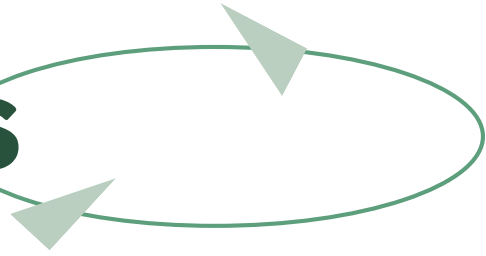


GRIEF & LOSS RESOURCES



In the face of immense pain and losing a loved one, survivors find themselves on a challenging journey that can be difficult to navigate. This guide is a source of compassion and understanding, carefully compiled to offer a comprehensive list of resources and support services for those grieving the loss of a loved one.

We recognize the depth of sorrow and grief that survivors carry, and our sole aim is to provide you with a gentle and practical roadmap. From grief counseling to community resources and support groups, this guide is a beacon of hope as you work through your feelings, seek justice, and take steps toward healing.

Your journey is uniquely yours, and we are here to provide the understanding and assistance you need at every turn, acknowledging your experience and emotions as you honor the memory of your loved one and build a path forward.

We invite you to explore the resources in this guide at your own pace, seeking the support and knowledge that resonate with you. If you have any questions or concerns about an agency listed in this guide, please do not hesitate to contact our offices at 225-342-1570 for more information.

Health & Happiness,

AFTERTALK

[Click here for website](#)

We created AfterTalk as a place for Comfort and Sharing for those who have experienced loss or are supporting a Loved One in Hospice Care. Our Private Conversations space is a sanctuary where you can write to your loved one and save your writing, photos or videos for as long as you wish. Our Hospice Memory Archiving is your private space to document, share and preserve what you want your loved ones to know today and for the future.

Our AfterTalk Blog is home to a plethora of articles and inspirational quotes and a safe place to share your feedback as well. Our Ask Dr. Neimeyer column is where renowned Grief Expert Dr. Robert Neimeyer answers reader's questions about grieving as well as anticipatory grief. And in our Resource Center you'll find books, DVDs and grief counseling resources for guidance and healing along with information-related financial, insurance and estate planning. We are non-denominational and free to all.

THE CENTER FOR LOSS AND LIFE TRANSITIONS

[Click here for website](#)

The Center for Loss and Life Transition is dedicated to "companioning" grieving people as they mourn significant transitions and losses that transform their lives. We help mourners, by walking with them in their unique life journeys, and both professional and lay caregivers, by serving as an educational resource and professional forum. Led by death educator and grief counselor Dr. Alan Wolfelt, we are an organization dedicated to helping people who are grieving and those who care for them. Perhaps someone you love has died, or you want to help a grieving friend or family member. Or maybe you are a professional or volunteer grief caregiver. Either way, we are here to offer resources and understanding.

COALITION TO SUPPORT GRIEVING STUDENTS

[Click here for website](#)

The Coalition to Support Grieving Students is a unique collaboration of the leading professional organizations representing classroom teachers (including teachers, paraprofessionals, and other instructional staff), principals, assistant principals, superintendents, school board members, and central office staff, student support personnel (including school counselors, school nurses, school psychologists, school social workers, and other student support personnel), and other school professionals who have come together with a common conviction: grieving students need the support and care of the school community. The Coalition's purpose is to create and share a set of industry-endorsed resources that will empower school communities across America in the ongoing support of their grieving students.

AKULA FOUNDATION

[Click here for website](#) Phone: 504-818-2723

The Akula Foundation was founded in 1994 as a non-profit 501(c)3 organization by Dr. Shiva Akula. Originally dedicated to providing indigent hospice care to the community, it later expanded to include Camp Swan, a children's bereavement camp. The Akula Foundation in cooperation with professionals from Canon Hospice, who knew how to deal with grief and loss, provided the initial counseling and support services for these people and set up The Grief Resource Center to provide outpatient educational/therapeutic experiences at workshops and schools, providing information about grief, emotional issues and how to promote healthy life coping skills. The Akula Foundation envisions recovery from grief and loss through innovative programs for the community, providing compassion, professional support, continuing education, remembrance groups, chronic illness and palliative care services.

