



## National Bereavement Resource Guide

Wherever you are  
We're there for you



NEW YORK LIFE  
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## An extensive guide to aid those in need

Wherever you are.  
We are there for you.

National Bereavement Resource Guide  
Sponsored by New York Life and Eluna

Wherever children and their families are grieving, and wherever they are in the grieving process, we are here to help.

New York Life is proud to partner with Eluna to provide the enclosed compilation of state and local resources—camps and grief organizations organized by state, plus books and websites for children and their families experiencing loss.

### **The New York Life Foundation**

([www.newyorklifefoundation.org](http://www.newyorklifefoundation.org)) has long been focused on serving children in need. In 2008, the Foundation expanded that focus to include an initiative to help children deal with the loss of a parent, caregiver or sibling and to help parents deal with the emotional turmoil that results from the death of a close family member. We believe this comprehensive guide will provide the necessary resources and directory of services to help support grieving families in communities across the country. In addition, we've developed a bereavement website that can help—[www.AChildinGrief.com](http://www.AChildinGrief.com).

### **Eluna**

([elunanetwork.org](http://elunanetwork.org)) is a public, 501(c)(3) non-profit with a mission to support children and families impacted by grief or addiction. Founded in 2000 in Seattle by former MLB pitcher Jamie Moyer and child advocate Karen Phelps Moyer, Eluna was originally called The Moyer Foundation and launched a series of programs supporting thousands of children and families annually at no cost to them. Camp Erin® is the largest national network of grief programs for bereaved children and teens, Camp Mariposa® is a national addiction prevention and mentoring program for youth impacted by a family member's substance use disorder, and the Eluna Resource Center offers online tools, local referrals and personalized phone and email support for families experiencing grief, addiction and other related issues.



## Adult Books

### **35 Ways to Help a Grieving Child**

*The Dougy Center Staff*

Provides suggestions for helping grieving children cope with the death of a loved one.

### **A Book of James**

*Jeanne Beggins*

Through their grief, Jeanne and her husband continue to learn from their son's death about themselves as well as other people. Their wish for this journal is that it will comfort parents whose children may have passed before them.

### **A Decembered Grief: Living with Loss While Others Are Celebrating**

*Harold Ivan Smith*

Suffering the loss of a loved one at any time of the year is difficult; yet during the holidays or special occasions, those grieving experience a more intense sense of loss. The world is moving forward and celebrating life and all its blessings; yet for grievers, darkness pervades the holiday.

### **A Grief Like No Other: Surviving the Violent Death of Someone You Love**

*Kathleen O'Hara*

In response to the brutal murder of her son, therapist O'Hara developed this seven-stage process to help others in making the journey to healing.

### **A Grief Observed**

*C.S. Lewis*

A Grief Observed is the collection of C.S. Lewis' reflection of bereavement and his grief journey after the tragic passing of his wife.

### **A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One**

*Phyllis Silverman & Madelyn Kelly*

In this deeply sympathetic book, Phyllis R. Silverman and Madelyn Kelly offer wise guidance on virtually every aspect of childhood loss and will guide readers through this painful process.

### **A Tiny Boat at Sea**

*Izetta Smith*

Practical suggestions for talking with kids when a parent was diagnosed with cancer

### **A Volcano in My Tummy: Helping Children to Handle Anger**

*Elaine Whitehouse & Warwick Pudney*

Children who experience grievous losses of all kinds experience a multitude of intense emotions. Some, like anger, can be difficult to manage as the child or teen may lack competency in handling them. This book will help caring adults provide coaching and guidance to 6–15-year-olds on how they can understand and channel their anger so they can live successful, nonhurtful lives.

### **About Dying: An Open Family Book for Parents and Children Together**

*Sara Stein*

This book puts death in very concrete, easy-to-understand terms for young children, starting with their common experiences and graduating up to the death of a family member.

### **Adventure in the Land of Grief**

*Steve Dawson & Laura Harris*

It uses drama, reader's theater, role play, guided imagery, and the natural imagination of children to help them through their grief.

**After Goodbye: How to Begin Again After the Death of Someone You Love**

*Theodore Menten*

Written to help the dying person and his or her loved ones deal with the inevitable goodbye—this book is designed to help the survivors find ways to grieve, let go, and move on after the death of a loved one.

**After the Darkest Hour the Sun Will Shine Again**

*Elizabeth Mehren*

Telling her story and the stories of other bereaved parents, the author shows how we do not get over the grief of a child but are changed by it. These moving stories show how healing takes place and how living the memory is part of the healing.

**After the Death of a Child: Living with the Loss Over the Years**

*Ann Finkbeiner*

Finkbeiner, whose only child died in 1987, refers to her own experience and the experience of others to show that, while bereaved parents can never really let go, they can do recover, often developing a new appreciation for their own lives.

**An Angel's Memorial Guide**

*Stephen Zuckerman*

An Angel's Memorial Guide is a book of healing. It approaches healing, beginning from the loss of a loved one and then gradually exploring the many paths leading to the departed soul. If you read, meditate, and pray after reading each of the selections you may discover a link to the beyond

**And a Sword Shall Pierce Your Heart: Moving from Despair to Meaning After the Death of a Child**

*Charlotte Mathes*

This invaluable guide is written from experience and a profound psychological perspective that puts it all together in a holistic way that is accessible and helpful in a time of personal tragedy.

**As Much Time As It Takes: A Guide for the Bereaved, Their Family, and Friends**

*Martin J. Keogh*

Written from the viewpoint of a grieving person, *As Much Time As It Takes* helps us sensitively navigate those awkward yet important moments of comforting those mourning the loss of a loved one. This unique book comforts the bereaved by articulating the overwhelming wave of emotions and supports the "support team" by helping them to avoid the clichés and find the right words at the right time.

