

RESOURCES ON GRIEF, DYING, AND DEATH

Compiled by Caito Stewart

Table Of Contents

Interesting/Informative Articles	2
Grief Support and Discussion	4
Organizations	4
Individuals	8
Blogs and Websites on Grief	11
End of Life Planning, Conversation, Support	12
Funeral and Memorial Services	15
Alternative Memorialization	16
Books about Grief	18
Memoirs	18
Compilations	18
Grief Support	18
Other Helpful Books for Grief	19
On Death	19
On Writing About Death	19
TV Shows and Movies and Grief	20
Lists/articles	20
Shows	20
Movies	20
Music and Grief	21
Art and Grief	22
Resources	22
Articles	23
Artists (alphabetical order by last name)	25
Podcasts	30
Death Positive Discussion	31
Organizations	31
Individuals	33

Interesting/Informative Articles

- Talk Death - "Accessibility and Privilege in Grief Support"
 - <https://www.talkdeath.com/accessibility-and-privilege-in-grief-support/>
- Talk Death - "Death Positive Websites and Blogs You Should Know"
 - <https://www.talkdeath.com/death-positive-websites-blogs-you-should-know/>
- Talk Death - "Cultures That Celebrate Death"
 - <https://www.talkdeath.com/cultures-that-celebrate-death/>
- Talk Death - "Collecting Family Photos and Preserving Memories"
 - <https://www.talkdeath.com/collecting-family-photos-preserving-memories/>
- NYTimes - "To Be Happier, Start Thinking More About Your Death"
 - <https://www.nytimes.com/2016/01/10/opinion/sunday/to-be-happier-start-thinking-more-about-your-death.html>
- NYTimes - "Boom Time for Death Planning"
 - <https://www.nytimes.com/2020/07/16/business/boom-time-for-death-planning.html?referringSource=articleShare>
- NYTimes - "Start-ups For the End of Life"
 - <https://www.nytimes.com/2016/11/03/business/start-ups-for-the-end-of-life.html>
- Nylon- "ARE WE FINALLY COMFORTABLE TALKING ABOUT GRIEF?"
 - <https://www.nylon.com/best-tv-shows-mourning-grief>

Grief Support and Discussion

Organizations

- **Actively Moving Forward**
 - <https://healgrief.org/actively-moving-forward/>
 - “Actively Moving Forward® (AMF) is a national network created in response to the needs of grieving young adults. For over a decade, we have connected, supported and empowered grieving young adults to “actively move forward” in memory of their person. These young adults support one another and are encouraged to actively move forward in memory of their person.”
 - “Due to the need, the AMF model has expanded its demographic to include all young adults, aged up to, and including 30. This program is currently actively moving forward coast-to-coast.”
- **At Work**
 - (offshoot from The Dinner Party)
 - <https://www.thedinnerparty.org/atwork>
 - We bring peer-to-peer support practices into workplaces and organizations to better support employees who are struggling with loss. We reestablish trust after difficult times and use the shared experience to build a deeply connected, energized and effective culture.
- **CoVID Grief Network**
 - Undoing isolation for young adults grieving the illness or death of someone close to COVID-19
 - <https://www.covidgriefnetwork.org/>
- **The Compassionate Friends**
 - <https://www.compassionatefriends.org/>
 - Supporting Family after a child dies
- **The Dinner Party**
 - <https://www.thedinnerparty.org/>
 - “The Dinner Party is a platform for grieving 20- and 30-somethings to find peer community and build lasting relationships. We screen, train and support a growing network of peer hosts, and connect them to 12-15 people nearby, who share a similar age and loss experience. What started as an experiment on a

back deck in Los Angeles, has served well over 10,000 grieving young people to date. Today, 4,000+ active members gather bimonthly at 400+ local tables in over 100 cities and towns worldwide.”

- **The Dougy Center**

- <https://www.dougy.org/>
- provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief. Through our Pathways program, we provide a safe place for families living with an advanced serious illness.

- **Ernest Becker Foundation**

- <http://ernestbecker.org/>
- Established in 1993, the Ernest Becker Foundation seeks to advance understanding of how the unconscious denial of mortality profoundly influences human behavior. Ernest Becker laid the foundation for this work in his Pulitzer Prize-winning book *The Denial of Death*.

- **Green-Wood Cemetery Events**

- <https://www.green-wood.com/calendar/>
- Cemetery in Brooklyn
- They have tons of in-person and online programming related to history, culture, art, and grief support.

- **Grief In Common**

- <https://www.griefincommon.com/>
- The only online community designed to connect those who are grieving based on background and similar experiences for chats and opportunities to meet in person.

- **The Grief Practice**

- <https://www.thegriefpractice.com/>
- “A storybook and workbook for moving with and through grief. Through stories and practices *The Grief Practice* explains and explores grief in the body in a beautiful and comprehensible way. The ancient practices of yoga and mindfulness are offered through a trauma-informed and science-based lens, creating an accessible path to grief through yoga designed to support and welcome grief.”
- “This the story of grief, as told by you—the many hearts and many voices, compiled together in book form, infused with practices designed to support the unfurling of what aches the most, with this companion website offering resources, as well as ongoing stories of living grief.”

