Anticipatory Grief Resources

Podcasts:
Allison’s *In Sickness* podcast
- Episode 34 *The Beauty and the Heartache of Friendships in the Chronic Illness Community*
- Episode 2: *Grieving things we miss, never had, and are afraid to lose*

The Dougy Center’s *Grief Out Loud* podcast
- Episode 8 “Living in dying: dying in living: grieving before death”

Kate Bowler’s *Everything Happens* podcast
- Episode “*The Kingdom of the Sick*” with Suleika Jaouad
- Episode “*You are not the bad thing*” with Suleika Jaouad

Websites:
The Dougy Center’s resources for living with an advanced serious illness: The Dougy Center is one of the world’s leading grief support centers for children and their caregivers. Here you’ll find resources in English and Spanish for a range of ages, and of different types - activities, podcasts, tip sheets, etc. Includes resources for family members as well as for others, such as teachers.
  - Family playlist activity
  - Time capsule activity

What’s your Grief
- "Facing Loss: When Hope and Grief Co-exist"
- "Grieving Before a Death: Understanding Anticipatory Grief"

Modern Loss (search results for “anticipatory grief”)

Books:
Dougy Center's booklist on anticipatory grief
*Anticipatory Grief: A Guide to Impending Loss*