

Local Grief Resources

Hospice of the Central Peninsula | Phone: (907) 262-0453 | Email: Hospice.admin@hocpak.org
All of our services are provided free of charge.

Our trained volunteers offer respite care to care-givers who are providing end-of-life care to a family member or friend. Our volunteers generally commit to one or two days a week for a couple of hours each time. We do take into consideration the needs of the client and the caregiver.

We offer bereavement services to our clients, their families, and community members who are in need of such.

Summer time brings a three-day day-camp for kids ages 6-17 who have experienced a loss. This is staffed almost exclusively by volunteers.

Booklets

"Gone From My Sight – The Dying Experience"

by Barbara Karnes, RN

"The 11th Hour" – by Barbara Karnes, RN

Books

Final Gifts - by Maggie Callanan and Patricia Kelley, 1992

The Wild Edge of Sorrow - by Francis Weller, 2015

Understanding Your Grief - by Alan D. Wolfelt, PhD, 2003

Helpful Websites for Grieving

We value community service and acknowledge that everyone needs different levels of help. Perhaps you're considering therapy but want to learn more about it first. Perhaps you are just starting to gather resources about grief and loss. We would like to assist you in any way we can. We have provided a list of several websites about grief programs or about grief.

COVID Grief Network: "Undoing isolation for young adults grieving the illness or death of someone close to COVID-19"

<http://www.covidgriefnetwork.org>

Suicide Awareness Voices of Education:

Grief support for suicide loss survivors.

<https://save.org/what-we-do/grief-support/>

Refuge In Grief: "It's OK to not be OK. If your life has exploded into a million little bits, you don't need platitudes. You don't need cheerleading. You don't need to be told this all happened for a reason. You certainly don't need to be told that you needed your pain in order to learn something about life. Some things cannot be fixed. They can only be carried." <http://www.refugeingrief.com/>

What's Your Grief: "To put it simply, this website is about grief. That probably sounds oversimplified, but grief is a complex, heavy, frustrating, scary, enormous...ahem, big topic. It starts with a death and envelopes everyone from family to friends, to friends of family and friends. Not only is grief an emotional, logistical, and existential nightmare, but it is taxing. It requires us to navigate the world without someone important, deal with complex feelings and emotions, and figure out ways to move forward when everything seems kind of bleak." <https://whatsyourgrief.com/>

Mindfulness and Grief: "Helping you cope with life after loss using meditation for grief, yoga and journaling." <http://mindfulnessandgrief.com/>

Helpful Websites for Grieving Continued

Center for Loss: “Led by grief counselor and educator Dr. Alan Wolfelt, we are an organization dedicated to helping people who are grieving and those who care for them. Perhaps someone you love has died, or you want to help a grieving friend or family member. Or maybe you are a professional or volunteer grief caregiver. Either way, we are here to offer resources and understanding.” <https://www.centerforloss.com/grief/im-grieving-loss/>

Modern Loss: “Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome.” <http://modernloss.com/>

Our Side of Suicide: This site aims to offer hope, comfort and support for survivors of suicide loss. Jessica and Becky met through Catholic Charities’ Loving Outreach to Survivors of Suicide support group in Chicago after losing their fathers to suicide within five months of each other. Both had the desire to elevate the discussion about suicide in an attempt to give a voice to those seeking support and encouragement. <http://www.oursideofsuicide.com/>

The Tragedy Assistance Program for Survivors offers compassionate care to all those grieving the loss a military loved on. <https://www.taps.org/>

The National Organization of Parents Of Murdered Children makes the difference through on-going emotional support, education, prevention, advocacy, and awareness. <http://www.pomc.com/index.html>

Will Carry On is about sharing miscarriage, stillbirth and loss resources, and about sharing hope. It is for ourselves and those who follow us. Started by Erin Kuhn-Krueger in 2011 as a place to heal after the loss of their 4th child, Will CarryOn provides shared experiences and a collection of resources that are essential to survival. It does not take the place of these resources, rather serves as a conduit to guide those in need to the support that will best help them. <https://willcarryon.wordpress.com/>

The American Association of Suicidology They can help you travel through the grief of a loved one and offers tips and resources for support during this painful time. <https://suicidology.org/>

American Foundation for Suicide Prevention You are not alone. Suicide affects millions each year, and thanks to our donors and volunteers—many of whom are loss survivors themselves—we can provide resources to help you heal. <https://afsp.org/>

Alliance of Hope for Suicide Survivors The Alliance of Hope provides healing support for people coping with the shock, excruciating grief, and complex emotions that accompany the loss of a loved one to suicide. <https://allianceofhope.org/>