- **Modern Loss**
 - <https://modernloss.com/>
 - Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death.
 - Personal essays from diverse people who have experienced all kinds of loss
 - Events, resources, links to articles on loss

- **Motherless Daughters**
 - **Motherless Daughters Groups**
 - <https://hopeedelman.com/support-groups/>
 - List of groups around the world, organized by location
 - **Motherless Daughters Retreats**
 - <http://www.motherlessdaughters.com/>
 - Founded and run by Hope Edelman and Claire Bidwell Smith
 - **Motherless Daughters Facebook Groups**
 - <https://www.facebook.com/Motherless-Daughters-153858391294874/>

- **New York Life Foundation**
 - <https://www.newyorklife.com/foundation>
 - <https://www.newyorklife.com/foundation/bereavement-support>
 - Inspired by New York Life's tradition of service and humanity, the New York Life Foundation has, since its founding in 1979, provided \$300 million in charitable contributions to national and local nonprofit organizations. The Foundation invests in programs that benefit young people, particularly in the areas of educational enhancement and **childhood bereavement support**.
 - The Foundation also facilitates “people power,” encouraging the community involvement of employees and agents of New York Life who volunteer where and when it matters most.

- **Our House**
 - Grief Support Center
 - <https://www.ourhouse-grief.org/from-our-house-to-yours/>

- **Reimagine End of life**
 - <https://letsreimagine.org/>
 - Reimagine End of Life is a community-wide exploration of death and celebration of life through creativity and conversation. Drawing on the arts, spirituality, healthcare, and design, we spark experiences and festivals that break down taboos and bring diverse communities together in wonder, preparation, and remembrance.

- Reimagine envisions a world in which we are all able to reflect on why we're here, prepare for a time when we won't be, and live fully through the end. In facing death, we begin to live fully.
- **Speaking Grief**
 - <https://www.speakinggrief.org->
 - <https://speakinggrief.org/documentary>
 - "Speaking Grief is a public media initiative aimed at creating a more grief-aware society by validating the experience of grievers and helping to guide those who wish to support them."
 - Speaking Grief features diverse representations of grief through candid interviews with families whose losses range from stillbirth to suicide.
 - Speaking Grief features a diverse array of interviews with professionals working in the grief field.
 - Resources to better understand, Support, and continue conversations around grief
- **Uplift Philly**
 - <https://upliftphilly.org/>
 - Uplift offers peer support groups for children and teens in grades K-12th who have experienced the death of someone significant in their lives. Peer support and a caring adult presence help to reduce the feelings of isolation and loneliness that children often experience after death.
 - Uplift has multiple locations around the city of Philadelphia. Creative activities and games allow children to express their thoughts and feelings about death. All groups are divided by age and developmental level to best tailor our support programs. Uplift also offers caregiver groups at the same time to provide support for adults raising a grieving child.
- **What's Your Grief?**
 - <https://whatsyourgrief.com/>
 - As mental health professionals who have experienced significant losses ourselves, we know individual grief is unique and there is no "right" way to cope. Our goal is to create a community that provides hope, support, and education to anyone wishing to understand the complicated experience of life after loss.

Individuals

- **Ty Alexander**
 - <https://lovelyalexander.com/>
 - Author of *Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day*:
 - <https://bookshop.org/books/things-i-wish-i-knew-before-my-mom-died-coping-with-loss-every-day-african-american-grief-gift-bereavement-gift-for-readers-of-motherless-daughte/9781633533882>
 - Ty Alexander is a bestselling author, speaker, podcaster and wellness blogger who teaches women how to choose gratitude over grief.
 - “Women of color need a brave space to discuss their mental wellness without judgment or shame. [Destination Heal](#) is Ty’s love letter to those women.”
- **Alua Arthur**
 - Runs a death doula training company, [Going With Grace](#).
 - Serves as an adviser to Cake and Near and has become a de facto spokeswoman for Black-owned death care businesses.
- **Debbie Augenthaler**
 - <https://www.debbieaugenthaler.com/>
 - LMHC, NCC, is an author and psychotherapist in private practice in New York City, where she specializes in trauma, grief and loss.
 - Her award-winning book, [You Are Not Alone: A Heartfelt Guide for Grief, Healing, and Hope](#) combines her personal story of devastating loss with practical insights and simple suggestions for healing.
 - Join [her Facebook community](#), [Grief to Gratitude](#), and [follow her on Instagram](#).
- **Claire Bidwell Smith**
 - <https://clairebidwellsmith.com/>
 - Grief therapist - offers one-on-one grief coaching and also online grief courses
 - author, speaker, and grief expert
 - Co-founder of Motherless Daughters Retreats with Hope Edelman, offering one-day workshops and four-day retreats to help motherless women revisit and reassess their early losses; get unstuck; and build community among others who share similar stories.
- **Ken Breniman**
 - Yoga for Grief, psychotherapy
 - Licensed Psychotherapist, Certified Yoga Therapist
 - LCSW, C-IAYT, Thanatologist

