

*“Living with the losses of life is not so much about getting ‘over’ them, as finding ways to live with them, and live a happy and full life that **includes** them.*

Grieving is an experience of making sense of our losses, of getting adjusted to a different life and different expectations; of growing around them.”

Dr Lois Tonkin “Growing Around Grief”

Resources:

- ❖ Dr Richard Wilson, The Whirlpool of Grief - [A picture of grief - Care for the Family](#)
- ❖ [Coping with Grief and Loss - HelpGuide.org](#)
- ❖ Cruse Bereavement Care: www.cruse.org.uk (for all)
- ❖ [How Long Does Grief Last? | Cruse Bereavement Care](#)
- ❖ Hope Again: www.hopeagain.org.uk (part of Cruse – specifically for Children and Young People)
- ❖ [Growing Around Grief | Tonkin's Model \(cruse.org.uk\)](#)
- ❖ There are many theoretical models dealing with grief: [Bereavement models | The BEAD Project](#)
- ❖ If you want a straightforward and practical read: “An Introduction to coping with Grief”, Sue Morris
- ❖ [An Introduction to Coping with Grief, 2nd Edition | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#) (can be audio and ebook via your local library)

