

Local Resources

- **For Bereaved Adults**

- Center for Life and Loss Integration: (608) 258-7771
- Good Shepherd Lutheran: (608) 271-6633
- Gunderson Funeral Home: (608) 221-5420
- Agrace HospiceCare, Inc.: (608) 276-4660
- UnityPoint Health-Meriter Hospital: (608) 267-5900
- Living with Loss - Gilda's Club of Madison: (608) 828-8880

- **For Parents**

- Bereaved Parents: (608) 837-3706
- Compassionate Friends: (608) 835-7493 or (608) 258-0014 (24-hour phoneline)
- Agrace HospiceCare, Inc: (608) 276-4660
- Living with Loss - Gilda's Club of Madison: (608) 828-8880

- **For Children and Teens**

- Children's group (ages 5-12): (608) 276-4660
- Agrace HospiceCare, Inc, - Teens/Children groups: (608) 276-4660
- Living with Loss - Gilda's Club of Madison: (608) 828-8880

- **For Widows and Widowers**

- Living with Loss (Belleville): (608) 424-3681
- Widows/Widowers Social Group: (608) 271-6633
- Agrace HospiceCare, Inc.: (608) 276-4660
- Living with Loss - Gilda's Club of Madison: (608) 828-8880



Books

- **Adults**
 - **Good Mourning: Getting Through Your Grief** by Allan Hugh Cole, Jr.
 - **Bearing the Unbearable** by Joanna Cacciatore, PhD
 - **The Other Side of Sadness** by George A Bonanno
 - **It's OK that You're Not Ok: Meeting Grief and Loss in a Culture that Doesn't Understand** by Megan Devine
- **Teens**
 - **I Will Remember You: What to do When Someone You Love Dies – A Guidebook through Grief for Teens** by Laura Dower
 - **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing after the Sudden Death of a Loved One** by Brooke Noel
 - **Weird is Normal when Teenagers Grieve** by Jenny Lee Wheeler
 - **Modern Loss: Candid Conversation about Grief** by Rebecca Stoffer and Gabrielle Birkner
- **Children**
 - **I Miss You: A First Look at Death** by Pat Thomas and Leslie Harker
 - **Tear Soup** by Chuck DeKlyne, Taylor Bills and Pat Schwiebert
 - **When Dinosaurs die: A Guide to Understanding Death** by Laurie Kransy Brown
 - **Sad isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss** by Michaelene Mundy and R.W. Alley
 - **Grief is a Mess** by Jackie Schuld

