This resource list was created to provide resources and tools for volunteers to use when a senior client match passes away. We hope that this list helps volunteers to understand and cope with grief and loss in any of the volunteer programs at Meals on Wheels of San Francisco.

Last updated: March 3, 2022

Counseling and Resources
University of California San Francisco
- List of Bereavement Resources and Services: https://www.ucsfhealth.org/education/bereavement-resources-and-services
- Resources for End of Life: https://www.ucsfhealth.org/education/resources-for-end-of-life

NAMI of Santa Clara County
https://namisantaclara.org/grief-support-resources/

By the Bay Health:
https://hospicebythebay.org/types-of-care/grief-support/

Institute on Aging:
https://www.ioaging.org/services/psychological-services/center-for-elderly-suicide-prevention/grief-services

Articles
The Caregiver Space:
https://thecaregiverspace.org/picking-up-the-pieces-after-the-person-you-have-been-caring-for-dies/

Aging Care:

Books
When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

It’s Ok That You Are Not Ok, Meeting Grief and Loss in a Culture That Doesn’t Understand by Megan Devine