

# GRIEF WEBSITES FOR YOUTH

## Voices of Youth

A resource on grief *for* youth *by* youth



Winston's Wish is a leading childhood bereavement charity and a provider of services to bereaved children, young people and their families. Participate in discussion forums, ask questions, post poems, stories or tributes, watch films, listen to podcasts and explore activities. [www.winstonswish.org.uk/](http://www.winstonswish.org.uk/)

**RD4U** is a website developed by the Cruse Youth Involvement Project, a group of young people who have experienced bereavement. RD4U means the 'road for you'. Everyone reacts differently to a death and the website aims to help young people find their own 'road' to dealing with their loss. [www.rd4u.org.uk/](http://www.rd4u.org.uk/)



Hello Grief was developed to start a discussion about the impact of loss and build a community of support for those living with loss. Hello Grief offers an online community where you can share and remember loved ones by creating interactive memorial walls, writing blog posts, and connecting in the forums. Hello Grief also posts weekly stories from people living with loss and coping strategies provided by grief experts. [www.hellogrief.org/](http://www.hellogrief.org/)



Soul 2 Soul is an interactive website offering support to young people who have experienced a death in their family or circle of friends. [www.soul2soul.ca/](http://www.soul2soul.ca/)



Kidsaid is a safe place for kids to help each other deal with grief and loss. Participate in email support groups, share and view artwork and stories, ask questions and find answers. [kidsaid.com/index.html](http://kidsaid.com/index.html)



when families grieve™  
brought to you by Talk. Listen. Connect

Sesame Street's *When Families Grieve* presents families' personal stories about coping with the death of a parent, as well as strategies that have helped these families move forward. [www.sesameworkshop.org/grief](http://www.sesameworkshop.org/grief)



The Healing Garden is a child grief web page with interactive activities to help children deal with their grief and loss. Plant seeds and watch them bloom, revealing a loss lesson on the healing nature of the grief journey. Decorate your garden and name it in honor of your loved one. [www.healingthespirit.org/healing\\_garden.htm](http://www.healingthespirit.org/healing_garden.htm)



The Child Bereavement Charity supports families and educates professionals both when a child dies and when a child is bereaved. The website has sections for families, professionals, youth and schools. [www.childbereavement.org.uk/for\\_young\\_people](http://www.childbereavement.org.uk/for_young_people)



The Grief Encounter Project is a Bereavement Charity set up to help bereaved children and their families. Access help and support following a death, share your thoughts, play interactive games and remember your loved ones. [griefencounter.org.uk/](http://griefencounter.org.uk/)



**Bereaved Families of Ottawa**

<http://www.bfo-ottawa.org/>

Phone: 613-567-4278 Email: [office@bfo-ottawa.org](mailto:office@bfo-ottawa.org)

Marie Abbott, 2010

## ONLINE MEMORIAL ACTIVITIES



Winston's Wish  
Graffiti Wall & Skyscape

[www.winstonswish.org.uk/foryoungpeople/](http://www.winstonswish.org.uk/foryoungpeople/)



The Healing Garden  
A Place for Remembrance

[www.healingthespirit.org/healing\\_garden.htm](http://www.healingthespirit.org/healing_garden.htm)



Grief Encounters  
Remembrance Lantern

<http://www.griefencounter.org.uk/lantern/light-a-lantern.html>

## SUPPORT SITES



**Kids Help Phone** is Canada's only toll-free, national, bilingual, phone and web counselling, referral and information service for children and youth. Our service is free, always open, anonymous, confidential and professional. Visit the website (which has separate sections for kids and teens) and post a question, get info, check out surveys and quizzes, play games and more. [www.kidshelpphone.ca](http://www.kidshelpphone.ca)



**TeensHealth** is a safe, private place for teens who need honest, accurate information and advice about health, emotions, and life. Read the Death and Grief article here: [kidshealth.org/teen/your\\_mind/emotions/someone\\_died.html](http://kidshealth.org/teen/your_mind/emotions/someone_died.html)



On the **It's My Life** website, you can read informative articles, share your stories, play games and activities, take quizzes and polls, watch video clips of other kids talking about their experiences, get advice, and contribute your own comments and questions. Visit the "Dealing with Death" section: [pbskids.org/itsmylife/emotions/death/index.html](http://pbskids.org/itsmylife/emotions/death/index.html)



**YouthSpace** is a safe space you can reach out to when you're going through a tough time in your life. You can chat privately with a trained volunteer, e-mail a youth counsellor, or post on our discussion forum about anything on your mind. [www.youthspace.ca](http://www.youthspace.ca)



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