C., CT  
[sarah.mayfield@missfoundation.org](mailto:sarah.mayfield@missfoundation.org)

*For parents grieving the loss of a child (any age, any cause). Meets the 2nd Tuesday of each month from 7:00p - 8:30p at Full Circle Grief Center.*

## NOAH'S CHILDREN

(804) 287-7686



# Online/Virtual Grief Services

## Child Loss

BEREAVED PARENTS OF USA  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

BETHANY CHRISTIAN SERVICES  
OF VIRGINIA  
8100 Three Chopt Road, Suite 110  
Richmond, VA 23229  
(804) 360-0466  
<https://bethany.org/locations/us/virginia/richmond>  
*Monthly support group for birth moms who have placed a child for adoption voluntarily. Meets 3rd Thursday of each month at 6:30 PM.*

C2 ADOPT  
8100 Three Chopt Road, Suite 220  
Henrico, VA 23229  
(804) 354-1881  
[www.c2adopt.com](http://www.c2adopt.com)  
*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.*

COMPASSIONATE FRIENDS  
[www.compassionatefriends.org/resources](http://www.compassionatefriends.org/resources)  
*Supports individuals who experience child loss of all kinds. Online support is limited to siblings 18 years and older.*

MISS FOUNDATION  
[www.missfoundation.org](http://www.missfoundation.org)  
*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.*

PARENTS OF MURDERED  
CHILDREN  
888-818-7662  
[www.pomc.org](http://www.pomc.org)  
*POMC makes the difference through ongoing emotional support, education, prevention, advocacy, and awareness.*

SHARE: PREGNANCY AND  
INFANT LOSS SUPPORT, INC.  
[www.nationalshare.org](http://www.nationalshare.org)  
*Perinatal or neonatal loss*



## General Grief

AMERICAN HOSPICE  
FOUNDATION  
[www.americanhospice.org/grief-landing](http://www.americanhospice.org/grief-landing)

DOUGY CENTER  
[www.dougy.org](http://www.dougy.org)

DUELO LATINO  
[duelolatino@gmail.com](mailto:duelolatino@gmail.com)  
804-424-1996  
Grief & Counseling support for Latinx by Latinx.  
*No-cost grief support groups available inperson and virtually, led by experienced counselors. Contact Duelo Latino to refer or self-register.*

EVERMORE  
[www.evermore.org](http://www.evermore.org)

GRIEF SHARE  
[www.griefshare.org](http://www.griefshare.org)  
*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.*

GRIEF WATCH  
[www.griefwatch.com](http://www.griefwatch.com)  
*Provides bereavement resources, memorial products, education, and links that can help you through your personal loss.*

HEALING THE SPIRIT  
[www.healingthespirit.org](http://www.healingthespirit.org)  
*Resources for coping with the death of a loved one.*  
  
MODERN LOSS  
[www.modernloss.com](http://www.modernloss.com)  
*A candid conversation about grief, blog for young adults.*

NATIONAL CHILD TRAUMATIC  
STRESS NETWORK (sudden loss)  
[www.nctsn.org](http://www.nctsn.org)

NATIONAL WIDOWERS'  
ORGANIZATION  
[www.nationalwidowers.org](http://www.nationalwidowers.org)  
*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.*

QUEERWELL  
2219 West Main Street  
Richmond, VA 23220  
(804) 234-3158  
*Offering accessible online counseling services for LGBTQ+ adults in Virginia.*

TWINLESS TWINS  
[www.twinlesstwins.org](http://www.twinlesstwins.org)  
*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.*

WHAT'S YOUR GRIEF  
[www.whatsyourgrief.com](http://www.whatsyourgrief.com)



# Loss From Suicide

AMERICAN ASSOCIATION OF  
SUICIDOLOGY

[www.suicidology.org](http://www.suicidology.org)

AMERICAN FOUNDATION FOR  
SUICIDE PREVENTION

[www.afsp.org](http://www.afsp.org)

SUICIDE & CRISIS LIFELINE  
988

[www.988lifeline.org](http://www.988lifeline.org)



# Overdose and Substance Use Loss

GRIEF RECOVERY AFTER  
SUBSTANCE PASSING (GRASP)

[www.grasphelp.org](http://www.grasphelp.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

