



## GRIEF RESOURCES

ANTICIPATORY GRIEF		
NAME OF RESOURCE	TYPE OF SERVICES PROVIDED	CONTACT INFORMATION
Grief Healing	Online Peer Discussion Groups	<a href="https://www.griefhealingdiscussiongroups.com/forum/24-anticipatory-grief-and-mourning/">https://www.griefhealingdiscussiongroups.com/forum/24-anticipatory-grief-and-mourning/</a>
Grieving	Online Peer Discussion Groups	<a href="https://forums.grieving.com/forum/26-coping-with-terminal-illness-upcoming-death/">https://forums.grieving.com/forum/26-coping-with-terminal-illness-upcoming-death/</a>
HelpGuide	Information for individuals caring for someone with a terminal illness and offers strategies for managing end-of-life decisions	<a href="http://www.helpguide.org">www.helpguide.org</a>
VNS Health	Grief support resources for caregivers anticipating the death of a loved on	<a href="https://www.vnshealth.org/patient-family-support/health-library/5-steps-anticipatory-grief/">https://www.vnshealth.org/patient-family-support/health-library/5-steps-anticipatory-grief/</a>
Wonders and Worries	Resources for parents, illness discussion guide, and recommended reading material	<a href="http://www.wondersandworries.org">www.wondersandworries.org</a>