

There is no set timeline for healing.

Everyone grieves at their own speed and in their own way. Give yourself time to heal and understand that your grieving process might be different from those around you, and that's okay.

The most important thing to remember is that no matter what you're feeling, you're not alone.

Hopefully, this list of resources will make your grieving process a little easier during this difficult time.

Tips for Handling Your Grief in a Healthy Way

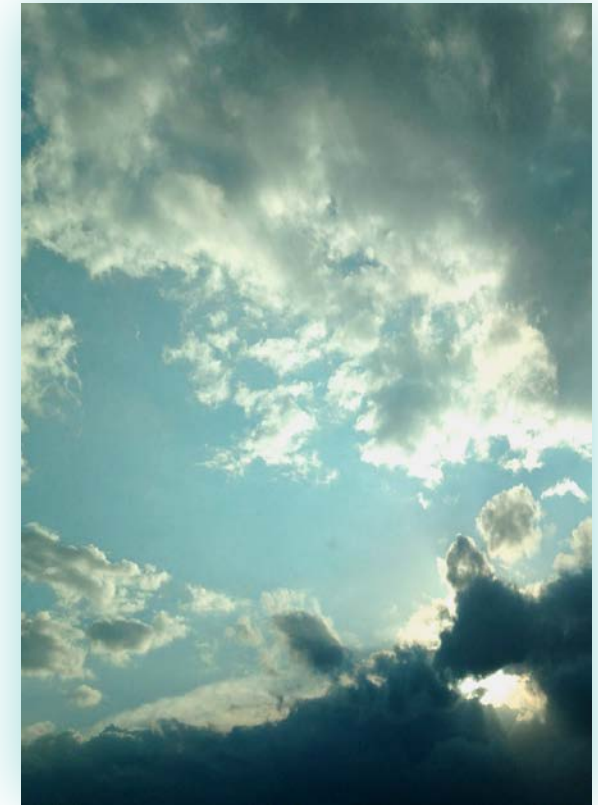
From Iris M. Bolton's "Beyond Surviving: Suggestions for Survivors"

1. Know you can survive. You may not think so but you can.
2. Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
3. Find a good listener with whom to share. Call someone if you need to talk.
4. Try to put off major decisions.
5. Give yourself permission to get professional help.
6. Remember to take one moment or one day at a time.



Grief Support Resources

Finding support when you've lost a loved one



General Support Resources for Adults

Bereaved Parents of the USA

Support, compassion, and resources for the newly bereaved.

www.bereavedparentsusa.org

Centering Corporation

Grief resource center for bereaved adults who have lost children or loved ones.

www.centering.org

Compassionate Friends

Support meetings for grieving adult family members of children who have passed away

www.compassionatefriends.org

GriefNet

Online support groups and resources for adults, as well as an external link for child support groups.

www.griefnet.org

Surviving Spouse Support Group

Resource and CT support group list for adults who have lost husbands and wives.

www.survivingspouse.org



Grief Support Resources for Children and Families

The Brian T. Dagle Memorial Foundation

Providing healing, hope, and support after the loss of someone special.

www.brianshealinghearts.org

Comfort Zone Camp

Weekend camp for children grieving the loss of a family member.

www.comfortzonecamp.org

The Dougy Center

Resources and support for grieving children and families.

www.dougy.org

Mary's Place

Connecticut-based grief center with support groups for children.

www.marysplacect.org

National Alliance for Grieving Children

Grief support, resources, and lists of local support groups for grieving children.

www.childrengrieve.org

Cove Center for Grieving Children

Connecticut's resource for grieving children.

www.covect.org



General Resources

Cleaning Services

Aftermath, Trauma Cleanup Services

www.aftermath.com/connecticut-crime-scene-cleanup

Hartford: (860) 380-2036—serves Hartford, East and West Hartford, Newington, Windsor, Manchester, and surrounding areas
Berlin: (860) 943-0349—serves Berlin, New Haven, Meriden, Newtown, Waterbury, Middletown, Hamden, Naugatuck, and surrounding areas

Disaster Restoration Services, Trauma Cleanup

www.drscleanup.com/trauma-scene-cleanup-connecticut

877-280-7961—serves the state of CT

Bio-Trauma 911, Trauma Scene Remediation

www.biotrauma911.com/connecticut.html

1-800-759-6960—serves Bridgeport, New Haven, Hartford, Stamford, Waterbury, Norwalk, Danbury, New Britain, West Hartford, Meriden, Bristol, West Haven, Stratford, and surrounding cities

BioCleanPros, Crime Scene Cleanup

www.biocleanpros.com/crime-scene-cleanup-ct

(888) 647-9769—serves Western & Southern CT

Absolute Traum away, Trauma Cleanup

www.traumaway.com

(860) 628-0706—serves the state of CT

