

AUTHOR – Brooke Leever Ph.D. (Licensed Psychologist)

Self-reflection questions:

Where do I have emotional safety, or where might it be available? Am I using it?

What might healing look like for me? What am I hoping for?

Which elements in supporting grief are strong in my life & which might need more attention?

What are my expectations for the grief process?

Which expectations are supportive of my grief process, and which expectations may need to be adjusted to allow for a healthier process?

Online Resources:

David Kessler – main websites: Grief.com

--The Six Elements We All Need When We Are In Grief

<https://www.davidkesslertraining.com/six-elements-video?cid=a5a50b32-7684-463f-8b8f-8a9e1341e8ae>

-Grief: How to Survive The Holidays

<https://www.youtube.com/watch?v=HiqYn92eHng>

David Kessler – davidkesslertraining.com (input email & link will be sent)

Free videos/series by topic, related to:

- Loss due to death by suicide
- Loss of a child
- Loss of a sibling
- Finding meaning after loss
- Writing through loss and trauma

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Local Grief Support Resources:

For all types of loss:

Griefshare.org – can search for all local grief support events & groups

Grief Share: 2-4 p.m. Wednesdays, Fairway Christian Church, 251 Avenida Los Angeles, The Villages. 352-259-9305. Runs all year long in series of 13 weeks, open to public.

Transition Life Consultants (TLC) – offers grief support events, groups & presentations:

tlc-services.org - for calendar & schedule

info@tlc-services.org

352-299-4017

For Bereaved Parents & Grandparents:

Fishhawk Recreation Center – call rec center for group details (352) 750-3525.

Compassionatefriends.org

-or call the National Office at 877-969-0010, or nationaloffice@compassionatefriends.org, if you need assistance in finding a local Chapter or you have any other questions. They offer to put together, at no charge, a customized packet of bereavement materials specifically chosen to apply to your situation & provide contact information to your nearest TCF Chapter.