

On-Line Grief Resources for Bereaved during COVID-19 Pandemic

The Bereavement Department recognizes that grief during the Covid-19 pandemic presents significant challenges when bereaved are seeking additional support services. The majority of grief support groups around the country are no longer gathering, but there are still many opportunities for grief group on-line support. We have compiled a list of on-line resources that may provide you with comfort and assistance as you grieve during this time.

General Websites that offer information, education and support on grief:

www.grief.com

www.griefhelps.com

www.centerforloss.com

www.hospicefoundation.org

www.griefshare.org

www.griefnet.org

On-line Grief Support Groups:

www.griefshare.org

www.griefnet.org

www.griefanonymous.com on-line anonymous grief Facebook groups

www.griefcommon.com

www.mygriefangels.org

www.aftertalk.com

www.motherlessdaug.meetup.com

Grief Resources for Children and Teens:

www.dougy.org

www.kidsgrief.org

www.childgrief.org

www.nationalallianceforgrievingchildren.org

The Bereavement Team at Elara Caring are here to assist you in your grief process. We have Bereavement Coordinators available to talk with you in the weeks and months ahead to help you through your grief journey. Please reach out to Elara Caring at 800.379.1600 for more information.