

## Websites



### What's Your Grief

**What's Your Grief** promotes grief education, exploration, and expression by providing resources for understanding and coping with grief and loss, guidance on how to help a grieving friend or family member, online courses, a supportive online community, and much more.

 [whatsyourgrief.com](https://whatsyourgrief.com)

### Center for Loss & Life Transition

Led by death educator and grief counselor Dr. Alan Wolfelt, **The Center of Loss & Life Transitions** is dedicated to helping people who are grieving and those who care for them.

 [centerforloss.com](https://centerforloss.com)

### New York Life Foundation

Helping families in times of grief is at the heart of **NYLF's** mission, and their research has shown that families who lose a loved one wish they had more resources and support available to them. Their website offers articles, expert tips, personal stories and local resources for families, educators and community members.

 [newyorklife.com/foundation/bereavement-support](https://newyorklife.com/foundation/bereavement-support)

## The Dougy Center

**Dougy Center** provides support for children, teens, young adults, and families who are grieving. Find tip sheets, activities, podcasts, and more through their personalized toolkits.

 [dougy.org](https://www.dougy.org)

## National Alliance For Children's Grief (NACG)

**NACG** is the only professional member organization specifically addressing childhood bereavement. Their network of professionals, institutions, and volunteers promotes best practices, educational programming, and critical resources to facilitate the health of children who are grieving and those who support them.

 [nacg.org](https://www.nacg.org)

## Saying Goodbye

Founded by Zoe and Andy Clark-Coates and based in the UK, **Saying Goodbye** provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy.

 [sayinggoodbye.org](https://www.sayinggoodbye.org)

## Refuge in Grief

Led by Megan Devine, a psychotherapist and author of *It's OK That You're Not OK*, **Refuge in Grief** offers resources for griever, supporters and professionals, focusing on down-to-earth discussion of the realities of grief that our culture often doesn't understand.

 [refugeingrief.com](https://www.refugeingrief.com)