Coping with the loss of something or someone you care about is one of life’s greatest challenges. While grief is most commonly associated with the death of a person, other types of loss can cause grief, including:

• Loss of connection
• Loss of routine/way of daily life
• Loss of home
• Loss of a pet
• Loss of job
• Loss of financial stability
• Loss of relationship or a divorce
• Loss of friendship
• Loss of a dream/goal
• Loss of feelings of safety
• Loss of independence
• Loss in response to a natural disaster or community tragedy
• Retirement