Helpful Websites

AARP – Information on grief and loss, including for the new widow/widower
http://www.aarp.org/relationships/grief-loss/

Association for Pet Loss and Bereavement – Resources for coping with pet loss
http://aplb.org/index.html

Bereaved Parents USA – For newly bereaved parents who have lost a child
http://www.bereavedparentsusa.org

Compassionate Friends – For parents who have lost a child
http://www.compassionatefriends.org

Divorce Care – Support groups and resources for those facing divorce
http://www.divorcecare.org

Divorce Care for Kids – Resources and support for kids age 5-12
http://www.dc4k.org

Family Caregiving Alliance – General information on grief and loss
http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=404

Grief.com – Wisdom of Elizabeth Kübler-Ross and David Kessler, grief experts
http://grief.com

Grief Net – A variety of online resources on grief and loss
http://www.griefnet.org

Grief Loss and Recovery – Emotional support for those sharing grief
http://grieflossrecovery.com

HopeXchange – Emotional support for coping with the grief of miscarriage
http://www.hopexchange.com
Journey Through Grief – Using the arts and creativity to cope with grief
http://www.journey-through-grief.com/index.html

Open to Hope- Inspirational stories of healing after loss
http://www.opentohope.com

Silent Grief – A website dedicated to coping with pregnancy loss and miscarriage
http://silentgrief.com

Suicide Grief – A public message board for those coping with a loss due to suicide
http://www.suicidegrief.com/index.php