- <https://www.kenbreniman.com/>
- **Megan Devine**
 - Refuge in grief <https://refugeingrief.com/>
 - Author of *It's Ok that you're not Ok* <https://refugeingrief.com/book/>
 - Writing Your Grief Course/Community <https://refugeingrief.com/writing-your-grief/>
 - a psychotherapist, writer, grief advocate, & communication expert dedicated to helping you live through things you never thought you'd face. I'm proud to have created an online community and resource that helps people survive some of the hardest experiences of their lives. Through my book, podcasts, and online courses, I help people learn the skills they need to love themselves – and each other – better.
- **Hope Edelman**
 - <https://hopeedelman.com/>
 - Certified Martha Beck Life Coach specializing in grief, early loss, and creativity.
 - She is the co-founder of Motherless Daughters Retreats with Claire Bidwell Smith, offering one-day workshops and four-day retreats to help motherless women revisit and reassess their early losses; get unstuck; and build community among others who share similar stories.
- **Alica Forneret**
 - Her site: <https://alicaforneret.com/>
 - Founder of the Dream Moms Club: <https://alicaforneret.com/the-dead-moms-club>
 - GRIEF & MENTAL HEALTH RESOURCES BY & FOR PEOPLE OF COLOR:
 - <https://alicaforneret.com/bipoc-mental-health-grief>
 - “The bulk of my grief work focuses on how we can support each other through death-related loss and the grief sparked by (and before) end-of-life experiences. I am fiercely committed to making sure that our conversations about grief, death, and dying go beyond hospital rooms and funeral homes, and am excited to contribute to how we handle grief in the workplace, in our personal relationships, and, most importantly, publicly. I currently work with an extensive network of international creatives, foundations, and wellness organizations - all as collaborative partners for print, digital, and experiential grief work.”
 - “I am becoming certified as a Life Cycle Celebrant to help people celebrate both life and death. I am a council member on the BC Women’s Health Foundation’s Young Women Council and an Associate Board member for Our House, a youth grief support center. I was also honored to be part of lululemon’s inaugural lululemon Luminaries program cohort.”
 - “My written work has been featured on the pages of popular magazines and books, including (but not limited to) *Modern Loss*, *Grief Dialogues*, *Vancouver*

Magazine, Loam, and Kinfolk. And my story and voice have been featured on CTV News, Grief Out Loud, InStyle, and more. You can find me writing my newsletter from coffee shops, running workshops with Reimagine in NYC, and hosting Death Over Dinner events across the United States and Canada.”

- **Tembi Locke**

- <https://www.tembilocke.com/>
- Her [blog](#)
- Memoir: *From Scratch*
- [Short film series](#) on her caregiving, loss, grief and healing
- Cook with her using recipes at [The Kitchen Widow](#)
- Check for latest public [events](#)

- **Nora McInerney**

- Author, podcast creator, founder of Still Kickin Charity
- Online courses for dealing with Grief: <https://stillkickin.teachable.com/>
- Books: <http://www.noraborealis.com/book>
- Terrible, Thanks for Asking podcast: <https://www.tffa.org/>
- Still Kickin charity: <https://stillkickin.co/>
- Also has a great Facebook support group for Patreon supporters

- **Cheryl Strayed**

- <http://www.cherylstrayed.com/>
- http://www.cherylstrayed.com/wild_108676.htm
- Cheryl Strayed is the author of the #1 New York Times bestselling memoir Wild, the New York Times bestsellers Tiny Beautiful Things and Brave Enough, and the novel Torch.
- Strayed is the host of the New York Times hit podcast, Sugar Calling and also Dear Sugars, which she co-hosted with Steve Almond.

Blogs and Websites on Grief

- **The Bucket**
 - Magazine
 - The Bucket's mission is to help people lead more fulfilling lives by embracing their own mortality. Equal parts philosophy and utility, The Bucket is a place to come to see how acknowledging death changes the way you view – and actually 'do' – life.
 - <https://thebucket.com/>

- **The Grief Pad**
 - A young female woman of color who has experienced a huge loss in her life and wants to be able to express freely on Grief.
 - Dedicated to helping young people understand and converse freely on Grief.
 - <https://thegriefpad.com/about/>

- **Heidi Woo**
 - Blogger, cancer survivor in BK/NJ
 - <https://healingheidiwoo.com/>

- **Grief Dialogues Blog**
 - <https://griefdialogues.com/>

- **Grief Bacon**
 - <https://griefbacon.substack.com/>

- **Grief Healing Blog**
 - Loss and Grief: <https://www.griefhealingblog.com/>
 - Sibling loss: <https://www.griefhealing.com/death-of-a-sibling-or-twin.htm>

End of Life Planning, Conversation, Support

- **CAKE**
 - <https://www.joincake.com/>
 - basic preplanning services are free.
 - “Our goal is to empower people to live in accordance with their values all the way to the end. This can only happen if we know our end-of-life preferences and share them with our loved ones. Presently, fewer than 1 in 4 people have an advance care plan in place. We use technology to make it easier to discover and share your preferences.”
 - Tombstone generator: <https://www.joincake.com/tombstone-generator/>
- **Doula By Destiny**
 - Death doula (valoria walker)
 - <https://www.doulabydestiny.com/>
- **End Well**
 - <https://endwellproject.org/>
 - “a conference about improving the culture, products and policy around end of life.”
 - “End Well is dedicated to the belief that all people should experience the end of life in a way that matches their values and goals. When faced with issues of mortality, we often suffer needlessly for a variety of reasons, from cultural and clinical to matters of access. End Well brings together a multidisciplinary community that unites design, technology, health, policy and activist initiative to create a cultural shift to transform our thinking around the end of life.”
- **Going with Grace**
 - <http://www.goingwithgrace.com/>
 - a death doula training company
- **Heather Massey/ Natural Death Care Centre**
 - <https://www.naturaldeathcarecentre.org/services/name/heather-massey/>
- **Inner Portals**
 - <https://innerportals.com/>
 - “Everything you need to live an empowered, purposeful, and fulfilling life lies within you”
- **Kitchen Table Conversations**
 - Advance Care Planning - End of Life Care and Grief Education

