



Widow Resources

- A GUIDE -
NAVIGATING GRIEF AND LOSS

WH **Cornerstone**
Investments



Widow Resources

A guide to navigating grief and loss

organizations - local and national

Hope Floats Wellness

► www.hopefloatswellness.org

We are a bereavement and educational center for individuals and families who are grieving or facing other life challenges. Our mission is to help people cope with loss, support their healing, and nurture their physical and emotional well-being.

Wings for Widows

► www.wingsforwidows.org

The only nonprofit organizations in the U.S. that provides financial education and resources to help widowed men and women navigate the financial disruption after the loss of a spouse. Whoever and wherever you are in your widowhood journey, we provide time-tested advice, guidance, and resources that will help you reclaim your confidence, financial stability, and peace of mind.

Coping After Suicide

► www.copingaftersuicide.com

Joanne Harpel is a survivor of suicide loss as well as a suicide bereavement specialist, and internationally recognized authority on suicide loss who is certified in thanatology (death, dying, and bereavement) and Internal Family Systems (IFS). Her work provides insight and perspective into the unique nature of suicide loss.

How to Help a Grieving Friend

► www.refugeingrief.com/helper-overview

An online community and resource that helps people survive some of the hardest experiences of their lives.

The Liz Logelin Foundation

► www.thelizlogelifoundation.org

Giving hope to widows and widowers with young families.

Hot Young Widows Club

► www.hotyoungwidowsclub.com

The Hot Young Widows Club exists to provide comfort and support to people who have lost their significant others: husbands, wives, girlfriends, boyfriends, and partners. The Hot Young Widows Club is not a replacement for therapy or professional guidance. It is simply an online support group meant to encourage and inspire.

Modern Widows Club

► www.modernwidowsclub.com

Modern Widows Club® empowers widows to rebuild their lives by providing support, resources, and a strong community focused on healing and growth.

Camp Widow

► www.campwidow.org

Camp Widow® is a unique and incredible experience. This innovative program provides practical tools and research-informed resources for widowed persons rebuilding their lives in the aftermath of the death of a spouse or partner. We offer both weekend long and one day events across the United States and in a variety of International locations.

Soaring Spirits

► www.soaringspirits.org

Soaring Spirits builds community. We create, and maintain, innovative peer-based grief support programs for widowed men and women that serve a worldwide population. Based on the powerful connections created by shared experience, we endeavor to ensure that no one need grieve alone.

podcasts

Terrible, Thanks for Asking

► www.ttfa.org

Nora McNerny — You know how when someone asks “How are you?” you just say “Fine,” even if you’re totally dying inside, so everyone can go about their day? “Terrible, Thanks For Asking” is the opposite of that. Nora McNerny asks real people to share their honest and complicated feelings about how they really are. It’s sometimes sad, sometimes funny, and often both.

Healthy Widow Healthy Woman

► www.healthywidowhealthywoman.libsyn.com/

Carolyn Moor — Welcome to Healthy Widow Healthy Woman. Where no widow is left behind as we pursue how to empower women in widowhood to thrive in every healthy way possible.

The Brave Widow Show

► bravewidow.com/podcasts/brave-widow-show

Emily Tanner — Inspiration for young widows to help heal their heart, find hope, and dream again for the future.

The Widowed Mom Podcast

► www.coachingwithkrista.com/podcast/

Krista St. Germain — The Widowed Mom Podcast offers practical and empowering strategies for widowed moms who believe in the possibility of loving life again but sometimes worry their best days are behind them. If you want more than traditional therapy and grief groups can offer, if you’re stuck in an emotional pattern and feel like you can’t get free, if you want help navigating the unique challenges of being a widowed mom with support, that is uplifting and honest, this is the podcast for you.

The Widowed Parent Podcast

► www.widowedparent.com/resources/podcasts/

Jenny Lisk — Whether you’re trying to connect with a young child’s emotions, navigate the maze of teenage years, or simply seeking a community that truly understands, this podcast speaks directly to widowed parents of children at every stage, from infancy through college. Plug in during a peaceful walk, your daily commute, or in quiet reflection, and discover inspiration, empowerment, and a community that hears and understands.

The Widow Podcast

► www.karensutton.co.uk/podcasts/the-widow-podcast

Karen Sutton — The Widow Podcast is for people experiencing the loss of a life partner, who are looking for hope and support whilst navigating their way through this traumatic life event. If you’re feeling stressed, anxious, confused, as if you’re just existing day by day or you’ve felt isolated, disconnected and lonely in widowhood and want to find ways to manage your grief more positively, this podcast is for you.

Widow 180: The Podcast

► <https://www.widow180.com/episode>

Jennifer Zwinck — Widow 180: The Podcast came to be is a show about turning tragedy, loss, and fear into strength, creativity, and a new passion for life. Each week a different widow is interviewed to share her story of loss, how she coped, and how she has taken the lessons she’s learned and used them to transform and grow.

songs

- [Everything I Own](#) by Bread
- [The Prayer](#) by Celine Dion
- [I Like Dreaming](#) by Kenny Nolan

facebook groups

[These groups have been recommended to us.](#)

- [Grief Relief Outlet After the Loss of a Husband or Life Partner](#)
- [Grieving Spouses](#)
- [The Widows Walk Grief Support Group](#)
- [Refuge in Grief](#)



books

[The Grief Recovery Method](#)► **By John W. James and Russell Friedman**

This classic guide which has helped many people move beyond loss and towards recovery, has been expanded in this special 20th anniversary edition. The new material includes guidelines for choosing which loss to work on first and specific instruction for dealing with loss of health, career, faith, and much more.

