



## 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



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