

Widow Resources

A guide to navigating grief and loss

ORGANIZATIONS - LOCAL AND NATIONAL

Hope Floats Wellness ► www.hopefloatswellness.org

We are a bereavement and educational center for individuals and families who are grieving or facing other life challenges. Our mission is to help people cope with loss, support their healing, and nurture their physical and emotional well-being.

Soaring Spirits ► www.soaringspirits.org

Soaring Spirits builds community. We create, and maintain, innovative peer-based grief support programs for widowed men and women that serve a worldwide population. Based on the powerful connections created by shared experience, we endeavor to ensure that no one need grieve alone.

Camp Widow ► www.campwidow.org

Camp Widow® is a unique and incredible experience. This innovative program provides practical tools and research-informed resources for widowed persons rebuilding their lives in the aftermath of the death of a spouse or partner. We offer both weekend long and one day events across the United States and in a variety of International locations.

The Liz Logelin Foundation

► thelizlogelinfoundation.org

Giving hope to widows and widowers with young families.

Modern Widows Club ► www.modernwidowsclub.com

Modern Widows Club serves to empower women in widowhood to lean into life, build resilience and make a positive difference in society. There are local clubs with events as well as an annual Widow's Empowerment conference.



ORGANIZATIONS - LOCAL AND NATIONAL (CON'T)**Hot Young Widows Club**► www.hotyoungwidowclub.com

The Hot Young Widows Club exists to provide comfort and support to people who have lost their significant others: husbands, wives, girlfriends, boyfriends, and partners. The Hot Young Widows Club is not a replacement for therapy or professional guidance. It is simply an online support group meant to encourage and inspire.

How to Help a Grieving Friend► www.refugeingrief.com/helper-overview

An online community and resource that helps people survive some of the hardest experiences of their lives.

PODCASTS**Terrible, Thanks for Asking**► www.ttfa.org

Nora McInerny

You know how when someone asks “How are you?” you just say “Fine,” even if you’re totally dying inside, so everyone can go about their day? “Terrible, Thanks For Asking” is the opposite of that. Nora McInerny asks real people to share their complicated and honest feelings about how they really are. It’s sometimes sad, sometimes funny, and often both.

Healthy Widow Healthy Woman► owltail.com/podcast/ETARn-Healthy-Widow-Healthy-Woman

Carolyn Moor-Welcome to Healthy Widow Healthy Woman. Where no widow is left behind as we pursue how to empower women in widowhood to thrive in every healthy way possible.

**BOOKS****[The Hot Young Widows: Lessons on Survival from the Front Lines of Grief](#)**

► By Nora McInerny

In the span of a few weeks, thirty-something Nora McInerny had a miscarriage, lost her father to cancer, and lost her husband due to a brain tumor. Her life fell apart. Full of practical guidance, Nora also reminds us that it’s still okay to laugh, despite your deep grief.

[The Grief Recovery Method](#)

► By John W. James and Russell Friedman

This classic guide which has helped many people move beyond loss and towards recovery, has been expanded in this special 20th anniversary edition. The new material includes guidelines for choosing which loss to work on first and specific instruction for dealing with loss of health, career, faith, and much more.

[A Grief Observed](#)

► By C.S. Lewis

Written after his wife’s tragic death, A Grief Observed is C.S. Lewis’s honest reflection on the fundamental issues of life, death, and faith in the midst of loss.

[Moving Forward on Your Own: A Financial Guidebook for Widows](#)

► By Kathleen Rehl, CFP®

A short, 80-page journey through the stages of grief that the author felt. It’s also an emotional as well as financial guide to the types of adjustments faced by a sadly growing number of women who have outlived their husbands.

BOOKS (CON'T)[Healing After Loss:
Daily meditations for
working through grief](#)

► By Martha Hickman

The classic guide for dealing with grief and loss. For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.

[Goodbye, Hurt & Pain:
7 Simple Steps for Health,
Love, and Success](#)

► By Deborah Sandella

Goodbye, Hurt & Pain is a unique guide that applies a cutting-edge approach to using revolutionary science to teach you how to discover your hidden feelings and turn them from negative to positive.

[You Can Heal Your Heart:
Finding Peace After a Breakup,
Divorce, or Death](#)

► By Louise Hay

In You Can Heal Your Heart, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protégé of Elisabeth Kübler-Ross, have come together to start a conversation on healing grief. You will not only learn how to help heal your grief, but you will also discover that, yes, you can heal your heart.

FACEBOOK GROUPS

These groups have been recommended to us.

- Grief Relief Outlet After the Loss of a Husband or Life Partner
- Grieving Spouses
- Grief Anonymous-Loss of a Spouse/Fiancé/ Life Partner
- Widows Living Beyond Grief and Loss
- The Widows Walk Grief Support Group
- Refuge in Grief

[Curve Ball Life Planning Workbooks](#)

The **REBUILD** workbook is a step-by-step checklist for a surviving spouse immediately after the death of their loved one. It walks widows through the necessary next steps when they're faced with the unthinkable.

