

## Grief Support Resources

### Books:

- The Grief Recovery Handbook – By: John W. James & Russel Friedman
- When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses – By: John W. James & Russel Friedman
- The Grief Recovery Handbook for Pet loss – By: John W. James & Russel Friedman
- Modern Loss: Candid Conversation About Grief. Beginners Welcome. – By: Rebecca Soffer & Gabrielle Birkner
- Option B – By: Sheryl Sandberg & Adam Grant
- It's OK That You're Not OK – By: Megan Devine
- Permission to Grieve – By: Shelby Forsythia

### Resources and Support Groups:

- The Grief Recovery Method - [www.griefrecoverymethod.com](http://www.griefrecoverymethod.com)
- Mission Hospice - [www.missionhospice.org](http://www.missionhospice.org)
- Kara- Grief Support for Children, Teens, Families, Adults - [kara-grief.org](http://kara-grief.org)
- What's your Grief? - <https://whatsyourgrief.com/>

### Yahdav & Hanlon Services

- Corporate Grief Support & Education
  - Leadership/Manager Trainings
  - Grief Support Groups and One-to-One
  - Corporate Tool kits
  - Self-guided educational bereavement courses
- Individual Support
  - Grief Recovery Method One-to-One Support (Online)
  - Grief Coaching
- To receive a free ebook, request additional information, or to set up a consultation, please contact:
  - Email: [griefspecialistskimandilana@gmail.com](mailto:griefspecialistskimandilana@gmail.com)
  - website: <https://www.yahdavhanlon.com/>