**Awakening from Grief: Finding the Way Back to Joy**

*John E. Weshorns*

Written for those who have experienced any kind of loss—death, divorce, or disappointment—this book offers reasonable, reassuring thinking on dealing with the death of loved ones and ourselves, finding the inner gifts that promote healing, and much more. *Awakening from Grief* takes a rare and compelling, positive look at a subject needlessly viewed as one of the most negative in life. This is a persuasive primer on drawing the joy out of grief.

**Be Not Afraid: Overcoming the Fear of Death**

*Johann Arnold*

Arnold shows how suffering can be given meaning in *Be Not Afraid*. He offers the assurance that, even today, in our culture of isolation and death, there is such a thing as hope.

**Bereaved Parents' Survival Guide**

*Juliet Cassuto Rothman*

Rothman addresses the issues bereaved parents are likely to face, from marriage breakups, handling the grief and guilt of siblings, dealing with well-meaning friends and relatives, to how to deal with the lost child's room and belongings.

**Bereavement Support Group Program for Children**

*B. Haasi & J. Marnocha*

An award-winning program for ages 6–15. Compiled from years of direct experience, this kit provides excellent background information, outlines for six sessions, and instructions for holidays and long-term groups for facilitating the activities.

**Beyond the Innocence (Volumes I–III)**

*David Adams & Eleanor Deveau*

Focuses on the difficulties and challenges that children and adolescents must face as they try to cope, including children's questions about death.

**Beyond Tears: Living After Losing a Child**

*Carol Barkin & Ellen Mitchell*

Bereaved parents will find comfort, sympathy, and support in this powerful, honest sharing of one of life's most painful experiences.

**Both Sides Now**

*Nancy Sharp*

This book is a true story where Nancy shares her own journey - one that offers enlightened understanding for living life to the fullest. On the very day that Nancy delivered premature twins, she learned that her husband's brain cancer returned after eighteen months in remission. Less than three years later, at the age of 37, she became a widow. Her story is for those looking to lift themselves from the embers of loss and adversity through bold living.

**Breaking the Silence: A Guide to Help Children with Complicated Grief**

*Linda Goldman*

This book provides specific ideas and techniques to work with children in various areas of complicated grief.

**Broken Heart Still Beats: After Your Child Dies**

*Anne McCracken & Mary Semel*

This remarkable compilation of poetry, fiction, and essays eloquently expresses a parent's pain, stages of grief, and the coping and healing that follow.

**Clinical Dimensions of Anticipatory Mourning**

*Therese Rondo*

Theory and practice in working with the dying, their loved ones, and their caregivers.

**Comfort: A Journey Through Grief**

*Ann Hood*

A moving and remarkable memoir about the sudden death of a daughter, surviving grief, and learning to love again.

**Confronting Death in the School Family**

*Dale Opalewski & Joel Robertson*

This timely resource will help schools be prepared to deal with tragedies, which often occur with little or no warning, in a consistent and compassionate manner.

**Coping with the Death of a Brother or Sister**

*Ruth Ruiz*

*Coping with the Death of a Brother or Sister* does not candy coat the challenges of great loss, but it does make clean inroads into normalizing the grief experience as it may be felt by siblings and parents.

**Counseling Children and Adolescents Through Grief and Loss**

*Jody Fiorini & Jodi Mullen*

This comprehensive resource provides developmentally appropriate interventions for counseling children and adolescents who have experienced a wide range of grief and loss.



**Counseling: Theory and Practice**

*Rickey George & Therese Cristiani*

This edition includes current information regarding the role of the counselor in various CACREP approved settings and current issues.

**Cry Until You Laugh: Comforting Guidance for Coping with Grief**

*Richard J. Obershaw*

This book with ease of reading, practical insight, and appropriately placed humor allows the bereaved to take “relief breaks” as they read. The bereaved will understand not only their issues, but also how society views them as they mourn.

**Death and the Classroom: A Teacher’s Guide**

*K. Cassini & J. Rogers*

Presented in an easy-to-follow how-to format, this classic guide helps teachers respond to questions and fears of students when faced with death. Addresses grief reactions at different ages, student deaths, funerals, memorials, terminal illness, and much more.

**Death of Adult Children Through the Eyes of Grieving Parents**

*Ron R. Gaber*

The book is designed to help other parents and families who have lost adult children. The book examines how parents feel, cope, and search for meaning. Personal testimonials describe how families and friends have and have not helped. Surviving parents offer advice to others who have lost their adult children.

**Don’t Take My Grief Away**

*Doug Manning*

Manning takes the reader through all the emotions and experiences that accompany the death of a loved one.

**Dying, Death and Bereavement**

*George Dickinson & Michael Leming*

Access to a wide range of current articles on death and bereavement from some of the most respected magazines, newspapers, and journals published today.

**Dying to Be Free: A Healing Guide for Families After a Suicide**

*Beverly Cobain & Jean Larch*

This book discusses the complicated emotions and stigma around suicide in this gentle, healing guide for families who have lost a member to suicide. It includes personal reflections and provides insight to the experience of grieving a death from suicide.

**Empty Room: Surviving the Loss of a Brother or Sister at Any Age**

*Elizabeth DeVita-Raeburn*

In telling her own story, as well as the stories of those she interviewed for the book, DeVita-Raeburn draws us into the experience of both children and adults who have lost a brother or sister. Sibling loss continues to go unrecognized as the potentially life-changing event that it is. This book acknowledges that pain and will help survivors begin to heal.