[www.grievingchildren.net/books](http://www.grievingchildren.net/books)

*Books to help children cope with loss.*

NATIONAL ALLIANCE FOR  
CHILDREN'S GRIEF

[www.nacg.org](http://www.nacg.org)

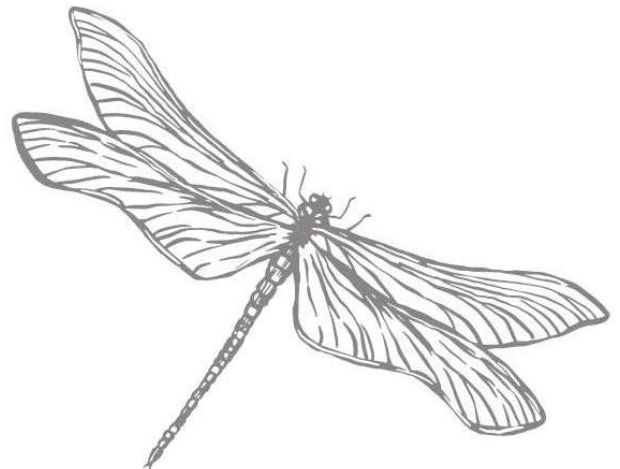


# Remembrance

THE HEALING GARDEN

[www.lifenethealth.org/healingthespirit](http://www.lifenethealth.org/healingthespirit)

*A child web page with interactive activities to help children deal with their grief and loss through creative expression and companion interaction.*



# Book List for Grief and Loss

## For Children 4-8 Years Old

*The ABC's of Grief*  
by Jessica Correnti

*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

*The Grief Rock: A Book to  
Understand Grief and Love*  
by Natahsa Daniels

*Grief Is an Elephant*  
by Tamara Ellis

*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

*Something Sad Happened*  
by Darby A. Strickland

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

*Tear Soup*  
by Pat Schweibert

*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 Levene

*When Someone Dies: A Children's  
Mindful How-to Guide on Grief and Loss*  
by Andrea Dorn

*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

*You'll Be There*  
by Amanda Rawson Hill

## 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

## For Teens

*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

## For Adults

*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

*Born Into Loss: Shadows of a Deceased  
Sibling and Family Journeys of Grief*  
by Sarah Reed Vollman & Joann M.  
O'Leary

*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. Emswiler and  
Mary Ann Emswiler

*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 Wasn't Ready to Say Goodbye*  
by Brook Noel and Pamela D. Blair

*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

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

*One Mindful Day at a Time*  
by Alan D. Wolfelt

*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. Rosoff

## Serious Illnesses

*Gentle Willow: A Story for Children about Dying*  
by Joyce Mills

*How to Help Children Through a Parent's Serious Illness*  
by Kathleen McCue

*Raising an Emotionally Healthy Child when a Parent is Sick*  
by Paula Rauch and Anna Muriel

## Loss of a Child

*Children and Grief: When a Parent Dies*  
by William Worden

*Finding Hope When A Child Dies: What Other Cultures Can Teach Us*  
by Sukie Miller and Doris Ober

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

*The Grieving Garden: Living with the Death of a Child*  
by Suzanne Redfern

*Guiding Your Child Through Grief*  
by James Emswiler and Mary Ann Emswiler

*Healing a Child's Grieving Heart*  
by Alan D. Wolfelt

*Healing Your Grieving Heart*  
by Alan D. Wolfelt

*Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies*  
by Janis Silverman

*Help Your Marriage Survive the Death of a Child*  
by Paul C. Rosenblatt

*I Keep Trying to Catch His Eye*  
by Ivan Maisel

*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

## Art Journals/Workbooks

*Angel Catcher: A Journal of Loss and Remembrance*  
by Kathy Eldon and Amy Eldon Turteltaub

