

## **Tips & Tools for Widows & Widowers**

### **Grief and Loss Support**

#### **Books:**

**Experiencing Grief, H. Norman Wright**

**A Grace Disguised, Jerry Sitzer**

**Healing Grace for Hurting People, H. Norman Wright**

**Windows of the Soul, Ken Gire**

**A Better Way to Think, H. Norman Wright**

**Finding Your Way After the Suicide of Someone You Love, David Biebel, Suzanne Foster**

**Come Away, My Beloved, Frances J. Roberts**

#### **Children and Families**

**Fears, Doubts, Blues and Pouts, H. Norman Wright, Gary Oliver**

**Tear Soup, DVD**

## **Online Resources:**

#### **Alliance of Hope**

<http://www.allianceofhope.org>

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

#### **American Widow Project**

<http://americanwidowproject.org>

The mission of the American Widow Project is to provide military widows with the vital support through peer-based support programs designed to educate, empower, inspire

and assist in rebuilding their lives in the face of tragedy.

--



**Danielle Schafer**

*Program Coordinator, American Widow Project*

[www.americanwidowproject.org](http://www.americanwidowproject.org) & [www.widowu.org](http://www.widowu.org)

*"Unifying, Educating and Empowering our Nation's Military Widows"*

**Grief Share**

<http://www.griefshare.org>

Grief Share is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

**Modern Widows Club**

<http://modernwidowsclub.com>

A widow mentoring organization. We inspire widows to live a life where anything is possible by being a friend, mentor & advocating in their favor. We hold kindness, compassion & James 1:27 to heart. Moving forward while reaching back.

**Camp Widow**

<http://www.campwidow.org>

Camp Widow® is a weekend long gathering of widowed people from across the country and around the world. We come together to create a community that understands the life-altering experience of widowhood. Camp Widow® provides practical tools, valuable resources, and peer-based encouragement for rebuilding your life in the aftermath of the death of a spouse... all in a fun, uplifting, laughter-filled atmosphere. Thank you for your interest in sharing the programs of Soaring Spirits with your community. Camp Widow is an offshoot of the Soaring Spirits website which provides the full list of our available peer support programs. [www.soaringspirits.org](http://www.soaringspirits.org)

**National Hospice and Palliative Care Organization**

<http://www.hhpco.org>

If your spouse or partner is/was involved in hospice, this organization offers up to one year of free grief counseling. They also offer community outreach counseling for people whose spouse or partner were not in Hospice but still need grief counseling. Finally, if the counseling offered does not meet your needs, contact the bereavement department of your local Hospice as they are usually happy to help you locate grief services and support in your area that is more appropriate for you.

## **Tragedy Assistance Program for Survivors (TAPS)**

<http://www.taps.org/>

This website helps military families find links to local support groups including bereavement counseling. Bereavement counseling includes a broad range of transition services, including outreach, counseling and referral services to family members. TAPS partners with the Department of Veterans Affairs, as well as other organizations, to assist the bereaved in finding the counseling services needed.

## **Psychological Support**

### **American Association of Christian Counselors**

<http://www.aacc.net>

AACC is committed to assisting Christian counselors, the entire “community of care,” licensed professionals, pastors, and lay church members with little or no formal training. It is our intention to equip clinical, pastoral, and lay care-givers with biblical truth and psychosocial insights that minister to hurting persons and helps them move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity.

<http://www.aacc.net/resources/find-a-counselor/>

### **Divisions of AACC**

- Addiction & Recovery Network
- Biblical Counseling & Spiritual Formation Network
- Crisis Pregnancy and Abortion Recovery Network
- Grief, Crisis and Disaster Network
- International Christian Coaching Association
- Marriage and Family Network
- Military Counseling Initiative
- MultiCultural Division
- Society for Christian Psychology

### **Suicide Prevention**

<http://thinkingaboutsuicide.com/>

Suicide Helpline:

1800 – SUICIDE

Suicide Prevention Hotline:

1-800-827-7571

National Suicide Hotline:

1-888-248-2587

**If you are depressed or suicidal, there is free, live counseling available through the wonderful people at New Hope.**

You can call: 714 NEW-HOPE (639-4673)  
or go directly to their web site and chat live at:  
<http://www.newhopenow.org/counseling/liveperson.html>

## **Parenting & Supporting Grieving Children**

### **Starlight Foundation**

Starlight is a Christ-centered ministry that provides Hope, healing and support for those who are grieving the death of a loved one.

[www.starlightministries.org](http://www.starlightministries.org)

### **National Alliance for Grieving Children**

The National Alliance for Grieving Children promotes awareness of the needs of children and teens grieving a death and provides education and resources for anyone who wants to support them. Join us in working towards raising awareness of children's grief.

<http://www.nationalallianceforgrievingchildren.org/>

### **Taps Good Grief Camps (nationwide)**

Call: 1800-959-8277 to find a camp in your area