

## Grief Support Resources

### General Grieving

#### Facebook Groups

**Grief Share** ([www.griefshare.org](http://www.griefshare.org)) – Provides in-person support meetings in several places around the country

### For Widowed Person

**Soaring Spirits International** ([www.soaringspirits.org](http://www.soaringspirits.org)) – Connects widowed people with each other through various programs

**Widow Pen Pal** ([www.soaringspirits.org/widowed-pen-pal](http://www.soaringspirits.org/widowed-pen-pal)) – Coordinated through Soaring Spirits International, this pen pal system matches widowed people of similar circumstances for supportive e-mail correspondence.

**Camp Widow** ([www.campwidow.org](http://www.campwidow.org)) – Provides practical tools and relevant resources for widowed persons rebuilding their lives in the aftermath of the death of a spouse or partners. Camps in San Diego, Tampa and Toronto.

**Widowed Village** ([www.widowvillage.org](http://www.widowvillage.org)) – Connects widowed peers with each other for friendship and sharing

**Young Widow Forum** ([www.widda.org](http://www.widda.org)) – The Forum is a moderated online community to help those who are widowed at a young age as they recover, reclaim and rebuild.

**American Widow Project** ([www.americanwidowproject.org](http://www.americanwidowproject.org)) - Aimed specifically at military widows, the project provides support through peer based support programs designed to educate, inspire and assist in rebuilding after loss.

**How to contact Blankinship & Foster:**

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# Living Wisely

## **For Loss of Loved One to Suicide**

**Alliance of Hope** ([www.allianceofhope.org](http://www.allianceofhope.org)) – Provides healing support for people coping with the shock, grief and emotions that accompany the loss of a loved one to suicide

## **For Loss of Child**

**Compassionate Friends** ([www.compassionatefriends.org](http://www.compassionatefriends.org)) – a national organization that organizes support groups around the country for parents whose child has died

## **Local**

**Elizabeth Hospice Grief Support Groups** ([www.elizabethhospice.org/events/](http://www.elizabethhospice.org/events/)) – Grief support services in San Diego County and Southwest Riverside County, including families who do not have a patient affiliation with The Elizabeth Hospice.

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