- <https://kitchentableconversations.org/>
- **Lantern**
 - <https://www.lantern.co/>
 - Get your free step-by-step guide on how to navigate your life before and after a death.
 - basic preplanning services are free.
- **Near**
 - <https://staynear.co/>
 - “Find the end of life support you need. Near is a place to connect individuals and families with those offering services and support at the end of life. A community where providers can share their work through detailed listings and users can search by location.”
- **New York Life**
 - <https://www.newyorklife.com/>
 - For 175 years, people have worked with New York Life to protect their families and futures. We believe in the importance of human guidance and in trusted relationships built on being there when our customers need us most.
- **Pondering Leaves**
 - End of life pre-planning
 - <http://www.ponderingleaves.com/>
- **Reimagine End of life**
 - <https://letsreimagine.org/>
 - Reimagine End of Life is a community-wide exploration of death and celebration of life through creativity and conversation. Drawing on the arts, spirituality, healthcare, and design, we spark experiences and festivals that break down taboos and bring diverse communities together in wonder, preparation, and remembrance.
 - Reimagine envisions a world in which we are all able to reflect on why we’re here, prepare for a time when we won’t be, and live fully through the end. In facing death, we begin to live fully.
- **TalkDeath**
 - <https://www.talkdeath.com/>
 - TalkDeath’s mission is to encourage positive and constructive conversations around death and dying. Although our awareness of the issues and needs surrounding death is growing, it is still not considered appropriate “dinner table talk.” Well, we think it is.

- From green burials and home funerals, to history, memento mori art, funeral law, and grief resources, TalkDeath.com is the hub for a changing death-conscious public. TalkDeath also aims to bridge the gap between death professionals and the general public, helping you make informed end-of-life decisions.
- **Trust and Will**
 - https://trustandwill.com/trust/?utm_campaign=trust_will_bofu&utm_source=google&utm_term=trust%20and%20will&utm_medium=cpc&utm_content=356186838867&gclid=Cj0KCQjwudb3BRC9ARIsAEa-vUvulCMj2z4V-0inaZovaUtKvnb7gyobilHKtWLJ88S83IVBNuBu6tIaApJsEALw_wcB
 - Customize, access, and update your Living Trust at any time, without worry.
- **Willing**
 - <https://willing.com/>
 - “provides state-specific estate planning documents online that can be updated any time”

Funeral and Memorial Services

- **The Foresight Companies**
 - <https://www.theforesightcompanies.com/>
 - “financial management firm in Phoenix, which specializes in funeral and cemetery professions.”
- **FuneralWise**
 - <https://www.funeralwise.com/>
- **Guides on home funerals**
 - <https://www.homefuneralalliance.org/>
- **Leaves with You**
 - <https://www.leaveswithyou.com/>
 - Leaves With You provides rituals to create healing and ceremony at one’s end of life. Our main offering is a biodegradable coffin made using macrame, the ancient process of tying rope. Leaves With You invites family members and mourners to participate in and weave their prayers into the coffin’s creation. The act of weaving the coffin provides space for mourners to be present with their own grief and healing process. The deceased is then wrapped in an object of love that their family and friends created.
- **New Narrative**
 - <https://www.newnarrative.ca/>
 - Event Management and Consulting Tailored For The Modern Memorial
- **Parting**
 - <https://www.parting.com/>
 - “Founded in Los Angeles, an online directory of funeral homes searchable by ZIP code, which allows users to compare prices and services, and view the homes’ locations.”
- **Sleepy Hollow Cemetery**
 - Natural burial grounds
 - <http://sleepyhollowcemetery.org/burial-options/natural-burial-grounds/>

Alternative Memorialization

- **Capsula Mundi**
 - <https://www.capsulamundi.it/en/>
 - Biodegradable burial
 - “Egg-Shaped Burial Pods Feed the Trees and Turn Cemeteries Into Forests”
- **Covid Memorial**
 - <https://covidmemorial.online/>
 - The purpose of the COVID Memorial is to be a place to share remembrances of loved ones lost to the coronavirus pandemic, and to encourage public health measures that can prevent more deaths in the future.
- **Eterneva**
 - <https://eterneva.com/>
 - “Whether you have ashes at home or recently lost a remarkable person - celebrate their life by making a diamond from ashes or hair.”
- **Ghost Bikes**
 - <http://ghostbikes.org/>
- **Life Web 360**
 - <https://www.lifeweb360.com/>
 - MEMORIAL SCRAPBOOKS BUILT BY YOUR FRIENDS & FAMILY
- **Memories Out of the Box**
 - <https://memoriesoutofthebox.com/>
 - Our desire to document our lives and tell our stories runs long and deep, but so many of us never get to the telling part. That is why Memories Out of the Box exists: to help you tell the story of your life.
- **My Keeper (part of TalkDeath)**
 - <https://www.mykeeper.com>
 - Beautiful, Free Online Memorials & Tributes
- **Rose River Memorial Project (COVID Memorial)**
 - <https://www.roseriver.memorial/>
 - “A massive artwork” being created “to collectively grieve as a nation.”
 - “More than 200,000 handcrafted everlasting roses are placed in undulating rows outdoors to represent each life taken. This artwork will represent the enormity of

the loss from the COVID-19 crisis. The memorial becomes a focus for all of us to mourn and heal.”

- “Starting September 2020 we're inviting you to build this artwork by making beautiful felt roses following our simple pattern. How many we all make determines how soon the artwork is created. let's build this river, together.”

- **TG Beyond**

- <https://www.tgbeyond.com/>
- VIRTUAL MEMORIALS AND RECEPTIONS
- Conducting a virtual memorial enables family and friends to show up, even when they can't show up.

