

Symptoms of Grief

- Feelings of shock, anger, guilt, and sadness
- Difficulty eating, sleeping, and focusing
- Fear and anxiousness
- Physical symptoms, such as fatigue, natural aches and pains



Grief is a natural emotional reaction to loss. For child loss the grief, can be one of the most extreme process for them. For many connecting with others has allowed support due to being able to connect on deeper levels with others that have also experienced the loss of a child. It does not mean you are weak if you need support, it actually means you are willing to begin a life you never thought you would have to.

Child Loss Grief Resources

Beyond The Walls Of Grief

beyondthewallsofgrief.com

Support After Abortion

supportafterabortion.com

Empty Arms

emptyarmsbereavement.org

The Compassionate Friend

compassionatefriends.org

GriefShare

griefshare.org/findagroup

Praying Through Ministry

prayingthroughministries.org

beyondthewallsofgrief.com

beyondthewallsofgrief@gmail.com