

# GRIEF & LOSS RESOURCES

Grief is something that we are always experiencing, whether we are aware of it or not. Death loss in particular can be disorienting and all consuming. Sometimes reaching out for support, though it can seem overwhelming, can help navigate the onslaught of emotions. In addition to the services offered by JFS, here are more helpful resources to explore.



## Websites/Links

[Jewish End-Of-Life Care: A Resource for the Austin Community by Gail Tosto, Jewish End-of-Life Doula](#)

[JFS Alexander's Grief Guide](#)

[Grief Card Deck](#)

[Shomer Collective's Guides for supporting individuals experiencing traumatic death loss](#)

[Perinatal loss resources from a Jewish perspective](#)

## Podcasts

[All There Is with Anderson Cooper](#)

[Grief Out Loud Podcast from The Dougy Center](#)

## Books

[Dancing at the Pity Party by Tyler Feder](#)

[Modern Loss Workbook by Rebecca Soffer](#)

[The Year of Mourning: A Jewish Journey, Edited by Rabbi Lisa D. Grant, PhD](#)

[Fun Home: A Family Tragicomic by Alison Bechdel](#)

## Children's Books

[Something Very Sad Happened: A Toddler's Guide to Understanding Death by Bonnie Zucker](#)

[The Invisible String by Patrice Karst](#)

[A Kid's Book About Death by Taryn Schuelke](#)

[The Memory Box: A Book About Grief by Joanna Rowland](#)