**Every Step of the Way: How Four Mothers Coped with Child Loss**

*Anne Dionne, Yvonne Lancaster, Deborah LeBouf Kulkula & Jane Maki*

Collectively, we have found that, through love, helping ourselves, reaching out to others, and living a full life through acceptance, faith, and forgiveness, we have been able to move forward. Our hope is that we can give you the strength, the inspiration, the optimism, and the courage to know there are many different ways to cope—and finding one’s way along the path takes time.

**Facing the Ultimate Loss: Coping with the Death of a Child**

*Robert J. Marx*

The authors go through the difficult emotions parents face, including sadness, guilt, anger, powerlessness, and questions about our faith. Drawing on the stories of the many people they have counseled, and their own experiences, the authors share the challenges of this unique passage through grief.

**Fatherloss: How Sons of All Ages Come to Terms with the Death of Their Dads**

*Neil Chethik*

Shows how losing a father brings challenge and loss but can also be a foundation of heartiness, liberty, and hope.

**For Better or Worse: A Handbook for Couples Whose Child Has Died**

*Maribeth Doerr*

A small booklet filled with insights to help survive the loss of a child. It looks at differences in men's and women's grief, and discusses how to communicate, rebuild a relationship, and become closer after this tragedy.

**Forever Remembered**

*Marcia Woodard & Dan Zadra*

The beautiful and inspiring message in this book reminds us that, regardless of fame or fortune, grief inevitably touches each of our lives.

**Good Grief**

*Granger Westburg*

Westburg guides the reader with wisdom and insight through the experience of grieving, but its real goal is to help us become deeper, stronger, more mature, and compassionate people.

**Gracefully Gone**

*Alicia Coppola*

Written in journal format, *Gracefully Gone* is a story about a father and daughter's journey through the diagnosis and battle of cancer. Alicia and her father both share their perspective on this difficult journey, memories, and their love.

**Grief at School: A Manual for School Personnel**

*The American Hospice Foundation*

Helps those who encounter students affected by any type of loss, especially death in the family.

**Grief Counseling and Grief Therapy: A Handbook for the Mental Health Profession**

*J. William Worden*

Presents the author's current thinking on bereavement drawn from extensive research, clinical work, and the best of the literature.

**Grief in Children: A Handbook for Adults**

*Atle Dyregrov*

This fully updated second edition of *Grief in Children* explains children's understanding of death at different ages and gives a detailed outline of exactly how the adults around them can best help them cope.

**Grief in Young Children: A Handbook for Adults**

*Atle Dyregrov*

Demonstrates that, although young children may not express grief in the same way as older children, they still need to be supported through loss.

**Grief Support Group Curriculum**

*Lehmann, Jimerson & Gaasch*

Each paperback edition provides death education, coping, and self-care information. Activates help youth express feelings and gain insight into the meaning of the loss.

**Grief's Courageous Journey: A Workbook**

*Sandi Caplan & Gordon Lang*

This well-conceived journal/workbook is a guide for those grieving the loss of a loved one. It provides a compassionate program of steps to take for coping with day-to-day life and accepting change.

**Grieving: A Beginner's Guide**

*Jerusha Hull McCormack*

McCormack—widowed while her children were still young—writes a clear-eyed account of the many emotions and situations a grieving person may encounter.

**Grieving for Your Pet**

*Quality of Life Publishing*

This booklet is a guide to understanding pet loss.

**Grieving, Sharing and Healing: A Guide for Facilitating Early Adolescent Bereavement Groups**

*Rekha Murthy & Lisa-Lorraine Smith*

This guide focuses on the specific grieving needs of 10–15-year-olds. It combines developmental understanding with practical experience to lead a successful support group.

**Growing Through Grief: A K–12 Curriculum to Help Young People Through All Kinds of Loss**

*Donna O'Toole*

Developed in age-appropriate groupings, sessions can be taught as a self-contained class or can be incorporated into other group or individual settings.

**Guiding Your Child Through Grief**

*James P. Emswiler & Mary Ann Emswiler*

*Guiding Your Child Through Grief* is written by a husband-and-wife team and is based on their experiences as founders of The Cove (a program for grieving children) and the New England Center for Loss & Transition as well as their own personal experiences with grief. This well-researched book covers all ages, including the teenage years.

**Handbook of Adolescent Death and Bereavement**

*Charles Corr, PhD; David Balk, PhD*

In this comprehensive handbook, Charles Corr and David Balk improve our understanding of the challenges faced by adolescents when coping with death, dying, and bereavement. They establish normative adolescents, and explain developmental tasks that are typical of early, middle, and late adolescence.

**Helping a Grieving Student**

*The Dougy Center Staff*

This guide book helps teachers and administrators deal with grieving students.

**Healing a Father's Grief**

*William Schatz*

A father whose son died at age 9 offers information and understanding to grieving fathers in this booklet. He suggests ways to overcome communication barriers, sort through feelings, and find a support system.



**Healing a Teen's Grieving Heart:  
100 Practical Ideas for Families, Friends  
and Caregivers**

*A. Wolfelt*

A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say or what not to say to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful.

**Healing Activities for Children in Grief**

*Gay McWhorter*

This book is an activity book designed to help counselors in a group setting help children following a death.

**Healing After Loss**

*Martha Hickman*

For those who have suffered the loss of a loved one, the author offers strength and thoughtful words to inspire and comfort.

**Healing and Growing Through Grief**

*Donna O'Toole*

Helps us understand grief as a natural healing process and how to find help and support.

**Healing Children's Grief: Surviving a  
Partner's Death from Cancer**

*Grace Christ*

This study provides knowledge of how children's development affects their responses either before the death, through the dying experience, or in the later period in which families try to adapt to the new circumstances.

