

Loss and Grief

Losing a family member is a difficult and painful experience and the grieving process may take time. It can help to find resources and support for dealing with your loss.

[View PDF](#)

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.

Source

[AARP](#)

Links

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

Source

[Cake: Funeral and End-of-Life Platform and Tools](#)

Article

4 Common Myths About Reactions to Grief

This article explores four of the most common myths about our reactions to grief... and the truth about each.

Source

[WayForth](#)

Links

AARP: Grief, Loss and End of Life

Source

[AARP: Grief, Loss and End of Life](#)

Links

GriefShare Support Groups

Source

[GriefShare Support Groups](#)

Links

Family Caregiver Alliance: Grief & Loss

Source

[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

Grief: Understanding the Experience of Loss

Understanding the experience of loss and grief related to family caregiving and the death of a loved one.

Source

[Copyright © 2024 VirginiaNavigator; ALL RIGHTS RESERVED](#)

Showing 1-10 of 10 Results