



Grief and Loss (Click the icons to link to resources)

	<u>Rebuilding When Your Relationship Ends</u>	By Drs. Fisher & Alberti	Varies
	Compassion and True Empathy	By Joan Halifax	Free

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.