**Healing Grief, 5th Edition**

*Amy Jensen*

This booklet describes various ways grief is expressed by adults after the death of a loved one.

**Heartfelt: A Companion for Bereaved  
Parents**

*J. R. Miller*

Heartfelt is a beacon of hope and a road map for recovery. Not a lengthy psychological treatise, it is intentionally concise for ease of reference and walking the reader through the stages of grief in chapters that can be read and reread in minutes.

**Heaven's Child**

*Caroline Flohr*

Told through the eyes and heart of Sarah's mother, *Heaven's Child* is a memoir about the death of sixteen-year-old twin daughter Sarah and how her immediate family members face grief, longing, and rebuilding. As an intimate self-examination, this true story tackles deep questions around life, death, and social issues.

**Helping Bereaved Children: A Handbook  
for Practitioners**

*Nancy Boyd Webb*

This is a book for all those who are concerned with helping determine what bereaved children should read. The cases provide an understanding of how children deal with death in their own words; in addition, there are rare firsthand reflections from the therapists that will facilitate the reader's ability to replicate the interventions.

**Helping Children Cope with Death**

*The Dougy Center Staff*

Overview of how children grieve and strategies of how to help them cope.

**Helping Children Cope with the Illness  
and Death of a Loved One**

*Joe Ferry & Barbara Bouton*

Including ideas for the whole family as well as signs to recognize when a child may need additional help, this booklet is a valuable resource for parents and professionals alike.

**Helping Children Grieve and Grow: A Guide for Those Who Care**

*Donna O'Toole & Jerre Cory*

A guide for parents and adults to help children through the grieving process. It is easy to read, compassionate, and immensely useful.

**Helping Grieving People: When Tears Are Not Enough**

*J. Shep Jeffreys*

*Helping Grieving People* teaches you how with practical guidelines on what to say, what to do, and how to act around a person who is grieving. Special emphasis is given to the needs of grieving children, parents, older adults, family caregivers as well as the dying and chronically ill or impaired.

**Helping Teens Cope with Death**

*The Dougy Center Staff*

This guidebook covers grieving responses of teens. It also offers advice from parents and caregivers of bereaved teens on how to support adolescents and how to determine when professional help is needed.

**Helping the Bereaved Celebrate the Holidays**

*James Miller*

Anyone wishing to plan and conduct events to help the bereaved celebrate holidays, or to hold remembrance ceremonies, will find this planning source book an immensely helpful and informed resource guide.

**Helping the Grieving Student: A Guide for Teachers**

*The Dougy Center*

This exceptional book explores the varied ways children express grief in school settings.

**Helping Your Child Grieve**

*Channing Bate Company*

This booklet stresses that, while it is tempting to try to protect children from painful emotions, it's essential that they be allowed to experience their grief and be supported throughout the process. It shows how children of different ages perceive death, gives age-appropriate ways to help them grieve, answers common questions, and more.

**Holiday Hope: Remembering Loved Ones During Special Times of the Year**

*Fairview Press*

More than a dozen experts—therapists, clergy, and counselors—have written short essays filled with practical tips and proven techniques for handling grief.

**Homemade Books to Help Kids Cope**

*Robert Ziegler*

This immensely helpful book gives techniques and instructions for helping children make their very own storybooks, and offers an effective and creative way to help kids deal with loss.

**Honoring the Memory: When Death Happens**

*Jim Boulden*

Thought-provoking questions, sensitive advice, and comforting quotes invite the reader to write responses in the spaces provided.

**Hope for Bereaved: Understanding, Coping & Growing Through Grief**

*Therese Schoeneck*

This book was written by bereaved individuals who have experienced the death of an infant, child, spouse, parent, sibling, relative, or friend by accident, illness including AIDS, murder, and suicide. It contains realistic, helpful articles. Relatives, friends, and professionals gain insights about grief and learn ways of reaching out to the bereaved.

**Hope in The Storm: 10 Steps to Care For Yourself While Grieving**

*Jen Lynn Arnold*

This book and journal has 10 vital steps to care for yourself while grieving the loss of a loved one. At the end of each step is room to journal and capture your thoughts.

**How Do We Tell Children?**

*Dan Schaefer & Christine Lyons*

This classic guide has been updated to help parents and children deal with traumatic events. It includes age specific information for a variety of circumstances, a crisis checklist, and resource pages.

**How to Go on Living When Someone You Loves Dies**

*Therese Rando*

There is no right or wrong way to grieve; each person's response to loss will be different. In this compassionate, comprehensive guide, you are led gently through the painful but necessary process of grieving; it helps you find the best way for yourself.

**How Will I Get Through the Holidays?**

*James Miller*

Miller presents 12 reassuring thoughts to help people of all ages through holidays after the loss of a loved one. Consoling quotations and suggestions serve as a guide and companion for any significant occasion.

**I Remember, I Remember**

*Enid Samuel Traisman*

This book provides a place for your thoughts after a loved one dies. With pages to reflect memories and shared events, you create a keepsake to be shared with others. Comforting quotes and suggestions are given throughout.

**It Is OK to Feel Sad!**

*Margaret Collins*

Engaging games and stories help very young children understand grief and the other emotions they may face when someone dies. Includes an age-appropriate memory page, which can be filled in with a picture and special thoughts. Features many helpful suggestions for adults on how to talk about death with small children.

**It's OK That You're Not OK**

*Megan Devine*

Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to "solve" grief. Through stories, research, life tips, and creative and mindfulness-based practices, this book is a unique guide through an experience we all must face—in our personal lives, in the lives of those we love, and in the wider world. Debunking the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.

