

Online Grief Resources

[What's Your Grief](#) mission is to promote grief education, exploration, and expression in both practical and creative ways. What's Your Grief aim to provide the public with:

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones
- A supportive community

Where is grief allowed to happen? At work? At home? Is there always a place even amongst our closest family and dearest friends to feel validated and understood? [Grief in Common](#) is that place. By creating a profile that outlines who you are, who you've lost and the circumstances surrounding that loss, our hope is that you will find a connection with someone who understands.

[Griefshare](#) groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements:

- Video seminar with experts – Each week your GriefShare group will watch a video seminar featuring top experts on grief and recovery subjects. These videos are produced in an interesting television magazine format featuring expert interviews, real-life case studies, dramatic reenactments, and on-location video.
- Support group discussion with focus – After viewing the video, you and the other group members will spend time as a support group, discussing what was presented in that week's video seminar and what is going on in your lives.
- Personal study and reflection – During the week you will have the opportunity to use your workbook for further personal study of the grieving process and to help sort out your emotions through journaling. Your group will spend time discussing questions and comments from the workbook study.

[Grief Resource Network](#) The Grief Resource Network seeks to solve the disconnect and create a platform whereby those seeking support and connection can find those who are seeking to serve and support. The GRN is free for the bereaved to register and join and very cost-friendly for professionals and organizations.

[Grief Recovery Method](#) provides group and one-to-one support to assist grievers, no matter their emotional loss. Each of these programs are led by Certified Grief Recovery Method Specialists, trained by The Grief Recovery Institute. These Specialists are not just trained professionals but are also individuals who used this same action plan to deal with loss in their own lives, and therefore understand the pain of grief on a very personal level!

Death and dying affects each and every one of us. Every year, 29,000 people die in Ireland and up to 290,000 are newly bereaved. [The Irish Hospice Foundation](#) strives for the best care at end of life for these people and practical support for their loved ones.



[Domani for Grief and Loss](#), is a digital community providing specialized, empathetic, compassionate, online courses, coaching and therapy to support you and your family as you deal with the difficult loss of a loved one.

[Grief and Creativity](#) is focused on helping you find creative approaches to grief + life experiences through personal + professional classes, mentorship coaching, books, art, blog articles, and podcasts. You are not alone.

[NFDA's Remembering A Life](#) can be your guide to honoring a life well-lived, from planning a tribute to mourning a loved one, and providing hope and support with facing this unique grief experience of loss during a pandemic.

[American Hospice Foundation for Employees and Managers booklet](#) is for anyone affected by loss. If you are grieving, the first two sections are especially for you. If you are a manager, understanding these sections, as well as the specific advice for you that follows, will help you deal effectively and compassionately with workplace grief.

[The National Child Traumatic Stress Network \(NCTSN\)](#) provides resources for parents, caregivers and Providers who care about children and are concerned about child traumatic stress.