- **World Wide Cemetery (created in 1995)**

- <https://cemetery.org/create-a-memorial/>

Books about Grief

Memoirs

- *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed
- *The Rules of Inheritance* by Claire Bidwell Smith
- *Bloom: Finding Beauty in the Unexpected--A Memoir* by Kelle Hampton
- *From Scratch: A Memoir of Love, Sicily, and Finding Home* by Tembi Locke
- *The Year of Magical Thinking* by Joan Didion
- *The Life of Stuff: A memoir about the mess we leave behind* by Susannah Walker
- *The Dream of Water: A Memoir* by Kyoko Mori
- *How to Forget: A Daughter's Memoir* by Kate Mulgrew
- *The Goodbye Diaries* by Marisa Bardach Ramel and Sally Bardach
- *Black Widow: A Sad-Funny Journey Through Grief for People Who Normally Avoid Books with Words Like "journey" in the Title* by Leslie Gray Streeter
- *Invisible Sisters: A Memoir* by Jessica Handler
- *No Happy Endings: A Memoir* by Nora McInerney

Compilations

- *MODERN LOSS: Candid Conversation About Grief. Beginners Welcome* by Rebecca Soffer and Gabrielle Birkner
- *Grief Dialogues: Stories On Love And Loss* compiled by Elizabeth Coplan
- *Rebellious Mourning: The Collective Work of Grief* edited by Cindy Milstein

Grief Support

- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine
- *Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day* by Ty Alexander
- *Anxiety: The Missing Stage of Grief* by Claire Bidwell Smith
- *After This* by Claire Bidwell Smith
- *The AfterGrief* by Hope Edelman
- *Motherless Daughters: The Legacy of Loss* by Hope Edelman
- *The Dead Moms Club: A Memoir about Death, Grief, and Surviving the Mother of All Losses* by Kate Spencer
- *The Hot Young Widows Club* by Nora McInerney

- *It's Okay to Laugh (Crying is Cool Too)* by Nora McInerney

Other Helpful Books for Grief

- *When Things Fall Apart* by Pema Chodron
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van Der Kolk
- *Before and After Loss: A Neurologist's Perspective on Loss, Grief, and Our Brain* by Lisa M. Shulman

On Death

- *Is the Cemetery Dead?* by David Charles Sloane
- *Smoke Gets in Your Eyes: And Other Lessons from the Crematory* by Caitlin Doughty

On Writing About Death

- *The Art of Death: Writing the Final Story* by Edwidge Danticat
- *Writing Hard Stories: Celebrated Memoirists Who Shaped Art from Trauma* by Melanie Brooks

TV Shows and Movies and Grief

Lists/articles

- Milano Monuments - "8 TV Shows that Focus on Grief and Loss"
 - <https://www.milanomonuments.com/blog/8-tv-shows-that-focus-on-grief-and-loss>
- NPR- "If You're Grieving Right Now, Here Are 5 Shows That Get It"
 - <https://www.npr.org/2020/06/17/877090656/if-youre-grieving-right-now-here-are-5-shows-that-get-it>

Shows

- **Never Have I Ever**
- **Six Feet Under**
- **Dead to Me**
- **Kidding**
- **Jane the Virgin**
- **Russian Doll**
- **This is Us**
- **A Million Little Things**
- **Go On**
- **Sorry for Your Loss**

Movies

- **Wild**
- **Departures (Okuribito)**
 - Trailer <https://www.youtube.com/watch?v=v26Dj-cBB8g>

Music and Grief

- **Debbie Augenthaler** - “Music, Grief and the Universe”
 - <https://www.debbieaugenthaler.com/march-2018/>
- **The Conversation** - “Singing death: why music and grief go hand in hand”
 - <https://theconversation.com/singing-death-why-music-and-grief-go-hand-in-hand-81679>
- **Emily Haines - singer from Metric**
 - Emily Haines and the Soft Skeleton - Album “Knives don’t have your back”
 - <https://www.emilyhaines.com/>
 - https://www.vice.com/en_us/article/43ag4g/metrics-emily-haines-frees-her-ghosts
 - http://www.undertheradarmag.com/interviews/the_end_emily_haines_on_ending_s_and_death/
 - <https://www.maellstrom.com/music-1/2018/5/10/how-emily-haines-diary-of-grief-and-loss-and-loneliness-became-my-own>
- **Full Voice** - “Singing Through Grief”
 - <https://fullvoicebook.wordpress.com/2018/07/19/singing-through-grief/>
- **Grief and Sympathy** - “Expressing Feelings of Grief through Art, Music, Dance, Theatre and Writing”
 - <https://www.griefandsympathy.com/expressing-feelings-grief.html>
- **Music for Grief**
 - <https://www.musicforgrief.com/blog/how-singing-helps-you-grieve>
- **Threshold Choir**
 - <https://thresholdchoir.org/nyc>

Art and Grief

Resources

- **With Reference to Death** - compilation of artists making work about death
 - <http://withreferencetodeath.philippocock.net/blog/about/>
- **CENTRE FOR THE STUDY OF SUBSTRUCTURED LOSS (EST. 2009) APPLIED GRIEF AND BEREAVEMENT RESEARCH**
 - Art and Research Residencies: <https://www.substructuredloss.org/residencies/>
- **Cube Design Museum - (Re)Design Death Exhibition**
 - <https://www.cubedesignmuseum.nl/en/activiteiten/redesign-death>
 - The exhibition shows contemporary design around saying goodbye, dying, mourning and remembering. Around 50 objects show how designers, often after a personal experience, give substance to the needs and rituals that exist around death.
- **Death Becomes Her Exhibition**
 - Exhibition co-curated by Bric Arts and Green-Wood Cemetery in Brooklyn, NY
 - <https://www.bricartsmedia.org/death-becomes-her>
 - <https://www.green-wood.com/death-becomes-her/>
 - *Death Becomes Her* is a group exhibition exploring how death and the grieving process impact the living.
- **Grief Dialogues**
 - <https://griefdialogues.com/>
 - Out of Grief Comes Art
- **Metropolitan Museum of Art**
 - Grief Art
<https://www.metmuseum.org/art/collection/search#!?q=grief&perPage=20&searchField=All&sortBy=Relevance&offset=0&pageSize=0>
 - Death Art
<https://www.metmuseum.org/art/collection/search#!?q=death&perPage=20&searchField=All&sortBy=Relevance&offset=0&pageSize=0>

