

## Resource List

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### Online support groups

- <https://www.joincake.com/blog/widow-support-groups/>
- <https://www.verywellmind.com/best-online-grief-support-groups-4842333>
- <https://www.davidkesslertraining.com/tenderhearts.com>

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### Articles & Videos

- <https://www.nia.nih.gov/health/mourning-death-spouse>
- <https://grief.com/loss-of-a-spousepartner/>
- <https://www.davidkesslertraining.com/Understanding-Loss-Video>
- <https://www.psychologytoday.com/us/blog/media-spotlight/201503/grief-loneliness-and-losing-spouse>
- <https://www.empathy.com/immediate-arrangements/the-first-few-days>
- <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm#>

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### Books

- <https://www.allinahealth.org/health-conditions-and-treatments/grief-resources/suggested-books/books-for-grieving-a-spouse>
- Finding Meaning: The Sixth Stage of Grief by David Kessler

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### Additional resources & Phone Apps

- <https://www.hospiceandcommunitycare.org/grief-and-loss/grief-links/>
- empathy. - app available in your app store- free for 30 days, option to pay or not after
- [https://www.betterhelp.com/helpme/?utm\\_source=AdWords&utm\\_medium=Search\\_PPC\\_c&utm\\_term=grief+counseling\\_e&utm\\_content=82013684532&network=g&placement=&target=&matchtype=e&utm\\_campaign=2079213825&ad\\_type=text&adposition=&gclid=EAlaIQobChMIh9fl98nl](https://www.betterhelp.com/helpme/?utm_source=AdWords&utm_medium=Search_PPC_c&utm_term=grief+counseling_e&utm_content=82013684532&network=g&placement=&target=&matchtype=e&utm_campaign=2079213825&ad_type=text&adposition=&gclid=EAlaIQobChMIh9fl98nl)  
-around the clock grief counseling support online

Quote: "What is grief if not love persevering" - The Vision