



## Video Training Series: **SUPPORT FOR THE HELPERS: MOVING THROUGH OUR COLLECTIVE GRIEF & TRAUMA**

### Resources For Session #1: *Of Course We're Struggling...None of This is Normal!*

#### AS SEEN IN THE VIDEO:



***It's OK That You're Not OK:  
Meeting Grief and Loss in a  
Culture That Doesn't Understand***  
by Megan Devine

[eBook available](#)  
at the Free Library of Philadelphia  
[Free audio book available](#)  
at Audible (with 30-day free trial)  
[Hard copies of book available](#)  
for purchase and delivery at  
Bookshop

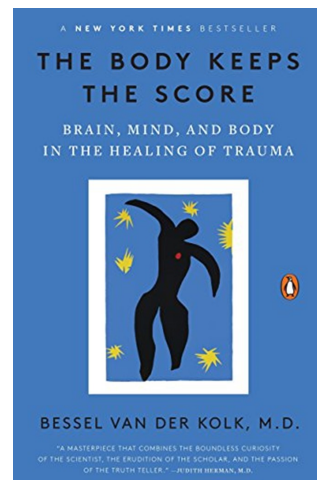


**Quote from article by Aisha S. Ahmad  
in *The Chronicle of Higher Education*:**  
Full article can be found [here](#).



This image and other illustrations from  
Mari Andrew:

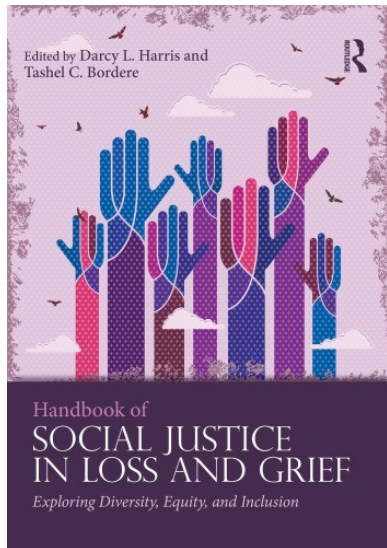
Website: [here](#)  
Instagram: [here](#)



***The Body Keeps The Score: Brain, Mind, and Body In the  
Healing of Trauma* by Bessel van der Kolk**

[eBook available](#) at the Free Library of Philadelphia  
[Free audio book available](#) at Audible (with 30-day free trial)  
[Hard copies of book available](#) for purchase and delivery at  
Bookshop

## ADDITIONAL RESOURCES:



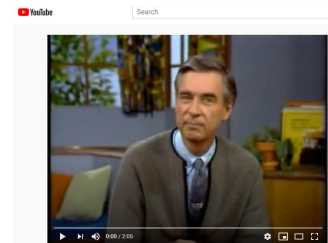
***Handbook of Social Justice in Loss and Grief: Exploring Diversity, Equity, and Inclusion*** edited by Darcy L. Harris and Tashel C. Bordere

[eBook available](#) for purchase or rent at Amazon  
[Hard copies of book available](#) for purchase or rent at Amazon

### SEVEN THINGS A GRIEVING PERSON NEEDS TO KNOW *Earl Hipp*

1. You are lovable even when you are a confused mess.
2. Crying is a gift.
3. Almost every thought, behavior, and feeling is normal.
4. You are not alone.
5. People are uncomfortable with grieving people.
6. No matter how bad you feel, you will survive.
7. It takes as long as it takes.

Download PDF of **Seven Things a Grieving Person Needs to Know** [Here](#)