- **Rose River Memorial Project (COVID Memorial)**
 - <https://www.roseriver.memorial/>
 - “A massive artwork” being created “to collectively grieve as a nation.”
 - “More than 200,000 handcrafted everlasting roses are placed in undulating rows outdoors to represent each life taken. This artwork will represent the enormity of the loss from the COVID-19 crisis. The memorial becomes a focus for all of us to mourn and heal.”
 - “Starting September 2020 we’re inviting you to build this artwork by making beautiful felt roses following our simple pattern. How many we all make determines how soon the artwork is created. let’s build this river, together.”

- **Woman Made Gallery - LOSS Exhibition**
 - A juried, virtual exhibition of artwork “exploring the concept of loss.”
 - <https://womanmade.org/loss-a-virtual-exhibition/>

- **X-TRA**
 - Summer Launch: Conversations about Loss
 - <https://www.x-traonline.org/online/summer-launch-conversations-about-loss/>
 - X-TRA’s mission is to sustain a vibrant critical discourse about contemporary art and foster inclusive networks and expansive thinking. X-TRA’s journal, website, and public events create forums for the diverse voices of artists and writers.

Articles

- Art UK - “Sadness and grief”
 - <https://artuk.org/discover/topics/sadness-and-grief>

- Fanzine - “EVERYTHING IS GOOD: THE ART OF DAVID SHRIGLEY”
 - http://thefanzine.com/everything-is-good-the-art-of-david-shrigley/?fbclid=IwAR0WU0SjvT4get8v5Bet0BpB9m0UQFFPyL_dsv1ireGnsSjZ3I0dOjY5ID4

- Hyperallergic - “Five Artists Explore the Aesthetics of Mourning”
 - <https://hyperallergic.com/447649/galeri-nev-istanbul-we-do-not-know-this-to-be-so/>

- Live About - “Famous Paintings About Grief and Loss”
 - <https://www.liveabout.com/painting-and-grief-2578435>

- NYTimes - “The Expression of Grief and the Power of Art”

- <https://www.nytimes.com/2001/09/13/arts/the-expression-of-grief-and-the-power-of-art-91977770195.html>
- Psychology Today - “Grief and Art: A Survivor's Act of Love”
 - <https://www.psychologytoday.com/us/blog/one-true-thing/201509/grief-and-art-survivors-act-love>
- The Huffington Post - “A Brief History Of Artists Grappling With Loss And Death”
 - https://www.huffpost.com/entry/death-in-art_n_6849376
- The Huffington Post - “One Daughter’s Response To Her Mother’s Death, Captured In Stunning Keepsake Photos”
 - https://www.huffpost.com/entry/jennifer-loeber-left-behind_n_5481481?utm_hp_ref=arts&ncid=fbklnkushpimg00000027&guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuaHVmZnBvc3QuY29tL2VudHJ5L2RIYXRoLWluLWFydF9uXzY4NDkzNzY&guce_referrer_sig=AQAAALkqZ4OGGH1ZnWUYN8bqZm24cjERILX_oTLP--qLDBnHIIQg9_YM39JX96wiCsNqVDzjP3YKQVbYDBDyPEIxE_TZEy0I3YbKTCn2FxDmzmhAdqXR7NY3Zoo8T1U1UgsGu1qfUXgsxYwymwm_8PR0NXjp6czT6ouxFbO7b_jj7Znf

Artists (alphabetical order by last name)

- **Janine Antoni**
 - <http://www.janineantoni.net/>
- **Ghada Amer**
 - Outdoor sculpture titled “Love Grave”: <https://www.ghadaamer.com/gardens>
- **Mimi Bai**
 - <https://mimibiyaobai.com/>
- **Brianna Baurichter**
 - Video, installation, death, caregiver
 - <https://www.briannabaurichter.com>
 - <https://www.instagram.com/briannabaurichter>
- **Sierra Berry**
 - <https://www.siaraberry.com/>
- **Kim Brandt**
 - <https://www.kimbrandt.net/>
- **Nikeshia Breeze**
 - Black, female, queer Sculptor
 - <https://www.nikeshabreeze.com/>
 - Death Masks
 - <https://www.nikeshabreeze.com/108-death-masks>
 - https://www.instagram.com/p/CA5XzUrFQ6l/?utm_source=ig_web_copy_link
- **Noa Charuvi**
 - <https://www.noacharuvi.com/ruins-1>
- **Lu Colby**
 - <https://www.lucolby.com/#/who-put-baby-in-the-corner/>
- **Leslie Condon**
 - <https://www.leslieannecondon.com/>
- **Leigh Davis**
 - <http://www.leighdavisprojects.com/>

