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 Traumaway, Trauma Cleanup
www.traumaway.com
(860) 628-0706—serves the state of CT