

Grief and Bereavement

Canadian Virtual Hospice

A large selection of resources about end of life, death, dying, and bereavement for people living the experience and for professionals.

www.virtualhospice.ca

Center for Loss & Life Transition

Led by grief counsellor and educator Dr. Alan Wolfelt, an organization dedicated to helping people who are grieving and those who care for them.

www.centerforloss.com

Center for Prolonged Grief

Information on complicated and prolonged grief.

www.complicatedgrief.columbia.edu

Glow in the Woods

“Parents of lost babies and potential of all kinds: come here to share the technical colour, the vividness, the despair, the heart-broken-open, the compassion we learn for others, having been through this mess — and see it reflected back at you, acknowledged and understood.”

<https://www.glowinthewoods.com/>

Grief Healing Blog

A compilation of articles and essays about grief experiences of all kinds.

www.griefhealingblog.com

Grief Relief Public Group

<https://www.facebook.com/groups/griefreliefindamarshall/>

(On-line private facebook group managed by Linda Marshall. Provides free virtual support to family and friends who are struggling from grief. Open to all)

Grief Relief for Survivors of Suicide Loss

<https://www.facebook.com/groups/griefreliefforsurvivors/>

(On-line private facebook group managed by Linda Marshall. Provides free virtual support to family and friends who have lost a loved one to suicide)

MyGrief.ca

Self-directed online resources, including courses, pamphlets and articles.

www.mygrief.ca

Modern Loss

Collection of articles and writing by and for grieving people.

<https://modernloss.com/>

Open to Hope

Website featuring shared experiences from other grievers in article, podcast, and video formats.

www.opentohope.com

Refuge in Grief

Read, watch, or listen to resources about living with grief.

Also available at this website is the “**Writing your Grief**” course.

www.refugeingrief.com

Soaring Spirits International

For folks who have lost a partner. Soaring Spirits calls anyone who has lost a partner of any gender a widow and invites them to join the Widowed Village for peer support.

www.soaringspirits.org

The Mending Word

Online workshops and grief writing to “connect in a raw and honest way – ugly tears and dark humor welcome.”

<https://www.themendingword.com/>

What’s Your Grief

Plain language education on grief and mourning, along with practical suggestions.

www.whatsyourgrief.com

When You Die

A website dedicated to death awareness and education about end of life care and experiences.

www.whenyoudie.org

Medical Assistance in Dying

Bridge C-14

A Network of Peer-to-Peer Connections and Community Supports Through All Stages of Medical Assistance in Dying (MAiD).

<https://www.bridgec14.org/>

Bridge4You

If you have a loved one preparing for MAiD and you need to talk, connect with someone who has been through the process. Individual peer support.

www.bridge4you.ca

Supporting Kids

Andrea Warnick Consulting

Large selection of resources about supporting kids through grief and talking with kids about death and dying.

www.andreawarnick.com

The Dougy Center

Information about supporting grieving kids and teens by world-leading experts in the topic. Based in Portland, Oregon.

www.dougy.org

KidsGrief.ca

Self-directed online resources, including courses, pamphlets, and articles.

www.kidsgrief.ca

Sesame Street Communities - Helping Kids Grieve

Sesame Street YouTube guides young kids (ages 2 to 6) through grief after Elmo's Uncle Jack dies. Elmo's Dad demonstrates how to tell your kids about a death, his cousin shows him how to make a memory box, and they all learn to cope with Big Feelings.

There are articles for parents, too.

<https://sesamestreetincommunities.org/topics/grief/>

The Shared Grief Project

A collection of videos from folks in the public eye who experienced major losses at early ages.

Contributors include Kyrie Irving, Prince Harry, Ronda Rousey, and Sonya Sotomayor, to name just a few.

www.sharedgrief.org

Apps

Apart of Me

This app helps kids curate memories of their loved ones in a beautiful and engaging way. Users are introduced to a peaceful island that is theirs to explore. As they discover the various different parts of the island, they can undertake quests and puzzles to help process emotions and start hard conversations with grown ups in their lives.

GoodGrief App (for adults)

New members create profiles based on the loss they suffered, and then can initiate or accept conversations with others via in-app texting.

<https://blog.goodgriefapp.com/>

Lilies

Created by and for kids, Lilies offers a safer space to share stories about loved ones and learn strategies to cope.

Nino's Mourning Toolbox (ages 4-12)

This app tells the story of a dinosaur whose sister has died and encourages kids to get creative about expressing their own feelings through singing, drawing, and talking.