**Jeremy Goes to Camp Good Grief**

*Rebecca DiSunno, Sarah Zimmerman & Priscilla Ruffin*

It will give parents, grandparents, teachers, therapists, and caregivers new insight and a deeper appreciation of a grieving child's thoughts and feelings.

**Kid's Grief: A Handbook for Group Leaders**

*Dianne McKissock*

This handbook for group leaders provides it all, including information on developing, documenting, and improving services on grief counseling.

**Life After Loss: Conquering Grief and Finding Hope**

*Raymond A. Moody*

This resource allows the reader to use the process of grief, loss, or bereavement in a positive manner and offers pointers on how to offer or receive sympathy. Written from personal insight and experience, the author incorporates stories of others dealing with grief or loss.

**Lifetimes**

*Bryan Mellonie & Robert Ingpen*

This best-selling classic uses nature to explain to children that dying is as much a part of living as being born. *Lifetimes* is about beginnings and endings as well as about living in between.

**Living Dying: A Guide for Adults Supporting Grieving Children and Teenagers**

*Ceilidh Eaton Russell*

This book is intended to help you to understand the experience of a child or teenager; to know what support and information they need; and how to meet those needs in healthy, meaningful ways.

**Losing Someone You Love: When a Brother or Sister Dies**

*E. Richter*

Sixteen young people between the ages of 10 and 24 recall siblings they loved and express their loss. They describe their own feelings and reactions and the outside pressures that accompany the death of their sibling, sharing their experiences so that others who experience the same loss will not feel alone.

**Lost for Words: Loss and Bereavement Awareness Training**

*John Holland, Ruth Dance, Nic Macmanus & Carole Stitt*

This book is an innovative "loss awareness" training package designed for teachers and caregivers supporting children who are experiencing bereavement, through death or any other kind of loss.

**Love and Remembrance**

*Margot Kenefick Burkle*

With this very special memory book, parents, siblings, grandparents, and others can record and keep sacred the special memories of a child who is loved and is not forgotten.

**Love Never Dies: A Mother's Journey from Loss to Love**

*Sandy Goodman*

The author challenges us to open ourselves to a different set of stages that she labels numbness, unrelenting pain, searching, and reinventing.

**Memorial Rituals Book for Healing and Hope**

*Ann Putter*

Putter gives us a bounty of creative ideas from her many years of experience in using ceremony and ritual as a vital part of grief group experiences.

**Mick Harte Was Here**

*Barbara Park*

This heart-wrenching novel weaves together diverting anecdotes about the author's endearingly eccentric brother with her reactions, and those of her parents, to his death in a bicycle accident at the age of 12.

**Motherless Daughters: The Legacy of Loss**

*H. Edelman*

Edelman shares her own painful story and the stories of many other women who, as children or adults, lost their mothers. She explains the stages of grief and adjustment. She considers the secondary effects that can occur: the girl-child filling the lost mother's role at home for father and younger siblings. If you've lost your mother, you no longer have to face it alone.

**Mourner's Dance: What We Do When People Die**

*Katherine Ashenburg*

Ashenburg weaves descriptions of mourning rituals from a broad range of traditions. The book eloquently makes the point that mourning is a necessary and transformative experience.

**My Father's Heart: A Son's Reckoning with the Legacy of Heart Disease**

*Steve McKee*

*My Father's Heart* is an extraordinary story of an all-too-ordinary scenario: A father dies, a son remains, and the loss casts a long shadow across a generation.

**My Lifetime Book**

*Larry Good*

This carefully planned journal will help you write the life story of yourself or a loved one. Its loose-leaf binder format allows for adding pages and customizing as desired for a permanent legacy or memory book.

**Never Long Enough**

*Rabbi Joseph H. Krakoff and Dr. Michelle Y. Sider*

This book is intended both to encourage end of life reflections and to support those dealing with the loss of a loved one. As readers linger on each page, they can personally experience the profound words and powerful images that enter their soul and heal their heart.

**Never the Same: Coming to Terms with the Death of a Parent**

*Donna Schuurman*

Time does not heal all wounds, warns grief counselor Donna Schuurman in her brave and practical book about the challenges adults face in coming to terms with the loss of a parent before age 18. Her premise in *Never the Same* defies the common wisdom. "Forget the stages of grief. There is no magical moment when you can say, it's over."

**Nobody's Child Anymore: Grieving, Caring and Comforting When Parents Die**

*Barbara Bartocci*

*Nobody's Child Anymore* is an immensely helpful and comforting resource for anyone caring for a dying parent, mourning the loss, caring for the remaining parent, and seeking new meaning beyond grief. The author shares her own experience and the thoughts and experiences of others as a source to ease one's soul pain.

**No Time to Say Goodbye**

*Carla Fine*

Carla Fine speaks frankly and with compassion about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by those grieving a death from suicide. Drawing on her experience, the experience of others, and knowledge from counselors and mental health professionals, she offers a helping hand and guidance through the various stages of grieving a suicide.

**On Children and Death**

*Elisabeth Kubler-Ross*

This compassionate book offers the families of dead and dying children the help and hope they need to survive.



**On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss**

*Elisabeth Kubler-Ross & David Kessler*

*On Grief and Grieving* applies the stages of loss to the process of grieving and weaves together theory, inspiration, and practical advice. It includes sections on sadness, hauntings, dreams, coping, children, healing, isolation, and even the subject of sex during grief.

**Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents**

*Alexander Levy*

Incorporating his own personal experience with the accounts of others who have lost their parents, psychologist Levy examines this profound life-changing event with compassion and understanding.

**Our Walk with Elephants: Surviving the Death of Adult Children**

*Peggy Y. Boone*

This book relates the personal stories of 18 mothers who have lost adult children to accident, suicide, murder, and major illness. The stories trace the similarities and the levels of grief and bereavement over a time frame of four months to 35 years.

**Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change**

*Barbara Coloroso*

This book is a great resource for parents dealing with various kinds of loss, and gives techniques and suggestions for how to help parents in a positive way while they also deal with these tough changes.

**Parenting While Grieving: A Survival Guide**

*What's Your Grief*

The purpose of this booklet is to help a parent, someone who is dealing with their own grief, balance their own needs with the needs of the children in their care. It may seem counterintuitive, but taking care of yourself is actually one of the wisest and most responsible decisions you can make during the times of grief, loss, and hardship.

**Play Therapy with Children in Crisis**

*Nancy Boyd Webb*

Techniques include art, storytelling, doll play, sand tray, and group activities.

**Puppet Plays for Bereaved Children**

*Sharon Rugg*

This collection of 16 puppet plays is a wonderful resource for all who deal with bereaved children. A variety of discussion questions are given at the end of each puppet play.

**Raising Our Children to Be Resilient: A Guide to Helping Children Cope with Trauma in Today's World**

*L. Goldman*

In this timely and much-needed book, Linda Goldman addresses the many frightening events that impact our children by providing the reader with a seamless mixture of theory and practice garnered from her extensive experience in the field. The goal of *Raising Our Children to Be Resilient* is exactly what its title promises: to help children through their pain and confusion and guide them into a flexible and compassionate adulthood.

**Real Men Do Cry**

*Eric Hipple*

*Real Men Do Cry*, by former NFL quarterback

Eric Hipple, is an incredible story of tragedy and triumph.

**Recovering from the Loss of a Parent**  
*K. Donnelly*

However you choose to cope—through private, inner searching or sharing your feelings with others—this book is a companion through the process of understanding and accepting your loss.

**Recovering from the Loss of a Sibling**  
*K. Donnelly*

A book of hope and healing, *Recovering from the Loss of a Sibling* is the first book for those who have experienced the death of a brother or sister. When a brother or sister dies, surviving siblings may receive little support or even recognition of their pain. Parents are so grief-stricken at the loss of a child that they often find themselves unable to cope with the needs of their surviving children. With family and friends concentrating on the parent's tragedy, the suffering of siblings often goes unnoticed.

**Remembering Well: Rituals for Celebrating Life and Mourning Death**  
*Sarah York*

*Remembering Well* will help you plan meaningful services and rituals. York's ideas show how to memorialize a life and be faithful to the values and beliefs of the person who has died.

**Remembering with Love**

*Elisabeth Levang & Sherokee Ilse*

The author provides a poignant, insightful, and inspirational collection of more than 300 short pieces that are messages of hope to bereaved persons. They remind us that hope is possible while traveling the journey through grief.

**Renewing Your Spirit: A Guide for Holidays and Special Days**

*Sherry Williams*

This book provides sound advice to help make sense of confusing holiday feelings after a loved one dies. Special emphasis is given to rituals and ceremonies. Guided journaling exercises help clarify expectations and wishes, and give reminders for self-care.

**Saying Goodbye: 101 Poems for Funerals**

*Robert Benton Longley Jr.*

Saying goodbye to a loved one is a challenge that people face every day. It's a time filled with intense emotions and finding the right words for the occasion can often be a difficult exercise. This book has poems for friends, parents, and children.

**Seven Choices: Finding Daylight After Loss Shatters Your World**

*Elizabeth Harper Neeld*

Based on the author's own experience and that of 60 others, the program requires the mourner to knowingly choose to undergo each stage as it occurs. The author also discusses with compassion physical and emotional traumas to expect and offers sound advice on how to adjust to change and form new life patterns and human bonds.

**Sibling Grief**

*Marcia G. Scherago*

This concise booklet is packed with experienced advice on how parents can help a child whose sibling has died. It addresses children's responses and fears at different ages, what is and is not helpful, school issues, and much more.

**Sibling Grief: Healing After the Death of a Brother or Sister**

*P. Gill White*

White combines extensive clinical experience with wisdom from hundreds of bereaved siblings at every age to create this moving, very readable guide.

**Silent Grief: Living in the Wake of Suicide**

*Christopher Lukas & Henry Seiden*

Shows how the emotional aftermath of suicide differs from that of normal bereavement not only in duration, but also because of the hidden implication of responsibility and higher risk of suicide for those relatives left behind.

**Stories of Lead, Stories of Gold**

*Donna O'Toole*

The sadness of grief can be transformed into new awarenesses, new competencies, even joy. The stories express a variety of ways people respond to loss and sorrow.

**Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies**

*T. J. Wray*

Wray is a captivating storyteller who weaves stories of herself and many other sibling griever to bring clarity and understanding to the complex process of sibling grief. This book is insightful, consoling, and filled with helpful, proactive steps designed to help surviving siblings cope with their devastating loss.

**Supporting Children After a Suicide Loss**

*Sarah S. Montgomery and Susan M. Coale*

When a loved one or community member dies by suicide, the entire community of survivors is powerfully affected. Children, as part of this community, can be deeply impacted and need adult guidance. This unique book provides helpful information to better understand and communicate with children grieving with a special focus on child development and how to talk with children of various ages.

**Swallowed by a Snake: The Gift of the Masculine Side of Healing**

*Thomas Golden*

For both men and women, this unique blend of professional advice and traditional wisdom explains gender differences and the context and needs of grieving men.

**Talking with Children About Loss**

*Maria Trozzi with Kathy Massimini*

Through captivating stories and thoughtful analysis, Maria Trozzi explains how to handle the difficult job of talking with children and adolescents about loss.

