

Mutual support group for individuals who have experienced the death of a friend or family member.

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.

Source

[AARP](#)

Article

## **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.

Source

[WayForth](#)

Links

## **AARP: Grief, Loss and End of Life**

Source

[AARP: Grief, Loss and End of Life](#)

Links

## **GriefShare Support Groups**

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[GriefShare Support Groups](#)

Links

## **Family Caregiver Alliance: Grief & Loss**

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[Family Caregiver Alliance: Grief & Loss](#)

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.

Source

[American Hospice Foundation](#)

Article

## **Helping Yourself Through Grief**

Grief can overwhelm you. This article can help you to find ways to work through your grief.

Source

[American Hospice Foundation](#)

Article

## **Grief: Understanding the Experience of Loss**

Understanding the experience of loss and grief related to family caregiving and the death of a loved one.

Source

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