*Children and Grief: When a Parent Dies*  
by J. William Worden

*From Grief to Peace*  
by Heather Stang

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

*Healing a Child's Grieving Heart*  
by Alan D. Wolfelt

*Healing Your Grieving Heart*  
by Alan D. Wolfelt

*Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies*  
by Janis Silverman

*How to Carry What Can't Be Fixed*  
by Megan Devine

*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

*When Someone Very Special Dies*  
by Marge Heegaard

*When Something Terrible Happens*  
by Marge Heegaard

## Pet Loss

*The Forever Dog*  
by Bill Cochran

*The Invisible Leash*  
by Patrice Karst

*The Tenth Good Thing about Barney*  
by Judith Viorstmswiler

*When a Pet Dies*  
by Fred Rogers

# 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

*Gracious Grief After Suicide Loss: Feel God's Love After the Worst Day of Your Life*  
by Kevin F. Skellett

*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 Wrobleksi

*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 Marilynne 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

## Suicide Loss Survivor Stories

*A Force Unfamiliar to Me: A Cautionary Tale*  
by Jane Butler

*A Special Scar: The Experience of People Bereaved by Suicide*  
by Alison Wertheimer

*An Empty Chair: Living in the Wake of Sibling's Suicide*  
by Sara Swan Miller

*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

*The Gospel According to Josh: A 28-Year Gentle Bar Mitzvah*  
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

*My Son...My Son: A Guide to Healing After Death, Loss or Suicide*  
by Iris Bolton and Curtis Mitchell

*Never Regret the Pain: Loving and Losing a Bipolar Spouse*  
by Sel Erder Yackleyv

*No Time to Say Goodbye: Surviving the Suicide of a Loved One*  
by Carla Fine

*Remembering Garrett: One Family's Battle with a Child's Depression*  
by US Senator Gordon H. Smith

*Sanity & Grace: A Journey of Grief After Suicide*  
by Beryl Glover

*The Suicide Index: Putting my Father's Death in Order*  
by Joan Wickersham

## Helping Children Through Suicide Loss

*After a Parent's Suicide: Helping Children Heal*  
by Margo Requarth

*After a Suicide: A Workbook for Grieving Kids*  
available through The Dougy Center

*But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors*  
by Barbara Rubel

*Child Survivors of Suicide: A Guidebook for Those Who Care for Them*  
by Rebecca Parkin and Karen Dune-Maxim

*My Uncle Keith Died*  
by Carol Ann Loehr

*Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care For Them*  
by Doreen Cammarata

*Understanding Suicide, Supporting Children*  
available through The Dougy Center

## For Adolescents Touched by Suicide

*After*  
by Francis Chalifour

*After a Suicide: Young People Speak Up*  
by Susan Kuklin

## For Men Touched by Suicide

*Men & Grief: A Guide for men Surviving the Death of a Loved One and a Resources for Caregivers and Mental Health Professionals*  
by Carol Staudacher

*Men Don't Cry...Women Do: Transcending Gender Stereotypes of Grief*  
by Terry L. Martin

*Real Men Do Cry: A Quarterback's Inspiring Story of Tackling Depression and Surviving Suicide Loss*  
by Eric Hipple with Dr. Gloria Horsley and Dr. Heidi Horsley

*Swallowed by a Snake: The Gift of the Masculine Side of Healing*  
by Thomas R. Golden

*When a Man Faces Grief/ A Man You Know Is Grieving: 12 Practical Ideas to Help You Heal from Loss*  
by Thomas R. Golden and James E. Miller

*When Suicide Comes Home: A Father's Diary and Comments*  
by Paul Cox

## For Clinicians

*Dead Reckoning: A Therapist Confronts His Own Grief*  
by David C. Treadway

*Grief After Suicide: Understanding the Consequences and Caring for the Survivors*  
by John R. Gordon

*Suicide and Its Aftermath: Understanding and Counseling the Survivors*  
by Edward Dunne

*Therapeutic and Legal Issues for the Therapists Who Have Survived a Client Suicide: Breaking the Silence*  
by Kayla Miriyam Weiner

*When a Man Faces Grief / A Man You Know Is Grieving: 12 Practical Ideas to Help You Heal from Loss*  
by Thomas R. Golden and James E. Miller





## Overdose & Substance Use Loss Resources

*Codependent No More*  
by Melody Beattie

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

*Drinking: A Love Story*  
by Caroline Knapp

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

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

*Grief Diaries: Surviving Loss by Overdose*  
by Lynda Cheldelin Fell

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

*Mindfulness and Overdose Grief Articles and Podcasts*  
[www.mindfulnessandgrief.com/overdose-loss/](http://www.mindfulnessandgrief.com/overdose-loss/)

