

## **Grief Resources:**

### **Sudden Death Grief**

<https://www.cognitivetherapynyc.com/blog/sudden-loss-and-grief/>

### **Grief & homicide:**

<https://trauma-informed.ca/traumatic-grief/homicide-bereavement/>

<https://victimconnect.org/learn/types-of-crime/homicide-and-grief/>

### **Grief support group in Moscow:**

The Grief and Support group is held every first Monday of the month at 6pm, for the time being on zoom. We have had people of every age group including U of I students. Most time the group is very small, 1-4 people, but that makes it comfortable.

Grief comes to everyone at some point in life. If you are grieving the loss of a loved one (two or four legged), through death, divorce, illness, moving away, the loss of a job, a home, or community, you are welcome to join our Grief group, which meets on the first Monday of the month from 6:00-7:00 PM.

Organized by the Unitarian Universalist Church of the Palouse. Everyone is welcome.

Join Zoom Meeting

<https://palouseuu-org.zoom.us/j/5358085754>

### **Ways to support someone who is grieving:**

<https://www.health.harvard.edu/mind-and-mood/ways-to-support-someone-who-is-grieving>

<https://rightasrain.uwmedicine.org/life/relationships/how-to-support-someone-grieving>

[https://gustavus.edu/counseling/concertFiles/media/Supporting\\_a\\_Grieving\\_Person.pdf](https://gustavus.edu/counseling/concertFiles/media/Supporting_a_Grieving_Person.pdf)

<https://www.jmu.edu/counselingctr/self-help/grief/helping-a-grieving-friend.shtml>

### **What is Your Grief**

[https://whatsyourgrief.com/resources/?resource\\_type=grieving](https://whatsyourgrief.com/resources/?resource_type=grieving)

### **The Mourner's Guide to Grief**

<https://www.hrrv.org/blog/the-mourners-guide-to-grief/>

### **How to Help a Grieving Friend**

<https://www.hrrv.org/blog/10-ways-to-help-a-grieving-friend/>

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<https://rightasrain.uwmedicine.org/life/relationships/how-to-support-someone-grieving>

<https://blog.calm.com/blog/9-ways-to-support-a-grieving-friend>

[https://gustavus.edu/counseling/concertFiles/media/Supporting\\_a\\_Grieving\\_Person.pdf](https://gustavus.edu/counseling/concertFiles/media/Supporting_a_Grieving_Person.pdf)

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