

Grieving with Hope

Bereavement Support Groups

- **Holy Trinity Parish Bereavement Ministry**
Holds 6-week group sessions twice a year. Sessions are free.
Contact: 530-677-3234 or bereavement.htp@gmail.com
 - **St. Patrick Church** – Placerville
Holds 6-week Seasons of Hope support group
Contact 530-622-0373 <https://www.stpatpv.org/grief-and-loss>
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Online Resources

Grief Steps Online

Healing at your own pace

<https://www.griefsteps.com/landing.php>

Center for Loss and Life Transitions

Grief Articles and books by Dr. Alan Wolfelt, Ph. D.

www.centerforloss.com/grief

GriefShare

Grief Support Groups – Discussions and **Videos**

www.griefshare.com

Locate a local GriefShare group -- <https://www.griefshare.org/groups/search>

Bereavement Network Resources of Sacramento

Grief Support Resources

www.GriefHelpSacramento.com

Snowline Grief Services and Support Groups

Grief Support Groups and Grief Services

<https://snowlinehospice.org/our-services/grief-services>

UC Davis Bereavement Support Groups

<https://health.ucdavis.edu/homecare/hospice/bereavement.html>

Support Groups: General Bereavement ~ Parents ~ Young Adult Art

Contact the bereavement team at 916-731-6867 for current group meetings.

Hospice Foundation of America

Grief Support Resources and Newsletter

[https://hospicefoundation.org/Grief-\(1\)](https://hospicefoundation.org/Grief-(1))

The Dougy Center – The National Center for Grieving Children and Families

Grief Support for Children – **Support Groups**

www.dougy.org

Grieving with Hope

The Compassionate Friends

Grief Support Resources on loss of a child; offers support to grieving parents

Contact 877-969-0010 <https://www.compassionatefriends.org/grief/>

Open to Hope

Grief Support Resources – Podcasts and TV episodes

www.opentohope.com

Friends for Survival – Survivors of Suicide Victims

Contact 800-646-7322 <https://friendsforsurvival.org/>

Recommended books

- **The Grief Recovery Handbook** by [John W. James](#) and [Russell Friedman](#)
- **A Grief Observed** by C. S. Lewis
- **The Year of Magical Thinking** by Joan Didion
- **Widow to Widow** by Genevieve Davis Ginsburg
- **Healing a Spouse's Grieving Heart** by Alan D. Wolfelt
100 Practical Ideas after Your Husband or Wife Dies
- **Healing the Adult Child's Grieving Heart** by Alan D. Wolfelt
- **On Death and Dying** by Elisabeth Kubler-Ross
- **Healing after Loss** by Martha Whitmore Whitman
- **ABC's of Healthy Grieving** by Harold Ivan Smith
- **The Space Between** by Virginia A. Simpson
A Memoir of Mother-Daughter Love at the End of Life
- **Finding your way after your parent dies** by Richard Gilbert
- **Grieving with the Help of your Catholic Faith** by Lorene Hanley Duquin
- **Seasons of Grief and Healing** by James E. Miller
- **A Journey through Grief** by Alla Renee Bozarth
- **Experiencing Grief** by H. Norman Wright
- **Now that you've gone home** by Joyce Hutchinson and Joyce Rupp
- **Finding your way after your spouse dies** by Marta Felber
- **How to go on living when someone you love dies** by Therese A Rando
- **Grieving the Loss of Someone you Love** by Raymond Mitsch and Lynn Brookside
Daily Meditations to help you through the grieving process
- **Shattered: Surviving the Loss of a Child** by Gary Roe
- **Aftermath: Picking Up the Pieces After a Suicide** by Gary Roe
- **Bruised & Wounded** (Struggling to understand suicide) by Ronald Rolheiser
- **Praying Our Goodbyes** by Joyce Rupp
- **Winter of the Heart** (Finding your way through the Mystery of Grief) by Paula D'Arcy