



Ainsley's Angels Grief Resource Guide

General Resources	Web Link
<p><i>Below are general resources on grief, the grieving process, and how to help someone who is grieving. The term “bereavement” may come up often. This term is another word used for the experience of losing someone important. A key characteristic of “bereavement” is grief and the range of emotions experienced as a person moves through the process of grieving a loved ones’ death, end of relationship, loss of a job, moving, etc.. There are different types of grief, including anticipatory grief, which is experienced prior to the loss, but when a person knows the loss is coming. Disenfranchised grief is when someone feels unable to publicly mourn. Secondary loss is when a second loss occurs around the same time as the first loss, for example, after the loss of a loved one, a person loses their job or home shortly after. Lastly, collective grief is when a community experiences a loss together.</i></p>	
Mind	https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/
Together We Heal	https://www.togetherwehealcommunity.org/
Option B	https://optionb.org/
Camp Erin	https://elunanetwork.org/camps-programs/camp-erin
The Compassionate Friends	https://www.compassionatefriends.org/
Family Caregiver Alliance	https://www.caregiver.org/resource/grief-and-loss/
Hospice Foundation of America	https://hospicefoundation.org/Grief-(1)/Caregiving
Friendship Circle	https://www.friendshipcircle.org/blog/2012/03/15/special-needs-parents-how-to-cope-with-grief
David Kessler	https://grief.com/about-david-kessler/
Alan Wolfelt	https://www.centerforloss.com/about-the-center-for-loss/about-dr-alan-wolfelt/
Grief Haven	https://grivehaven.org

Therapy and Grief Camps Available around the United States	Web Link
<p><i>Below are lists and search engines for Ainsley's Angels members to find therapists, art therapists, music therapists, and support groups around the topic of grief. Ainsley's Angels is in the process of creating a bereavement/grief camp. Below is list of recommendations while camp development is underway.</i></p>	
Psychologists and Therapy	https://www.psychologytoday.com/us
Music Therapy	https://www.musictherapy.org/about/find/
Grief Camp Search For Children	https://nacg.org/find-support/
National List of Grief Support Centers	https://evermore.org/grief-support-directory/
Epidermolysis Bullosa (EB) Support Groups	https://www.debra.org/other-resources/bereavement
Military Affiliated Grief and Bereavement Camps	https://www.militaryonesource.mil/casualty-assistance/grief-support/bereavement-camps-a-place-to-grieve-and-heal/
Comfort Zone Camp: Grief Camp	https://comfortzonecamp.org/
Grief Camps for Widows, Children, and Families	https://widow411.com/the-best-grief-camps-for-kids/
Grief Camps for Children, Teens, and Families	https://childrensroom.org/resources/summer-programs/
Grief Camp for Children Who Have Lost a Parent	https://www.wildflowerforkids.org/resources/
SUDC Foundation: State by State Grief Camp List	https://sudc.org/sibling-grief-camps/
Family Grief Camps	https://healingheartconnection.com/
Camp Magik: Grief Camp	https://www.campmagik.org/

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