THE CENTER FOR PROLONGED GRIEF

[Click here for website](#)

The Center for Complicated Grief is dedicated to improving the lives of people suffering from prolonged grief by helping clinicians and the general public learn how to recognize prolonged grief. The Center was established in 2013 to disseminate information about a short-term efficacious treatment for this condition. Our goal is to increase awareness of prolonged grief in the general population. It is important that prolonged grief sufferers, their family members and friends understand this problem and learn that help is available.

THE COMPASSIONATE FRIEND

[Click here for website](#) [Chapter meeting locator](#)

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. When you're newly bereaved, suddenly you find yourself on an emotional roller-coaster where you have no idea what to expect next. We provide thoughts on some of what you may be experiencing or feeling. With over 600 chapters across the country, there are always others ready to listen, share and offer you the emotional support you need for healing to begin. If you need support and a chapter meeting isn't convenient, our "virtual chapters" provide a convenient forum for compassion and sharing. The Compassionate Friends isn't just for bereaved parents. We also provide support for bereaved siblings and grandparents.

GRIEF HEALING

[Click here for website](#)

Launched in October 2009, the content of the Grief Healing Blog is aimed at professional and family care-givers who serve the needs of anyone anticipating or coping with significant loss, including animal lovers, the elderly, the seriously ill and dying, and those who are living with disabilities. This blog is designed and intended to share any useful, accurate and reliable information about care giving, loss, grief and transition, whether it is found on the Internet or written by the author herself.

GRIEF SHARE

[Click here for website](#) [Find your local group here](#)

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member, or friend, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life. GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life.

HEALING HOUSE

[Click here for website](#) Phone: 337-234-0443

Healing House is a non-profit agency helping children ages 4 – 17 who are anticipating or have experienced the death of a family member or other important person in their lives. We provide a welcoming and comfortable group atmosphere where children can express their thoughts and feelings – and they can do so in the company of other children who are going through the same difficult experiences. We believe that sharing their stories, feelings and memories can be a powerful way to help grieving children heal. Healing House is focused on children, but we also have programs for young adults, caregivers and parents of grieving children. They will find a relaxing and friendly environment where they can share their feelings with others, spend quiet time in our Meditation Garden or read in our Resource Library. All services at Healing House are provided free of charge under the direction of a mental health professional and facilitated by trained volunteers.

MISS FOUNDATION

[Click here for website](#)

Welcome to the MISS Foundation's website where you will find quick access to counseling resources, advocacy information, research on traumatic grief, education for healthcare providers and community members, and support services for those grieving the death, or impending death, of a child. In addition to the online support site, we also have face-to-face support groups in certain areas and HOPE Mentors available all over the world. We have a network of Compassionate Bereavement Care providers who are trained in traumatic grief who may be available to offer support services in your community. Our Forums offer online support group board 24/7, fully moderated for safe space. We have sections for families with specialty information for dads, grandparents, and siblings.

[Click here for website](#)

Phone: 225-926-0807

Helpline: 1-877-MADD-HELP (1-877-623-3435)

MADD is committed to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking.

GRIEF WATCH

[Click here for website](#)

Grief Watch is a publisher and manufacturer of bereavement books and materials used by families and professionals around the country. It was started as a small company located in the 18th Ave Peace House, site of a variety of ministries focused on hospitality, community, peace-making, and care for the dying. It has grown over the years, expanding in size and selection of resources provided, and now resides in Vancouver, WA.

