

Resources for Adolescents and Children

1. [Dougy Center](#): Offers activities, videos, podcasts, and more to help kids ages 0-12 and teens ages 13-18 express their grief.
2. [Transitions GriefCare](#): Provides grief support for children and teens through bereavement resources, individual and group therapy, support groups, video resources, virtual support events, and grief support in schools.
3. [National Alliance for Children's Grief \(NACG\)](#): Lists grief support service providers who serve children, teens, and their families.
4. [Together by St. Jude](#): Offers resources for handling grief after a loss, including insights into the pain, stages of grief, and coping and healing processes.
5. [VA Caregiver Support Program - Children and Youth](#): Provides resources and support for children and youth who are grieving the loss of a loved one.
6. [Coalition to Support Grieving Students](#): Offers modules on developmental and cultural considerations, reactions and triggers, crises and special circumstances, self-care, and much more.
7. [Helping Young Children Grieve and Understand Death - NAEYC](#): Provides guidance on discussing death and grieving with young children.
8. [Grief Therapy by Karen Katafiasz](#): A compilation of poetry, fiction, and essays that provide insights into the pain, stages of grief, and coping and healing processes.
9. [National Alliance for Children's Grief \(NACG\) - Resources and Support](#): Provides useful resources for children and teens who are grieving a death.