
Help For Those Who are Grieving



Grief in Probate

A Resource Guide

Grief in Probate: A Resource Guide

First, I am sorry for your loss, and I'm glad you came across this little guide. I created it with you in mind from some of the best sources I know. Though this season is hard, you are not alone. Whether you consider this guide for yourself or someone else, I hope it brings a measure of comfort and guidance as you find your way forward.

I usually help people as they downsize, go through probate, and settle an estate. Honestly, they were my first intended audience. And I found they have an easier time when we offer emotional support as well as practical help. But every grieving person needs to know about helpful resources, whether they are dealing with an estate or not.

This list will grow as new things become available, but it's a good place to start. It contains options for spouses, parents, siblings, and friends. You'll find information for legal and financial issues that can help with an estate and probate. Use it to connect with others and add to what's here. Make it your own. And if you discover something and think it should be added, please let me know.

Probate and estate laws vary from state to state and change over time, and new resources come out every year. Attorneys and qualified advisors in your state are your best bet for the most current probate advice.

Take good care,

Sherri Lund, Founder

Sherri@WillowWoodSolutions.com

Dealing with Grief

- **Help Texts** — A simple and non-invasive way to get encouragement and support through personalized texts. I am very excited about this service and will answer questions you might have. Use my affiliate link to receive a special price. (www.HelpTexts.com/probatepodcast)
- **Grief Share** — A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. (www.GriefShare.org)
- **Grief** — A website dedicated to helping people deal with all kinds of grief. You'll find education, information, and other helpful resources on their site and in groups. (www.grief.com)
- **What's Your Grief?** — A non-profit that provides resources on how to cope with and understand grief and loss. (www.whatsyourgrief.com)

Grief in Probate Resources, continued

Remembering Your Loved One

- **Legacy** — This website is a place to post an obituary online. If you scroll down the home page, you'll find helpful articles on a number of topics. They also have resources under the News & Advice tab. (www.legacy.com)
- **Dignity With Distinction** — Their brief article, "What to Do With Cremation Ashes," lists ten creative ways to leave a loving tribute with someone's ashes. (www.dignityfunerals.co.uk)

Support for Widows & Widowers

- **Grief Guide Ministries** — A ministry in the greater Houston area with a Christian emphasis. Designed to support men and women, they offer classes and support groups that meet online and in person. (www.griefguideministries.com)
- **One Fit Widow** — At age 36, Michelle Steinke-Baumgard became a widow of two small children. Her website and her work are aimed at helping other widows obtain good health and fitness. (www.onefitwidow.com)
- **W Connection** — The W Connection was created by widows for widows. They offer support, education, connection, encouragement, and empowerment. (www.widowsconnection.org)
- **Soaring Spirits** — This group offers encouragement and connection to widows and widowers. The website offers a multitude of resources including a new widow packet, regional and online support groups, and a camp. (www.soaringspirits.org)

Support for Military Families

- **TAPS** — TAPS (Tragedy Assistance Program for Survivors) provides compassionate care to all those grieving the death of a military loved one. (www.taps.org)

Grief in Probate Resources, continued

Parenting Support

- **Bo's Place** — Bo's Place is a Houston-based bereavement center that offers grief support services to children ages 3 to 18 and their families who have experienced the death of a child or an adult. (www.bosplace.org)
- **Single Parent Missions** — While Single Parent Missions is not specifically for grieving parents, this organization offers life-giving resources and relationships to all single-parent families. They provide spiritual and physical support like daily online devotionals and household help through volunteer care teams. (www.singleparentmissions.com)
- **Arise** — Arise Ministries is another empowering resource that focuses on the emotional and spiritual well-being of single moms. This ministry is not specific for someone going through loss due to death. It can offer hope and help to any single mother as they parent alone. (www.ariseministries.net)

Resources for Financial Support

- **Fiscal Tiger** — Finding financial resources specifically for widows and widowers isn't easy. This site offers ideas on financial assistance, how to manage your bills and debt, finding childcare and healthcare, mental health resources, and more. While it is aimed at divorced parents, there are resources for those who lost a loved one. (www.fiscaltigar.com)
- **Assad Financial Group** — Betsy Assad helps single and married clients understand their financial options so they can make informed decisions. We heard Betsy at a single mom's conference. Her office is in Houston, TX, where she often promotes financial awareness at schools and local businesses through seminars, workshops, and Lunch-and-Learns. (www.assadfinancialgroup.com)
- **National Registry of Unclaimed Retirement Benefits** — Free service to locate unclaimed 401Ks and other retirement accounts. (unclaimedretirementbenefits.com)
- **PBGC Pension Search** — U.S. government agency that can help you locate unclaimed pensions. (www.pbgc.gov)
- **Wings for Widows** — Provides financial coaching and education for newly widowed women. Also offers peer support (www.wingsforwidows.org)

Grief in Probate Resources, continued

Executor Responsibilities

- **Guidelines for Individual Executors & Trustees** — This article, published by the American Bar Association (ABA), gives an overview of estate planning from a legal perspective. It provides terms and discusses wills, probate, and trusts, as well as the Executor's responsibilities. (www.americanbar.org)
- **How to be a Good Executor of a Will or Estate** — AARP wrote this article that gives over ten steps on how to honor the deceased and be a good Executor. (www.aarp.org)
- **Mistakes in Managing an Estate** — Published by Wall Street Journal, this short article mentions four mistakes an Executor wants to avoid in a probate case. (www.marketwatch.com)

Books for the Personal Representative

- **Please Don't Die, But If You Do, What Do I Do Next?** by Kurt and Keith Grube.
- **How to Probate an Estate: A Step-By-Step Guide for Executors....** (2022 U.S. Edition), by EstateBee.
- **Executor's Guide, The: Settling a Loved One's Estate or Trust**, Ninth Edition, by Mary Randolph. — A well-written guide for an Executor or Trustee.
- **How Probate Works: A Guide for Executors, Heirs, and Families**, by Andrew S. Baldwin.
- **Willing Wisdom: 7 Questions Successful Families Ask**, by Thomas William Deans, Ph.D.
- **The Trustee's Legal Companion: A Step-by-Step Guide to Administering a Living Trust**, Sixth Edition, by Liza Hanks, Attorney, and Carol Elias Zolla, Attorney — A guidebook focused on trusts.

Podcast

- **The Probate Podcast.** I am the host and invite guests to discuss topics that point you to practical and emotional resources. (www.youtube.com/@probatepodcast)