**Mr. Rogers of *Mister Rogers' Neighborhood*: Discovering Truth Will Make Me Free** [video here](#).

WHAT'S YOUR GRIEF?  
**wyg**

HOME ABOUT ECOURSES WEBINARS AND EVENTS STORE BLOG DONATE 0 ITEMS



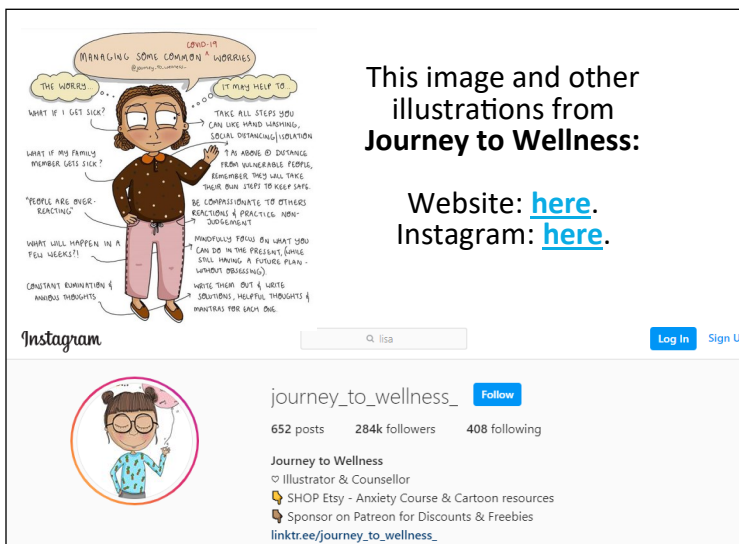
64 Things Books, Movies, and Music Coping with Grief Creative Coping Emotion For Professionals Grief Recipe Stories Grief Theory  
Holidays and Special Days Kids and Teens Locating Resources Memorials and Remembrance Support Systems Supporting a Griever Types of Grief and Loss  
Underscoreline Grief

**What's Your Grief?** [website](#).

WYG article: *In a world filled with loss, who gets to grieve?* [here](#).

This image and other illustrations from **Journey to Wellness:**

Website: [here](#).  
Instagram: [here](#).



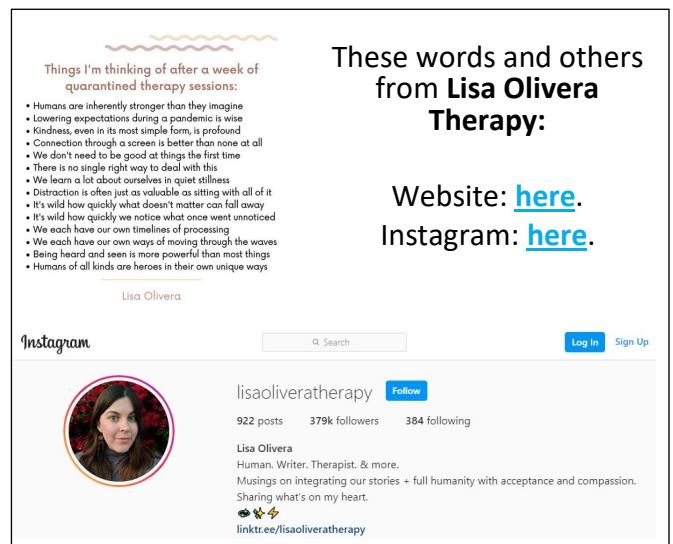
Things I'm thinking of after a week of quarantined therapy sessions:

- Humans are inherently stronger than they imagine
- Lowering expectations during a pandemic is wise
- Kindness, even in its most simple form, is profound
- Connection through a screen is better than none at all
- We don't need to be good at things the first time
- There is no single right way to deal with this
- We learn a lot about ourselves in quiet stillness
- Distraction is often just as valuable as sitting with all of it
- It's wild how quickly what doesn't matter can fall away
- It's wild how quickly we notice what once went unnoticed
- We each have our own timelines of processing
- We each have our own ways of moving through the waves
- Being heard and seen is more powerful than most things
- Humans of all kinds are heroes in their own unique ways

Lisa Olivera

These words and others from **Lisa Olivera Therapy:**

Website: [here](#).  
Instagram: [here](#).





## VIRTUAL GRIEF SUPPORT GROUPS:

**Moms Bonded by Grief:** for caregivers and siblings grieving the death of their children or siblings due to homicide. Learn more [here](#). Facebook support group [here](#).

**Parent Loss Grief Support Group:** for people grieving the death of a parent or caregiver. Facebook group [here](#).

**LGBTQ Grief Loss Support Group:** for people 18+ who are members of the LGBTQIA+ community who are grieving the death of a loved one. Facebook group [here](#).