[The Hot Young Widows: Lessons on Survival from the Front Lines of Grief](#)► **By Nora McInerney**

In the span of a few weeks, thirty-something Nora McInerney had a miscarriage, lost her father to cancer, and lost her husband due to a brain tumor. Her life fell apart. Full of practical guidance, Nora also reminds us that it's still okay to laugh, despite your deep grief.

[Moving Forward on Your Own: A Financial Guidebook for Widows](#)► **By Kathleen Rehl, CFP®**

A short, 80-page journey through the stages of grief that the author felt. It's also an emotional as well as financial guide to the types of adjustments faced by a sadly growing number of women who have outlived their husbands.

[Healing After Loss: Daily meditations for working through grief](#)► **By Martha Hickman**

The classic guide for dealing with grief and loss. For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.

[Future Widow: Losing My Husband, Saving My Family, and Finding My Voice](#)► **By Jenny Lisk**

Future Widow is a brave and raw narrative that doesn't pull any punches on the realities of caregiving and bereavement. If you like captivating stories, authentic inspiration, and understanding the grieving process, then you'll find encouragement in Jenny Lisk's touching memoir.

[A Grief Observed](#)► **By C.S. Lewis**

Written after his wife's tragic death, *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss.

[You Can Heal Your Heart: Finding Peace After a Breakup, Divorce, or Death](#)► **By Louise Hay**

In *You Can Heal Your Heart*, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protégé of Elisabeth Kübler-Ross, have come together to start a conversation on healing grief. You will not only learn how to help heal your grief, but you will also discover that, yes, you can heal your heart.

[Goodbye, Hurt & Pain: 7 Simple Steps for Health, Love, and Success](#)► **By Deborah Sandella**

Goodbye, Hurt & Pain is a unique guide that applies a cutting-edge approach to using revolutionary science to teach you how to discover your hidden feelings and turn them from negative to positive.

[Widowed Parents Unite: 52 Tips to Get Through the First Year, from One Widowed Parent to Another](#)► **By Jenny Lisk**

Widowed Parents Unite is more than a book — it's a lifeline. Within its pages, you'll meet parents who've lost their spouses to unforeseen tragedies, from sudden accidents to relentless illnesses. Their candid stories will resonate deeply, providing both solace and actionable advice.

[Comfort for the Day: Living Through the Seasons of Grief](#)► **By Steve and Karen Nikola**

Comfort for the Day offers a personalized grief recovery experience, drawn from the source of all comfort — God. His Word will become a guide and friend as the reader lives through the confusing and painful seasons of grief.

Resources from WH Cornerstone

blogs

[Loneliness of Me: finding community in a sea of women](#)

One of the best ways to feel a sense of community as a widow is through some kind of group activity, whether that means a formal support group, or even just something from the comfort of your own home. This blog shares ideas for finding community during a difficult time.

[Nourishment for one: When the small things aren't so small](#)

Sure, grief can affect a person's appetite, but we often don't realize what a big role food plays in our romantic relationships until something happens to throw off the dynamic. Whether it's going out to eat, grocery shopping, cooking, weekly meal rituals, etc., our food dynamic has the potential to change significantly in widowhood. If you're feeling the pit in your stomach caused by these changes, this blog shares a few ideas to help nourish your mind, your body, and your soul.

[Finding Your Wings in Widowhood](#)

Life, and widowhood, is a journey of self-discovery, and one of the most interesting aspects is unraveling the layers of our own individuality. As you venture into the realm of solo living, it is a unique opportunity to create a life filled with purpose, as well as fun and freedom. Although you would rather have your partner still by your side, this transformative period presents itself as a canvas where you can design a life that aligns with your passions, values, and aspirations. Let's explore how to cultivate a sense of joy, adventure, and freedom as you embark on the path of self-discovery on your own.

Curve Ball Life Planning™ Guides

[Curve Ball Life Planning™: Rebuild](#)

The REBUILD workbook is a step-by-step checklist for a surviving spouse immediately after the death of their loved one. It walks widows through the necessary next steps when they're faced with the unthinkable.

books

[Rise Up: A Widows Journal - A place to gather and reflect on your journey](#)

► **By Paula Harris**

The Rise Up: A Widow's Journal captures and tames the thoughts and feelings that might be swirling around in the head and heart of a widow. It is thoughtfully organized into ten chapters that guide along various stages of widowhood, from finding oneself suddenly single to moving forward and living again.

[Inheriting Your Spouse's IRA: The Widow's Guide to Keeping More of Her Assets](#)

► **By Bill Harris, CFP®, RMA®, CEPA®**

Inheriting Your Spouse's IRA: The Widow's Guide to Keeping More of Her Assets is a planning guide to navigating estate tax and legal maze associated IRA universe. This guide includes the new tax rules and limitations brought about by the recent SECURE Act.

webinars

[What Widows Need to Know About Social Security](#)

In this presentation, Marcia Mantell, Social Security expert, and WH Cornerstone walk through a variety of situations unique to widows and layout the steps you'll need to take before claiming your survivor benefit or your own benefit.

cornerstone quick clips

[What to Expect When Grieving](#)

Grief can feel overwhelming, but small steps can make a big difference when navigating loss. Give yourself grace, lean on others, and find healing in helping.

About WH Cornerstone

At WH Cornerstone Investments, we believe that financial planning is more than just crunching numbers; it's about empowering our clients to navigate life's unexpected curve balls with confidence.

Whether it's coping with the loss of a loved one, navigating the complexities of divorce, orchestrating the successful sale of a business, or embarking on a well-deserved retirement, WH Cornerstone Investments is dedicated to helping clients conquer seemingly insurmountable challenges.

With a track record spanning four decades, we have partnered with our clients to craft customized, strategic plans that not only build wealth but also establish a solid financial foundation for the future.

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