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

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

*Tweak*  
by Nic Sheff

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

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

## Perinatal Loss Resources

*About What Was Lost*  
by Jessica Berger Gross

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

*Celebrating Pregnancy*  
by Franche Cox

*Closer to the Light*  
by Melvin Morse

*Dancing in the Rain*  
by Cindy Schuffe Banger

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

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

*Fathers Feel Too*  
by Andrew Don

*Free to Grieve*  
by Maureen Rank

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

*Good Grief*  
by Monica Novak

*Grieving Fathers: To the Brink and Back*  
by Kelly Farley

*Grieving the Child I Never Knew*  
by Kathey Wunnenburg

*Healing After Loss*  
by Martha Whitmore Hickman

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

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

*Journeys: Stories of Pregnancy After a Loss*  
by Ay Abbey

*Knocked Up Knocked Down*  
by Monica Murphy LeMoine

*Life After Loss*  
by Bob Deits

*Life Touches Life: A Mother's Story of Stillbirth and Healing*  
by Lorraine Ash

*Losing Malcolm: A Mother's Journey Through Grief*  
by Carol Henderson

*The Lovely Life*  
www.glowinthewoods.com

*Moments for Those Who Have Lost a Loved One*  
by Lois Monday Rabey

*Mothering from Your Center*  
by Tami Lynn Kent

*Naming the Child: Hope Filled Reflections on Miscarriages, Stillbirth and Infant Death*  
by Jenny Shroedel

*The North Face of God*  
by Ken Give

*Our Heartbreaking Choices: Forty-Six Women Share Their Stories of Interrupting a Much-Wanted Pregnancy*  
by Christie Brooks

*The Power of Memoir: How to Write Your Healing Story*  
by Linda Joy Myers

*Pregnancy After a Loss*  
by Carol Cinulli Lanham

*Shadow Child*  
by Beth Powning

*Silent Grief*  
by Clara Hinton

*Still — A Collection of Artwork and Honest Writings from the Heart of a Grieving Mother*  
by Stephanie Page Cole

*The Still Point of the Turning World: A Mother's Story*  
by Emily Rapp

*Stillborn, The Invisible Death*  
by John DeFrain

*Stolen Angels*  
by Shanee Moore

*Surviving the Loss of a Child: Support for Grieving Parents*  
by Elizabeth B. Brown

*Through a Season of Grief*  
by Bill Dunn and Kathy Leonard

*To Full Term*  
by Darci Klein

*To Henry in Heaven — Reflections on the Loss of a Child*  
by Herbert Brokering

*Unspeakable Losses*  
by Kim Kluger Ben

*When God and Grief Meet*  
by Lynn Eib

*When God Doesn't Answer Your Prayer*  
by Jerry Sitter

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## 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: Will this soon 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*

