

## **ADDITIONAL RESOURCES**

### Social Media Accounts, Groups, Sites, & Communities

#### **LOCAL**

- Long Live Love (private group) and the affiliated Soaring Spirits Regional Group – Northtowns (lead by Antoinetta “Toni” Mucilli)
- Healing Journey- These Are Our People (private group) and the affiliated Soaring Spirits Regional Group – Southtowns (lead by Laurie Zymowski & Nancy Johnson)
- Widowed Parent Project (lead by Jeanette Anne)
- Forward 💙’s (lead by Jill Casullo)
- Rise Up (through MeetUp)

#### **NATIONAL**

- Widowed Parents of Young Children
- Widow We Do Now? Widow Wives Club
- Widowed 4 Widowed
- Non-Religious Widows and Widowers Club
- Living With Grief Resources Group
- Young, Widowed & Dating
- Hope After Loss For Widows And Widowers

#### **HELPFUL ONLINE ACCOUNTS TO FOLLOW (grief related):**

- Soaring Spirits International
- John Polo
- One Fit Widow
- Tom Zuba teaches A New Way to Do Grief
- Grief Speaks
- Hope For Widows Foundation
- What's Your Grief
- Alliance of Hope for Suicide Loss Survivors
- The Compassionate Friends/USA (for bereaved parents)
- Grief Bridge (for bereaved parents)
- The Hospice Heart
- The Death Deck
- The Dinner Party (community for 21-45 year olds experiencing any loss)

#### **UPLIFTING & HELPFUL ACCOUNTS TO FOLLOW (not grief related):**

- Peaceful Mind Peaceful Life
- Tiny Buddha
- Good News Movement
- The Holistic Psychologist
- Nedra Tawwab
- Jay Shetty
- Power of Positivity
- Love What Matters