

## **Grief and support during Covid-19 Crisis**

We are facing unprecedented challenges but remember you don't have to walk through them alone. Prince of Peace pastors, staff and leaders are here to reach out to members, friends and families of the church and community to share Christ's healing love with all people. Below are some great resources that you may want to consider navigating and checking into for further information.

---

### **Recovery Groups**

#### **Online AA Meetings and Resources**

12 Steps.org <https://www.12step.org/social/online-meeting-calendar/>

Listing of online 12-step meetings on various platforms.

Al-Anon Electronic Meetings <https://al-anon.org/al-anon-meetings/electronic-meetings/>

This forum and recovery chat room for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world.

Alcoholics Anonymous Online Intergroup - <http://aa-intergroup.org/directory.php>

Listing of online meetings from AA Intergroup.

Sober Grid - <https://www.sobergrid.com> A free online social networking platform for people in recovery. Available in mobile app stores

Narcotics Anonymous <https://www.na.org/meetingsearch/>

Listing of online meetings provided by NA.

---

### **Online Resources**

**NAMI – National Alliance on Mental Illness** – [info@namifoxvalley.org](mailto:info@namifoxvalley.org) or 954-1550

**Center for Grief and Loss** – Grief education and helpful articles addressing grief in relation to the COVID crisis. <http://www.centerforloss.com/>

## Grief Program including leader and participant manuals and videos.

<http://www.passagesthroughgrief.com/the-passages-program>

## Grief and Creativity: On Demand

<https://griefandcreativity.com/>

## Resources by Author David Kessler, grief expert

- Finding Meaning: The 6th Stage of Grief <https://grief.com/sixth-stage-of-grief/>.
- Podcast with Brene Brown: <https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>
- Harvard Business Review Interview: <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

---

## Dealing with Stress

**CDC Guide for Coping with Stress -** [Mental Health and Coping during COVID-19](#)

**Health Partners Tips: Coping with Stress -** [Health Partners bulletin: Coping with Stress during Infectious Disease Outbreaks](#)

**COVID-19 Well-Being Toolkit -** <https://centerhealthyminds.org/well-being-toolkit-covid19> (from the University of Wisconsin-Madison Center for Healthy Minds.)

**[Change to Chill](#)** and **[Health Powered Kids](#)** Mental Health Virtual Care Package: The care package is for students, teachers, and parents who are all adjusting to distance learning. Includes activities for de-stressing that can be done as a class, as a family, one-on-one with a child or as an individual to help build resilience through stress prevention and reduction activities like physical activity, mindfulness to help get through this challenging period.

---

-We are a Family of Christians -



Growing in Faith & Reaching Out in Love'