

RESOURCES

The
DINNER PARTY



RESOURCES

Looking to connect with others who get it? We asked our community where they've turned for support. The following organizations feature regularly updated grief reads, and opportunities to connect online with peers who've experienced similar sources of loss. There are also hundreds of local grief support agencies operating across the country, many of which offer a combination of online and offline support.

Online communities & frequently updated grief reads:

The Dinner Party: thedinnerparty.org/
The Dinner Party is a platform for grieving 20- and 30- and early 40- somethings to find peer community and build lasting relationships.

Modern Loss: modernloss.com
A website offering candid conversations about grief. Beginners welcome.

Refuge in Grief: refugeingrief.com/
An online community and resource run by psychotherapist, writer, grief advocate, & communication expert, Megan Devine.

What's Your Grief: whatsyourgrief.com/
A site run by two Baltimore-based mental health professionals with 20+ years of experience in grief and bereavement, that promotes grief education, exploration, and expression in both practical and creative ways.

The Grief Diaries: thegriefdiaries.org/
The Grief Diaries is an online magazine publishing art and writing to contribute to a greater understanding of grief—how it looks, how it sounds, how it feels.

Too Damn Young: toodamnyoung.com
Founded with the sole purpose of letting any grieving teenager know they are not alone, Too Damn Young is a community and resource for teens and young adults navigating grief.

Terrible, Thanks for Asking: ttfa.org
A podcast hosted by writer Nora McInerny, which features honest conversation around and answers to the question “how are you?”

Still Standing Magazine: stillstandingmag.com/
Founded in 2012, Still Standing Magazine has been the world's leading online voice in breaking the silence on child loss – from conception to adulthood, and infertility. We share stories from around the world of writers surviving the aftermath of loss and grief – and include information on how others can help.

COVID Grief Network: covidgriefnetwork.org/
Undoing isolation for young adults grieving the illness or death of someone close to COVID-19. Get connected to a community of young adults who know what it's like, and free one-on-one support from a volunteer grief worker.

The Loveland Foundation: thelovelandfoundation.org/
The Loveland Foundation was established in 2018 by Rachel Cargle in response to her widely successful birthday wish fundraiser, Therapy for Black Women and Girls. Her enthusiastic social media community raised over \$250,000, which made it possible for Black women and girls nationally to receive therapy support. Black women and girls deserve access to healing, and that healing will impact generations. The Loveland Foundation is the official continuation of this effort to bring opportunity and healing to communities of color, and especially to Black women and girls.

Option B: optionb.org/
Option B.org is dedicated to helping you build resilience in the face of adversity—and giving you the tools to help your family, friends, and community build resilience too.



Additional Meet-ups & Support Groups:

PARTNER LOSS

Soaring Spirits:

soaringspirits.org

The Liz Logelin Foundation:

thelizlogelinfoundation.org

Hot Young Widows Club:

hotyoungwidowsclub.com

LOSS TO MENTAL ILLNESS

NAMI:

nami.org

PARENT LOSS

Motherless Daughters:

meetup.com/topics/motherlessdaug

SIBLING LOSS

The Compassionate Friends:

compassionatefriends.org

CHILD LOSS

The Compassionate Friends:

compassionatefriends.org

The MISS Foundation:

missfoundation.org

Mommy Interrupted:

mommyinterrupted.org/index.html

Project Grace:

project-grace.org

FOR GRIEVING TEENS & YOUNG ADULTS

Actively Moving Forward:

activelymovingforward.org

ILLUSTRATORS WORTH 1,000+ WORDS

Mari Andrew:

instagram.com/bymariandrew

Emily McDowell:

emilymcdowell.com/collections/empathy-cards

Chani Nicholas:

chaninicholas.com

