

There is no set timeline for healing.

Everyone grieves at their own speed and in their own way. Give yourself time to heal and understand that your grieving process might be different from those around you, and that's okay.

The most important thing to remember is that no matter what you're feeling, you're not alone.

Hopefully, this list of resources will make your grieving process a little easier during this difficult time.

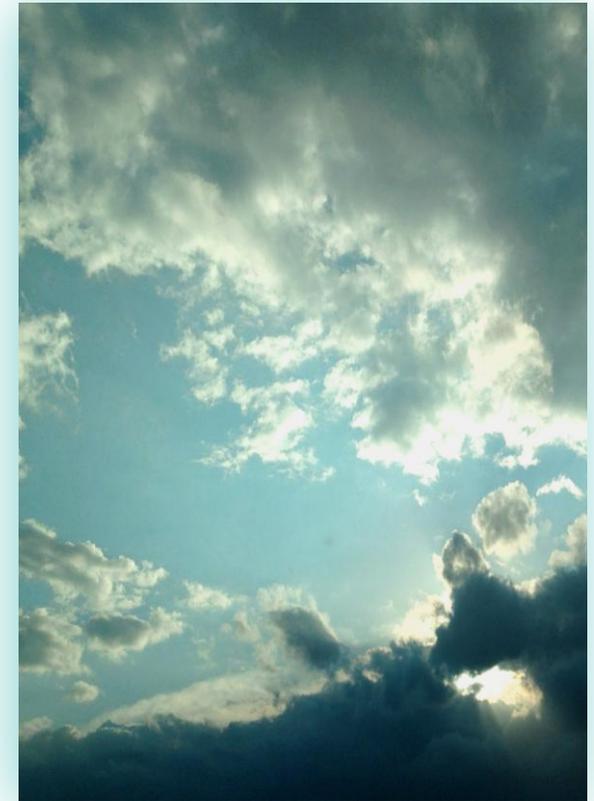
Tips for Handling Your Grief in a Healthy Way

From Iris M. Bolton's "Beyond Surviving: Suggestions for Survivors"

1. Know you can survive. You may not think so but you can.
2. Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
3. Find a good listener with whom to share. Call someone if you need to talk.
4. Try to put off major decisions.
5. Give yourself permission to get professional help.
6. Remember to take one moment or one day at a time.

Grief Support Resources

Finding support when you've lost a loved one



General Support Resources for Adults

Bereaved Parents of the USA

Support, compassion, and resources for the newly bereaved.

www.bereavedparentsusa.org

Centering Corporation

Grief resource center for bereaved adults who have lost children or loved ones.

www.centering.org

Compassionate Friends

Support meetings for grieving adult family members of children who have passed away

www.compassionatefriends.org

GriefNet

Online support groups and resources for adults, as well as an external link for child support groups.

www.griefnet.org

Surviving Spouse Support Group

Resource and CT support group list for adults who have lost husbands and wives.

www.survivingspouse.org

Grief Support Resources for Children and Families

The Brian T. Dagle Memorial Foundation

Providing healing, hope, and support after the loss of someone special.

www.brianshealinghearts.org

Comfort Zone Camp

Weekend camp for children grieving the loss of a family member.

www.comfortzonecamp.org

The Dougy Center

Resources and support for grieving children and families.

www.dougy.org

Mary's Place

Connecticut-based grief center with support groups for children.

www.marysplacect.org

National Alliance for Grieving Children

Grief support, resources, and lists of local support groups for grieving children.

www.childrengrieve.org

Local Church Resources

Your Pastors

Ongoing pastoral care, counselors, health care professionals, and other community-based resources are all available to you for the asking. After the blur of activity surrounding end-of-life decisions, memorial services, and estate settlements, a quiet period follows where you have a chance to explore what a new season of life will look like in the absence of your loved one. Reach out to your pastor to receive the assistance these people are eager to give to you.

Your Stephen Ministers

Trained and compassionate lay care-givers are available to come alongside of you and walk with you as you grieve. Don't miss the opportunity to avail yourself of their invaluable support.

Your Community Groups

Many of our area churches host ongoing or periodic grief support groups. These groups employ small group dynamics and study materials to help you process your loss in healthy and healing ways.

Your Friends and Church Family

There is no substitute for the support that you can receive from friends, family and significant others. Don't refrain from calling on them because you don't want 'to be a bother'. They will be glad to hear from you and honored that you rely on them for help when you need it most.

Your Role

The term 'grief work' was coined in recognition of the effort it takes to move through the grief process. Take the initiative and spend the energy necessary to reach a positive resolution in this new season of your life.