

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](#)