- “Vigil” at BRIC/Green-Wood Cemetery:
https://www.bricartsmedia.org/offering?utm_source=BRIC+Master+Email+List&utm_campaign=f3abab7960-BRIC_HAPPENINGS_5_9_2019_COPY_COPY_01&utm_medium=email&utm_term=0_9587a10210-f3abab7960-270076640&mc_cid=f3abab7960&mc_eid=159298b5c5
- **Jane Edberg**
 - Artist and memoir writer
 - <https://www.thefineartofgrieving.com>
- **Jennifer Ewing**
 - Paintings and spirit boat workshops
 - <https://letsreimagine.org/3780/tour-of-spirit-boat-paintings>
 - <https://jenniferewing.com/>
 - <https://www.ewinggermano.com/>
 - <https://howtonavigatechange.com/>
 - <https://howtonavigatechange.com/meditation-drawing/>
- **Nona Faustine**
 - <https://www.smackmellon.org/artist/nona-faustine/>
- **Shaina Garfield**
 - Artist website: <http://www.shainagarfield.com/>
 - Founder of Leaves with You (macrame biodegradable coffins)
<https://www.leaveswithyou.com/>
- **Langdon Graves**
 - <https://cargocollective.com/langdongraves>
 - <https://www.artnews.com/art-in-america/interviews/langdon-graves-months-mind-victori-mo-1202674935/>
- **Felix Gonzalez-Torres**
 - <https://www.felixgonzalez-torresfoundation.org/>
- **Rachel Grobstein**
 - <https://rachelgrobstein.com/>
- **Mona Hatoum**
 - https://whitecube.com/artists/artist/mona_hatoum
 - <https://www.cobosocial.com/dossiers/mona-hatoums-remains-of-the-day-at-white-cube-hong-kong/>

- **Heide Hatry**
 - Portraits made from the ashes of the deceased. “Hatry found a contemporary formulation of the memento mori that has pervaded art since the very beginning of culture.”
 - <https://www.heidehatry.com/>
 - <https://www.heidehatry.com/>

- **Gyun Hur**
 - <http://www.gyunhur.com/>

- **Pia Interlandi** - clothing, dressing the dead
 - <http://www.piainterlandi.com/adressing-death/>
 - <http://www.piainterlandi.com/garments-for-the-grave/>
 - <http://www.piainterlandi.com/abc-soul-documentary/>
 - <http://www.piainterlandi.com/funeral-celebrancy-dressing/>
 - <http://www.piainterlandi.com/dissolvable-garments/>

- **Sun Young Kang**
 - <https://www.sunyoungkang.com/in-between-presence-and-absence2>

- **McKendree Key**
 - <https://mckendreekey.wixsite.com/mysite>

- **Heidi Lau**
 - <http://www.heidilau.org/>

- **Mark Mitchell** - burial shrouds and sculptures
 - <http://mark-mitchell-9vfm.squarespace.com/>
 - Instagram live talk

- **Catalina Ouyang**
 - <https://catalinaouyang.com/>

- **Kat Ovsak**
 - <http://www.katovsak.com/bio>

- **Amanda Palmer**
 - <https://modernloss.com/the-art-of-the-public-deathbed/>

- **Freya Powell**
 - <http://www.freyapowell.com/>
 - Freya Powell’s performance project, Only Remains Remain, draws from the Greek tragedy, Antigone, to create an elegy for the hundreds of unidentified

migrants buried in mass graves in Sacred Heart Cemetery in Brooks County, Texas. Working with an ensemble of 15 performers, Powell explores the mournful potential of the voice. Through a collaborative process, the work utilizes pitch, intonation, breath, movement, and silence to embody a contemporary tragedy through the structure of a Sophoclean chorus.

- **Patria Soli Project (homeland soil)**
 - <https://www.patriasoli.com/>
 - a socially engaged art project for people who are not able to go back to their homeland at the end of their life. This project delivers soil from one's homeland to a person.

- **Doris Salcedo**
 - https://whitecube.com/artists/artist/doris_salcedo

- **Keisha Scarville**
 - <https://keishascarville.com/home.html>

- **Taryn Simon**
 - <http://tarynsimon.com/>
 - Occupation of Loss book: <https://www.artbook.com/9783775743197.html>

- **Rosalie Smith**
 - <https://www.artworkarchive.com/profile/brandnolaart/artwork/aeternum-i-iv?artist=rosalie-smith>
 - <https://www.instagram.com/rosalieglsmith/>
 - https://www.fergusfallsjournal.com/lifestyle/exploring-grief-death-and-life-rosalie-smith-explores-the-ephemeral-through-her-art/article_5caeaffa-b08f-5fc9-ad68-5ad634ad0d58.html

- **Kazumi Tanaka**
 - <http://www.kazumitanaka.com/>

- **Kathleen White**
 - <https://hyperallergic.com/422060/nan-goldin-kathleen-white-pioneer-works/>
 - https://pioneerworks.org/broadcast/how-are-you-nan-goldin-kathleen-white/?utm_source=Pioneer+Works&utm_campaign=27e5edfc03-EMAIL_CAMPAIGN_2020_05_01_04_51_COPY_01&utm_medium=email&utm_term=0_d930633402-27e5edfc03-417244734&mc_cid=27e5edfc03&mc_eid=2e8f6d3746

- **April Wright**
 - <https://www.aprilwright.org/about> - themes of loss, home, domestic, ruin

- **Cecila Yang**

- <https://modernloss.com/after-a-mothers-death-drawing-all-the-things/>

Podcasts

- **Death Dialogues**
 - <https://www.deathdialogues.net/p/about.html?m=1>
- **Grief Out Loud Podcast**
 - <https://www.dougy.org/grief-resources/grief-out-loud-podcast/>
 - the dougy center's podcast
- **The Grief Pad**
 - <https://thegriefpad.com/podcasts/>
- **Terrible, Thanks for Asking**
 - <https://www.ttfa.org/>
 - You know how when someone asks "How are you?" you just say "Fine," even if you're totally dying inside, so everyone can go about their day?
 - "Terrible, Thanks For Asking" is the opposite of that. Nora McInerny asks real people to share their complicated and honest feelings about how they really are. It's sometimes sad, sometimes funny, and often both.
 - TTFA was named one of the best podcasts three years in a row by The Atlantic. The New York Times calls it "a gift to be able to listen."
- **What's Your Grief?**
 - <https://whatsyourgrief.com/grief-podcast/>
- **When someone great is gone**
 - <https://audioboom.com/channels/5024482>