**Talking with Children and Young People About Death and Dying**

*Mary Turner*

A workbook specifically designed for adults who are helping children who have suffered bereavement.

**Tear Soup – A Recipe for Healing After Loss**

*Pat Schweibert*

*Tear Soup* recognizes that every member of the family from the youngest to the oldest will grieve in their own way. By emphasizing the individual process of bereavement by making soup, *Tear Soup* brings a warm and comfortable feeling to an otherwise difficult subject matter for many individuals.

**Teen Grief Relief: Parenting with Understanding Support and Guidance**

*H. Horsley & G. Horsley*

*Teen Grief Relief* provides both parents and teens with the help they need. Shared in this book are teen stories, feelings, techniques, references, and resources for use in not only surviving, but also thriving after the painful loss of a family member or close personal friend.

**Teens and Grief: Teens' Concepts of Death and Responses**

*VITAS*

Discusses typical grief reactions of teenagers during the middle years as well as the grief reactions of older teens.

**The Bereaved Parent**

*Harriet Sarnoff Schiff*

Offers guidelines and step-by-step suggestions to help a parent cope with every stage of grief.

**The Colors of Grief: Understanding a Child's Journey Through Loss from Birth to Adulthood**

*Janis A Di Ciacco*

*The Colors of Grief* explores strategies for supporting a grieving child to ensure a healthy growth into adulthood.

**The Death of an Adult Child**

*Jeanne Webster Blank*

This book was written to be a comfort and guide for bereaved parents whose adult child has died.

**The Forgotten Mourners**

*Susan Smith*

Smith begins by outlining how children grieve in the same way adults grieve—with the same range of emotions from feelings of shock and disbelief to numbness, despair, anger, and guilt.

**The Grief Practice**

*Monique Minahan*

A storybook and workbook for moving with and through grief. Through stories and practices *The Grief Practice* explains and explores grief in the body in a beautiful and comprehensible way. The ancient practices of yoga and mindfulness are offered through a trauma-informed and science-based lens, creating an accessible path to grief through yoga designed to support and welcome grief.

**The Grieving Child: A Parent's Guide**

*Helen Fitzgerald*

Fitzgerald, a bereaved person and long time professional working with children, gives other parents this immensely practical and useful gift in the form of a guidebook with a heart.

**The Grieving Garden: Living with the Death of a Child**

*Suzanne Redfern & Susan K. Gilbert*

The stories, compiled from 22 parents, offer life-affirming reassurance that it is possible to celebrate the lives of their children, and reflect on how they have enriched their

**The Group**

*Donald L. Rosenstein & Justin M. Yopp*

This book chronicles the challenges and triumphs of seven men whose wives died from cancer and were left to raise their young children entirely on their own. Over time, group meetings evolved into a forum for reinvention and transformation.

**The Heart of Grief**

*Thomas Attig*

This book gives heartfelt descriptions, through many real-life stories, of how people have faced loss without losing connection. Attig shows how grief can be a transition from loving in the presence to loving in the absence.

**The Journey Through Grief & Loss:  
Helping Yourself & Your Child When  
Grief Is Shared**

*Robert Zucker*

This book is full of helpful information and suggestions for both adults and children on grief. It is also a compassionate guide for a grieving parent to turn to at a difficult time.

**The Last Chance: Encountering Death  
and Dying**

*Lynne Ann DeSpelder & Albert Lee  
Strickland*

Integrating the experiential, scholarly, social, individual, emotional, and intellectual dimensions of death and dying.

**The Magical Thoughts of Grieving  
Children**

*James Fogarty*

This book offers a unique framework for helping children heal from the wounds created by the life process of death, a framework that has its defining basis in children's magical thought.

**The One Thing**

*Kerry Phillips*

This is a book with 100 widows sharing the lessons they have learned on love, grief and loss, and life.

**The Painting Table: A Journal of Loss  
and Joy**

*Roger Hutchison*

This simple book is a story filled with pictures of meaningful paintings and a journal. The story is of a boy, his grandmother, and the table where his earliest memories of love, commitment, and garden-grown tomatoes were served. Half of this book is a journal for the reader where they can create and share their own thoughts, sketches, and drawings.

**The Power to Prevent Suicide: A Guide  
for Helping Teens**

*J. Galas & R. Nelson*

An excellent, practical manual that is easy to read and understand. The authors' premise is that, as trusted and caring friends, teens have a special role in the prevention of suicide among their peers, and discuss what to do if they observe the danger signals.

**The Wisdom of Dying: Practices for  
Living**

*Michael Murphy*

Murphy explains that in these precious personal and family stories, the lessons of living can be passed on.

**The Worst Loss: How Families Heal from  
the Death of a Child**

*Barbara Rosof*

The stories of families are sensitively and carefully told so that the reader gathers hope and knowledge from those who have gone before.

**This Thing Called Grief: New  
Understandings of Loss**

*T. M. Ellis*

*This Thing Called Grief* shows that, although grief and pain may be changing a person now, they have the potential to transform one's life in a healing way. Ellis uses many real-life narratives of loss from his therapy practice to help illustrate various ways of grieving, and shows how you can learn from the experience of loss and make your way toward a place of healing transitions and a renewed sense of life.

**Thoughts for the Holidays: Finding  
Permission to Grieve**

*Doug Manning*

We learn to give ourselves permission to change traditions, choose safe people, and be ourselves where we are.



**Threads of Hope: An Offering for Those Who Grieve**

*Beth Rotondo*

Experiencing grief is often isolating and overwhelming, and yet the majority of us have lost someone we deeply love. *Threads of Hope* offers those who grieve a framework to express our questions and thoughts as well as the author's understanding of the grief process. Grief renders unimaginable pain but also offers us the miracle of hope.