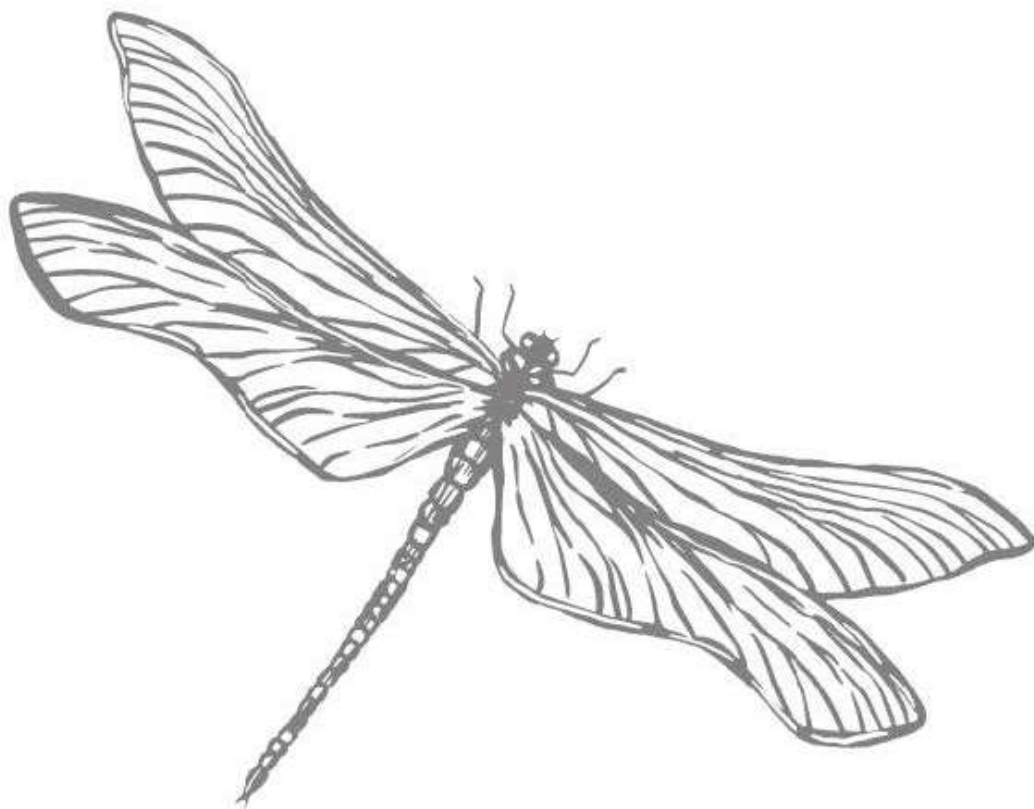
by Pleasant White, PhD

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, they often leave 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 parental 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

*Drs. 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, relief... 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 Heart: 100 Practical Ideas*  
by Alan D. Wolfelt

*Healing Children's Grief: Surviving a Parent's Death from Cancer*  
by Grace Hyslop Christ

*Healing 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 Flammig

*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.*

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# 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, people often feel frozen in limbo, unsure how to navigate lives that no longer feel 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.*

*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.*

*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.*

*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.*



# 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.

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## Homicide Loss

*A Grief Like No Other: Surviving the Violent Death of Someone You Love*

by Kathleen O'Hara

*Aftermath: In the Wake of Murder*

by Carrie M. Freitag

*Coping With Traumatic Death: Homicide*

by Bob Baugher, PhD & Lew Cox

*Grief After Homicide*

by Alan D. Wolfelt, PhD

*Grief Diaries: Surviving Loss by Homicide*

by Lynda Cheldelin Fell

*Henry's Gift: A Companion to Henry's Hope*

by Rosemary Loomis

*Henry's Hope*

by Rosemary Loomis

*Inside the Criminal Mind*

by Stanton E. Samenow

*The Journey: Learning to Live with Violent Death*

by Connie Saindon

*Murder Survivor's Handbook: Real-Life Stories, Tips & Resources*

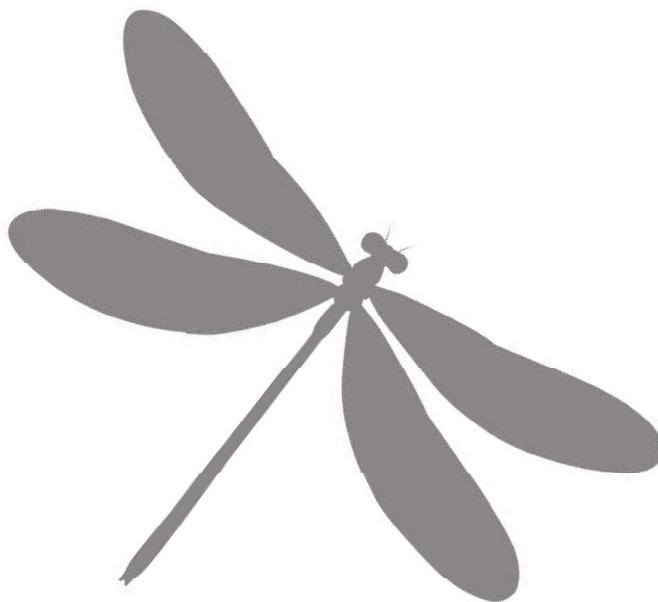
by Connie Saindon

*Stabbed in the Heart: Three Murdered Children Two Resilient Mothers*

by Lynn Shiner & Nancy Chavez

*What To Do When The Police Leave*

by Bill Jenkins





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





## Full Circle Grief Center

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