

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

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

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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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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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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.

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[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.

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[American Hospice Foundation](#)

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