

## **Grief Support Services**

Programs and services for individuals mourning the loss of a loved one including grief counseling.

Article

## **Dealing With Grief During the Holiday Season**

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow. Here are 9 things to help you get through this difficult time.

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[AARP](#)

Links

## **Cake: Funeral and End-of-Life Platform and Tools**

Source

[Cake: Funeral and End-of-Life Platform and Tools](#)

Article

## **4 Common Myths About Reactions to Grief**

This article explores four of the most common myths about our reactions to grief... and the truth about each.

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## **How to Move On From Caregiving After a Parent Dies**

When a parent dies and caregiving ends, caregivers can experience sadness and grief as well as a feeling of "What do I do now?"

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Links

## **AARP: Grief, Loss and End of Life**

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[AARP: Grief, Loss and End of Life](#)

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## **GriefShare Support Groups**

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## **Family Caregiver Alliance: Grief & Loss**

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[Family Caregiver Alliance: Grief & Loss](#)

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## **5 Simple Ways to Help Someone Who's Grieving**

Feeling helpless as a caregiver, friend or family member? Here are 5 simple ways to help someone who's grieving.

Source

[Caring.com](#)

Article

# **Coping with Holidays and Family Celebrations**

While the holidays are a time of joy, they can be especially difficult for people who have lost loved ones. Learn ways to honor your loved ones around holidays, anniversaries and birthdays.

Source

[American Hospice Foundation](#)

## **Pagination**

- [Current page 1](#)
- [Page 2](#)
- [Next page >>](#)
- [Last page Last >](#)

Showing 1-10 of 13 Results