

Trama Meetings Online.  
We have no association with any of the companies below.  
These are offered for reference Only,  
Please use only as your comfort level permits

### Free Online Zoom Support Resources – Trauma, Grief, Disappointment

1. **VITAS Bereavement & Grief Support**  
<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>
2. **My Grief Angels – Virtual Grief Support**  
<https://www.mygriefangels.org/free-virtual-grief-support-groups-by-type-of-loss.html>
3. **Weekly Virtual Grief Support**  
<https://spiritualityandhealth.org/bereavement>
4. **Trauma Survivors Network – Virtual Groups**  
<https://www.traumasurvivorsnetwork.org/support-groups/>
5. **Mothers in Grief – Zoom Support**  
<https://www.mothersingriefsupportgroup.com/zoom-support-group-meetings>
6. **Children’s Bereavement Center – Lift From Loss**  
<https://childbereavement.org/support-groups/grief-support.html>
7. **Samaritans SafePlace – Suicide Loss Support**  
<https://samaritanshope.org/our-services/grief-support/virtual-suicide-grief-support-group/>
8. **GriefShare**  
<https://www.griefshare.org/>
9. **PSI Online Support Meetings**  
<https://postpartum.net/get-help/psi-online-support-meetings/>
10. **7 Cups – Free Emotional Support**  
<https://www.7cups.com/>