Healing From Loss ~ Resource Materials

Books:


Greene, P. (2003). It must have been moonglow: Reflections on the first years of widowhood.


Viorst, J. (1986). *Necessary losses: The loves, illusions, dependencies, and impossible expectations that all of us have to give up in order to grow.*

**Compact Disc:**

Health Journeys: *A Meditation to Ease Grief* by Belleruth Naparstek

**Websites:**

[www.centerforloss.com](http://www.centerforloss.com): The site features a thorough collection of articles and book excerpts focused on grief.


[www.goodgriefcenter.com](http://www.goodgriefcenter.com): This is a comprehensive bereavement resource that promotes grief education, awareness. Referrals to support groups are also provided.

[www.grief.net](http://www.grief.net): The site of the Grief Recovery Institute, the action program for moving beyond loss. This site is especially helpful for assisting others who are coping with loss.

[www.griefnet.org](http://www.griefnet.org): An Internet community comprised of people coping with grief, death, and major loss. It offers on-line support groups.

[www.griefshare.org](http://www.griefshare.org): A site that helps you to find local support groups and provides some online support in the form of videos.
www.healingthespirit.org: A site that centers on families of organ and tissue donors, but it is also a general grief and loss resource

www.motherlessdaughters.org/blog: This site provides resources for women who have lost a mother through death including a forum to connect with other grievers.

www.opentohope.org: The Open to Hope Foundation is an online resource center for individuals who have experienced loss.

www.recover-from-grief.com/grief-websites.html: A comprehensive site that includes grief coping strategies for a wide variety of losses.

www.studentsofamf.org: The Students of Ailing Mothers and Fathers is an organization dedicated to supporting college students dealing with illness and death.

Films:

Dearly Loved: Dealing with the Death of a Parent (13 minutes): In this documentary, three young adults of different cultural discuss the death of a parent. Each person is at a different part of the grieving process.

-by the Calgary Health Region Grief Support Center

Available from: http://fanlight.com/

A Family Disrupted: Dealing with the Death of a Sibling (22 minutes): Three individuals share their experiences of how they and their loved ones have grieved and mourned. They particularly emphasize dealing with friends and family members whose grieving and mourning differ from their own.

-by the Calgary Health Region Grief Support Center

Available from: http://fanlight.com/
Grief in America (57 minutes): Seven people from diverse cultural backgrounds discuss their grief and mourning process, integrating ethnic customs for coping with their losses. As well, experts on grieving and mourning discuss coping strategies.

-by Bert Atkinson

Available from: http://fanlight.com/

Phantom Limb (28 minutes): Concerns the death of the filmmaker’s seven-year-old brother decades ago. The film is loosely structured according to stages of grief and emphasizes a philosophical view of death.

-by Jay Rosenblatt

Available on www.jayrosenblattfilms.com

Uncoupled: Dealing with the Death of a Spouse (24 minutes) Four grieving spouses explore helpful and unhelpful coping mechanisms following their loss.

-by the Calgary Health Region Grief Support Center

Available from: http://fanlight.com/