

A current list of area bereavement resources is available at our funeral home. Please inquire. We also have bereavement books in our library.

Symptoms of Grief:

- Extreme anger, sadness, loneliness
- Extreme fatigue
- Changes in appetite
- Sleep disturbances
- Self blame/guilt
- Empty feeling in the stomach
- Difficulty concentrating
- Forgetfulness
- Increased illnesses
- Depression/anxiety
- Withdrawal
- Struggle to define meaning and purpose
- Impaired self esteem



[Ele's Place: A Healing Center for Grieving Children](#)

Ele's Place is a healing center for grieving children, supporting families in the Lansing and Ann

Arbor regions and beyond. Ongoing peer support group programs help hundreds of children and teens to cope with the death or life-threatening illness of a parent, sibling or other close family member or friend.