**Child Loss Grief Support Group:** for caregivers grieving the death of a child/grandchild. Facebook group [here](#).

**Sibling Grief Support Group:** for siblings grieving the death of a sibling. Facebook group [here](#).

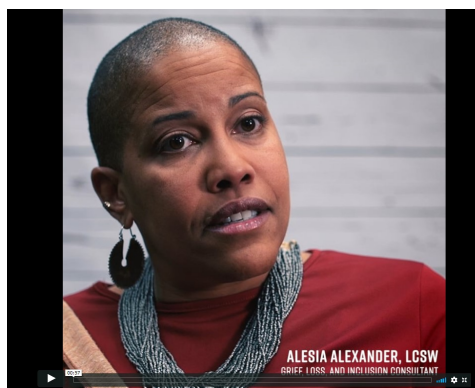
**Suicide Grief Support Group:** for anyone grieving the death of a loved one due to suicide. Facebook group [here](#).

**HOPE ASAP: Grief Support After Substance Addiction Loss:** for anyone grieving the death of a loved one due a substance use/overdose death. Facebook group [here](#).

### Transgender Law Center COVID-19 Community Calls

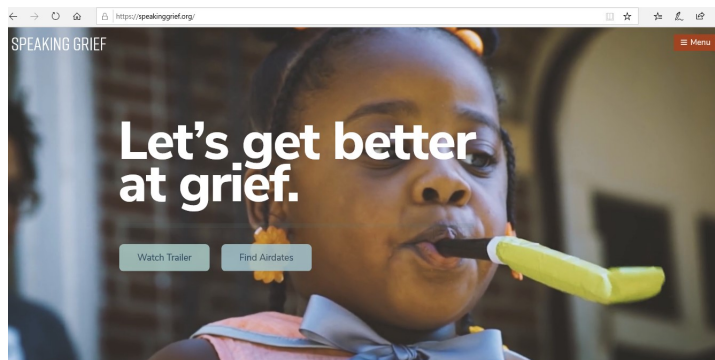
Learn more [here](#). Join weekly calls [here](#). Virtual Vigil to hold grief as a community [here](#).

### Secondary Losses



Video by Alesia Alexander  
Watch [here](#).

### Speaking Grief Documentary: Coming May 2020



Learn more [here](#).  
Watch the trailer [here](#).



## PODCASTS ON GRIEF:

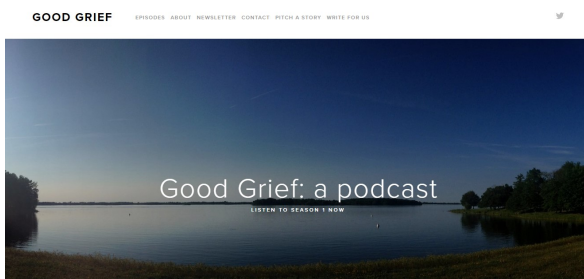


**Special Episode: Suffocated Grief & Supporting Black Youth with Dr. Tashel Bordere** in The Dougy Center's *Grief Out Loud* podcast, hosted by Jana DeCristofaro. "While many grieving people can relate to their grief being disregarded, for Black youth and youth with marginalized identities, their grief not only goes unacknowledged, but is often penalized."

More about the podcast [here](#).

Listen to this episode via Castbox [here](#).

Listen to this episode via RadioPublic [here](#).



### Good Grief

by Blake Kasemeier,  
a grieving adult daughter.

Each episode is "based on a theme unpacked by expert interviews, novice slice-of-life anecdotes and, where appropriate, some relevant cultural references to help ground these big, scary, heavy ideas."

More about the podcast [here](#).

Listen via Castbox [here](#).

Listen via Stitcher [here](#).



**What's Your Grief Podcast:**  
**Grief Support for Those Who Like to Listen** by mental health professionals Eleanor Haley and Litsa Williams.

"seeks to leave no stone unturned in demystifying the complicated and sometimes crazy experience of living life after loss."

More about the podcast [here](#).

Listen via Castbox [here](#).

Listen via RadioPublic [here](#).

Listen via Stitcher [here](#).



**Special Episode: Grief and Finding Meaning with David Kessler** in Brené Brown's *Unlocking Us* podcast explores grief through the lens of a bereaved parent and complexities of grappling with grief in the midst of a pandemic.

More about this episode [here](#).

Listen to this episode via Castbox [here](#).

Listen to this episode via Stitcher [here](#).