

Websites/groups

www.griefhelpsacramento.com

This is the website for Bereavement Resources of Sacramento, INC. for information on local bereavement groups for Sacramento and Yolo.

www.compassionatefriends.org

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

www.friendsforsurvival.org

Friends for survival is a website and local group for people who are dealing with the loss of someone through suicide.

www.sacramentohospice.com

Information about hospice services including bereavement support.

www.yolohospice.org

Yolo Hospice website links to information on a number of community bereavement groups available.

Some Suggested Reading

Motherless Daughters: The Legacy of Loss by H. Edelman

The Grief Recovery Handbook: A Step-By-Step Program for Moving Beyond Loss
by J.W. James and F. Cherry

No Time to Say Goodbye: Surviving The Suicide Of A Loved One by C. Fine

In the Midst of Winter: Selections from the Literature of Mourning by M.J. Moffat

How to Go On Living When Someone You Love Dies by T. Rando

The Courage to Grieve by J. Tatelbaum

For Children:

When Dinosaurs Die: A Guide to Understanding Death by L. K. Brown

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss by M. Mundy

Willie's Reflection: A Story of Grief, Hope and Healing by P. Zielinski