**Through A Child's Eyes: Explaining Death, Organ Donation, Cremation, Burial, and Cemeteries to Young Children Using Terminology They Can Understand**

*Karen Longstreth*

In this book, you will learn how to use age appropriate language to explain these topics to children, find a helpful question section with some informative answers to help grieving young children, and find work pages with plenty of space for children to answer questions and create drawings to remind them of what their loved one looked like, what they liked and how the child is feeling.

**Touched by Suicide: Hope and Healing After Loss**

*Michael Myers and Carla Fine*

In this guidebook about suicide loss, the two authors combine their perspectives as a physician and survivor to offer compassionate and practical advice to anyone grieving the death of a loved one from suicide.

**Tough Transitions**

*Elizabeth Harper Neeld*

The author illuminates pitfalls, lights the way, shows how navigating tough transitions can be achieved.

**Voices of Bereavement: A Casebook for Grief Counselors**

*Joan Beder*

Theory is blended with practical suggestions for intervention and a discussion of the counselor's struggles.

**Waterbugs and Dragonflies**

*Doris Stickney*

This booklet, a classic in the field, helps adults introduce transformational aspects of death to children and adults.

**Waving Goodbye: Activities Manual for Children**

*The Dougy Center Staff*

Forty-five activities to use with children and teens.

**What About the Kids?: Understanding Their Needs**

*The Dougy Center Staff*

Addresses best practices in funeral and memorial services with children and teens.

**What Can I Say and Do? How to Help Someone Who Is Grieving a Loss**

*Kelly Osmont*

The author shares the techniques and qualities needed for the job. Concise, yet comprehensive, this book models the quiet focus it recommends.

**What to Do When a Loved One Dies: A Practical and Compassionate Guide to Dealing with Death on Life's Terms**

*Eva Shaw*

There are matters that must be attended to precisely at this devastating time when survivors are not in the best condition to make important decisions. This gentle and sensitive book deals with matters mundane and monumental and offers cogent advice on both. Concerns such as grief resolution are treated caringly as well as questions of what to do if an autopsy is deemed necessary.

**What Will Help Me? How Can I Help?**

*James Miller*

Offers 12 things to remember when you have suffered a loss. Also, has 12 things to do when someone you know suffers a loss.

**When a Man Faces Grief**

*James Miller & Thomas Golden*

The authors provide an example and insight into the masculine healing grief process not a gender issue but a style.

**When Children Grieve**

*John W. James & Russell Friedman*

This compassionate manual addresses the nature of grief, purges common myths, the worst of which, the authors claim, is that time heals all wounds (only small, positive actions can heal a person, insist James, Friedman and Matthews) and encourages adults to adopt a more healthy approach to grief themselves, so that they, in turn, can help children.

**When Death Impacts Your School**

*The Dougy Center Staff*

Resource guide for school personnel who are faced with death/tragedy in their school.

**When Did You Die? Activities to Help Children with Grief & Loss**

*Erika Leeuwenburgh & Ellen Goldring*

This versatile book of 40 drawing and writing activities is designed to help children express difficult feelings, separate myths from facts, and learn to cope successfully with loss.

**When Parents Die: Learning to Live with the Loss of a Parent**

*R. Abrams*

This new edition considers in more depth the continuing importance of the deceased parent in one's life, the critical role played by the surviving parent, and the experiences of younger children, as well as the impact of other types of loss like divorce and adoption. Drawing on new research undertaken on bereavement, especially in the area of "grief work," *When Parents Die* is a direct and sympathetic book that will speak to all readers concerned with coping with parental loss.

**When Someone Dies: A Child-Caregiver Activity Book**

*National Alliance for Grieving Children*

The death of a family member or friend has a lasting impact on the lives of children. Often, families are at a loss as to how to talk to their children about death, and how to engage them in end of life rituals. "When Someone Dies" is an activity book for children that also provides valuable information to parents and caregivers about how grief impacts children, and offers guidance about how adults can connect with children on the very difficult subjects of death, dying, and bereavement.

**When the Bough Breaks: Forever After the Death of a Son or Daughter**

*Judith R. Bernstein*

*When the Bough Breaks* takes a serious and sensitive look at how to cope with the loss of a child. The author seems convinced we do not recover, but offers ways to rebuild our lives and recover our hope and our ability to go on with our lives and not have the death of a child turn into the death of our own hearts.

**When Winter Follows Spring: Surviving the Death of an Adult Child***Dorothy Ferguson*

Filled with understanding for this often-unacknowledged loss, this book offers advice for surviving the grief process.

**When You Lose Someone You Love***Joanne Fink*

Filled with expressive sentiments and beautifully simple illustrations from the personal grief journal of award winning artist/author Joanne Fink, *When You Lose Someone You Love* offers a healing connection with all who are dealing with one of life's most challenging times. Readers will understand that they are not alone, that there will be days when you feel overwhelmed, nights when you can't sleep, and times when waves of sadness wash over you unexpectedly.

**Wild***Cheryl Strayed*

After Cheryl Strayed experienced the death of her mother, a devastating divorce, and loneliness in her own family, she decided to hike the Pacific Crest Trail by herself. As Cheryl embarks on her journey on the Pacific Crest Trail, she also embarks on her own journey of healing and strength.

**Working with the Dying and Bereaved: Systemic Approaches to Therapeutic Work***Pauline Sutcliffe, Giunevere Tufnell, Ursula Cornish***You Are Not Alone: Young Adults Coping with Death***Jennifer Kaplan Schreiber*

A workbook for young adult coping with death describing concepts and emotions that are associated on one's grief journey.