HOPE FOR BEREAVED

[Click here for website](#) Helpline: 315-475-HOPE (4673)

HOPE For Bereaved is dedicated to helping grieving children, teens and adults by providing core services (support groups, monthly newsletter and counseling) at no charge. Founded in 1978, HOPE is an independent nonprofit community organization. Our purpose is to offer support, understanding, coping strategies, friendship and hope to the bereaved, as well as education, consultation and resources for their families, friends, employers, school/daycare staff, co-workers and invested professionals. The help given by HOPE can add greatly to the physical and mental well-being of the bereaved and therefore to their place of employment and to the community.

KUDOBOARD

[Click here for website](#)

Kudoboard empowers people to gather a group and show appreciation. Kudoboard brings folks together to celebrate the moments that matter. Our mission is to empower people worldwide to give authentic appreciation. Kudoboard provides the opportunity to create a unique, online memorial for your loved one. You can add memories, photos, or videos and invite others to contribute. Memorials are displayed online or you may print it as a poster. Free as well as expanded paid options available.

MOMS DEMAND ACTION

[Click here for website](#)

[Louisiana Chapter Facebook Page](#)

Moms Demand Action is a grassroots movement of Americans fighting for public safety measures that can protect people from gun violence. We pass stronger gun laws and work to close the loopholes that jeopardize the safety of our families. We also work in our own communities and with business leaders to encourage a culture of responsible gun ownership. We know that gun violence is preventable, and we're committed to doing what it takes to keep families safe.

MOTHER'S AGAINST DRUNK DRIVING - LOUISIANA CHAPTER

NATIONAL ALLIANCE OF CHILDREN'S GRIEF (NACG)

[Click here for website](#)

The National Alliance for Children's Grief is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. Through the collective voice of our members and partners, we educate, advocate and raise awareness about childhood bereavement. The NACG is a nationwide network comprised of professionals, institutions, and volunteers who promote best practices, educational programming, and critical resources to facilitate the mental, emotional and physical health of grieving children and their families.

NEW ORLEANS GRIEF CENTER

[Click here for website](#) Phone: 504-818-2723

No two losses are alike. We can experience grief as a result of death, when a relationship ends, a job is over, our children leave the home, a pet dies. Here at the New Orleans Grief Center, we treat each client individually, working to meet their personalized goals. We know that grief is a process. Whether your loss was recent or in years past, working through the emotions is an essential part of healing and living a full life again. People suffering a loss need a safe place to work through the complicated emotions that come with it. Avoiding this part of the process can lead to disconnection and hinder us from living our fullest life. The New Orleans Grief Center is where you can begin to put the pieces back together and heal. We provide both individual and group counseling in a safe and supportive environment.

PARENTS OF MURDERED CHILDREN (POMC)

[Click here for website](#)

Parents of Murdered Children is the only national organization dedicated to helping survivors of homicide victims cope with the devastation and grief caused by the murder of their loved ones. POMC provides the ongoing emotional support needed to help parents and other survivors facilitate the reconstruction of a "new life" and to promote a healthy resolution. In addition, POMC strives to develop programs and services that support and assist survivors of homicide. These programs and services help keep murderers behind bars, assist in solving unsolved cases, and educate, train, and inform society of the problems faced in the aftermath of murder.

SOCIETY OF MILITARY WIDOWS

[Click here for website](#)

The Society of Military Widows (SMW) was founded to serve the interests of women whose husbands died while on active military duty, of a service-connected illness, or during disability or regular retirement from the armed forces. All military widows who are eligible for membership are encouraged to support the Society of Military Widows by becoming a member, whether or not they can attend meetings. We are continuing to protect the hard-earned benefits and entitlements of military widows.

NATIONAL WIDOWERS' ORGANIZATION

[Click here for website](#)

The National Widowers' Organization is a virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition. There are a lot of things men suffer alone. We find great personal satisfaction in accomplishing on our own, independently. We famously won't ask for directions, won't admit when we are lost – we prefer to find our own way home. And eventually we do. Most of the time. And that's fine; that's our way. But, as new and continuing research shows, there's one loss that men could use a little help from their friends to cope with. That's the loss of a spouse or a lover or a parent or a child or a lifelong friend. And it's often help that only other men can provide. Because we understand, many times without saying the words, where you're at, how you got there and even why.

