

GRIEF SUPPORT RESOURCE LIST

- Compassionate Friends (for those who have lost a child). www.compassionatefriends.org Many who attend these support groups have lost an *adult* child. You can type your zip code into their website and find a support group near you.
- GriefShare (for varied death losses). www.griefshare.org This is a faith-based group support program with a 13 week video series, and a workbook. The support group time consists of watching the video together, commenting on the video and discussing homework. You can type your zip code into their website and find a support group near you.
- Molly's Bears. www.mollysbears.org This is a non-profit organization that can create a teddy bear in the exact weight of an infant that died.
- Hope Mommies. www.hopemommies.org This is a non-profit organization supporting mothers after an infant loss.
- What's Your Grief. www.whatsyourgrief.com This is not a faith-based website, but there is a lot of good content, a blog and webinars from time to time for ongoing learning in the field of grief support.