

Grief Support Services

Programs and services for individuals mourning the loss of a loved one including grief counseling.

Article

Dealing With Grief During the Holiday Season

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow. Here are 9 things to help you get through this difficult time.

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[AARP](#)

Links

Cake: Funeral and End-of-Life Platform and Tools

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Links

Family Caregiver Alliance: Grief & Loss

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[Family Caregiver Alliance: Grief & Loss](#)

Article

5 Simple Ways to Help Someone Who's Grieving

Feeling helpless as a caregiver, friend or family member? Here are 5 simple ways to help someone who's grieving.

Source

[Caring.com](#)

Article

Coping with Holidays and Family Celebrations

While the holidays are a time of joy, they can be especially difficult for people who have lost loved ones. Learn ways to honor your loved ones around holidays, anniversaries and birthdays.

Source

[American Hospice Foundation](#)

Article

Helping Yourself Through Grief

Grief can overwhelm you. This article can help you to find ways to work through your grief.

Source

[American Hospice Foundation](#)

Article

Advanced Illness: Holding On and Letting Go

It is important for you and your loved ones to think clearly about end-of-life decisions. This article discusses how to overcome the challenges in making decisions and talks about end-of-life resources.

Source

[Family Caregiver Alliance](#)

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