OPTION B

[Click here for website](#)

OptionB.Org provides practical, compassionate, everyday advice both for those who are facing loss and hardship themselves, and for those who want to show up for their loved ones during life's hardest moments. In a world of platitudes like "Everything happens for a reason" and "What doesn't kill you makes you stronger," we talk openly and honestly about hardship—from grief to infertility to mental health struggles—so that you and the people you care about can feel less alone. And we share tools and practices to help you navigate these challenges in your day-to-day life.

SHARE PREGNANCY & INFANT LOSS SUPPORT

[Click here for website](#) [Find support near you](#)

Share is a community for anyone who experiences the tragic death of a baby. We serve parents, grandparents, siblings, and others in the family unit, as well as the professionals who care for grieving families. Share is a national organization with over 75 chapters in 29 states. Our services include bed-side companions, phone support, face-to-face and online support group meetings, resource packets, private online communities, comfort kits, memorial events, training for caregivers, and so much more. Should you need them, we hope you can also benefit from at least one of these many resources.

TAPS

24/7 Military Survivor Helpline: 800-959-TAPs (8277)

[Click here for website](#)

TAPS is the national nonprofit organization providing compassionate care and comprehensive resources for all those grieving the death of a military or veteran loved one. TAPS provides comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones. TAPS provides a variety of programs to survivors nationally and worldwide. Staff can get you connected to counseling in your community and help navigate benefits and resources.

VOICES OF INNOCENT CITIZENS EMPOWERED (V.O.I.C.E.)

[Click here for website](#) Phone: 337-551-4260

Voices of Innocent Citizens Empowered (V.O.I.C.E.) was formed by families of victims so that victims of crime and their families would have a welcoming place and someone to be there for them. VOICE is a unique group, but it is a club no one should have to belong to because of the circumstances that brings you to that point. We give freedom to victims and families to speak comfortably with others who do not sympathize but empathize with the speaker. If you have not walked in our shoes, you really do not understand the bond we share with one another; we are like one big family. We can use each other for a sounding board if needed and let our anger and frustration out.

WEBHEALING

[Click here for website](#)

Webhealing.com was started in early 1995 after the death of my father. He had been a research scientist with NASA and had long been interested in finding ways to use technology to help people. I thought it was perfect fit as a way to honor him. At the time there was very little on the web for grief and healing. There were no web discussion groups using bulletin board software. Webhealing was the first to make use of those resources for grieving individuals. There were also no memorial pages on the web and webhealing started the internet's first memorial page where people post tributes to their loved ones. The honor page is still functioning today as are the discussions groups.

VOICES OF THE VICTIMS OF CRIME

Contact: VoicesOfTheVictimsOfCrime@gmail.com

The Voices of the Victims of Crime Support Group meets every second Wednesday of the month at The Newman Center at the University of New Orleans. Help us to reduce crime in the city that we love.

WHAT'S YOUR GRIEF?

[Click here for website](#)

To put it simply, this website is about grief. That probably sounds oversimplified, but grief is a complex topic. Grief is an emotional, logistical, and existential nightmare. It requires us to navigate life without someone important, deal with overwhelming thoughts and feelings, and find ways to function in a world turned on its head. Specifically, our mission is to promote grief education, exploration, and expression in both practical and creative ways. We achieve this mission by providing: Resources related to understanding and coping with grief and loss; Guidance on how to help a grieving friend or family member; Online courses about grief and supporting someone who's grieving; Resources, education, and training for grief counselors, grief volunteers, and other professionals working in fields related to grief and loss; A podcast about grief; and A supportive community.