Death Positive Discussion

Organizations

- **A Good Goodbye**
 - <https://agoodgoodbye.com/the-family-plot-blog/>
- **The Cemetery Club**
 - <http://www.thecemeteryclub.com/symbols.html>
- **Death and the City**
 - From LA
 - <https://deathandthecity.me/>
- **Death and the Maiden**
 - <https://deadmaidens.com/>
- **Death Cafe**
 - <https://deathcafe.com/>
 - At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.
 - Death Cafe is a 'social franchise'. This means that people who sign up to our [guide](#) and principles can use the name Death Cafe, post events to this website and talk to the press as an affiliate of Death Cafe.
- **Death Over Dinner**
 - <https://deathoverdinner.org/>
 - “This project was created as a gift, an invitation and a simple set of tools to help families and friends address the basic human fact that we are all, at some point, going to die. We suffer more when we don’t communicate our wishes, we suffer less when we know how to honor the wishes of our loved ones. As we build greater comfort and literacy around this important topic, every single one of us wins.”

- **Death Reference Desk**
 - <http://www.deathreferencedesk.org/>
 - Center for Death and Society is by the same guy
 - “Welcome to the Death Reference Desk! We scour the web and beyond for All Things Death: the bizarre, the batty and the beautiful, from interesting blogs and recommended books to commentary and analysis of death in the news. We’re talkin’ good death. Bad death. Interesting, bizarre, nuanced death. Culturally and politically charged death. Scientific death and the ideas over time that have gripped the heart and mind regarding what it is and what happens thereafter. We are also a bona fide reference desk. Have a death-related question? Ask us!”

- **Digital Dying**
 - <https://www.funeralwise.com/digital-dying/>

- **Little Miss Funeral**
 - <https://littlemissfuneral.com/>

- **Morbid Anatomy**
 - <https://www.morbidanatomy.org/>

- **Order of the Good Death**
 - <http://www.orderofthegooddeath.com/>
 - From “Deathfluencer” Caitlin Doughty
 - Mortician, author, “Ask a Mortician”
 - Her website: <https://linktr.ee/thegooddeath>
 - She believed that change would only happen with a better funeral industry, where the family could be involved with the process, and the dead weren’t hidden behind closed doors (or closed vans). Even though she had no online presence and no funeral home of her own, she began to reach out to people, including funeral industry professionals, academics, and artists who were exploring ways to prepare a death phobic culture for their inevitable mortality. She found kindred spirits and a community, and wanted everyone to know the incredible people that were working to remedy our crippling fear of death

- **Reddit Communities**
 - Reddit is actually a great resource for death positivity.
 - **r/deathpositive** is run by The Order of the Good Death and is a great place to keep up to date with their activities.
 - **r/deathlings** is a great collection of news and information.
 - And although it isn’t a death positive resource, **r/askfuneraldirectors** is a great resource for anyone thinking about a job in death care, or are curious about funeral directing in general.

- **SAYIN' IT LOUDER: A Conversation about "A Good Death" in a racist society**
 - Organized by Alua Arthur of Going with Grace
 - an online panel discussion with five Black leaders in the death and dying space.
 - Joél Simone Anthony
 - Alica Forneret
 - Naomi Edmondson
 - Oceana Sawyer
 - Lashanna Williams
 - See the replay here: <https://mailchi.mp/59f0d3f361c8/panel-discussion>

- **Spade and the Grave**
 - <https://spadeandthegrave.com/>

- **TalkDeath**
 - <https://www.talkdeath.com/>
 - TalkDeath's mission is to encourage positive and constructive conversations around death and dying. Although our awareness of the issues and needs surrounding death is growing, it is still not considered appropriate "dinner table talk." Well, we think it is.
 - From green burials and home funerals, to history, memento mori art, funeral law, and grief resources, TalkDeath.com is the hub for a changing death-conscious public. TalkDeath also aims to bridge the gap between death professionals and the general public, helping you make informed end-of-life decisions.

- **Walking With Ancestors**
 - http://walkingwithancestors.blogspot.com/2013/02/the-history-of-funeral-practices-in.html?xid=PS_smithsonian

Individuals

- **Joanna Ebenstein**
 - Founder of Morbid Anatomy <https://www.morbidanatomy.org/>
 - Video on how she got into it <https://www.youtube.com/watch?v=4FBFvWc7zf0>
 - <https://www.joannaebenstein.com/>

- **Caitlin Doughty**
 - Mortician, author, "Ask a Mortician" and other books
 - Her website: <https://linktr.ee/thegooddeath>

- **Dr. Lindsey Fitzharris**

- <https://www.drlindseyfitzharris.com/blog-2/>
- **Allison C. Meier**
 - <http://www.allisoncmeier.com/>
 - IG: @allisonc.meier
 - Allison C. Meier is an Oklahoma-born, Brooklyn-based writer focused on visual culture, architecture, and overlooked history: I believe in writing about the arts and heritage of our world in an accessible, engaging way. Previously, I was a staff writer at [Hyperallergic](#) and the senior editor at [Atlas Obscura](#).
 - I moonlight as [a cemetery tour guide](#) at New York burial grounds and I am a licensed New York City sightseeing guide. I'm on a mission to see [all the city's Greatest Trees](#).
 - "Drawn to the ephemeral and the overlooked. Cemetery explorer." on her IG
- **Caleb Wilde**
 - Author of book *Confessions of a Funeral Director*
 - <https://www.calebwilde.com/>