

## Someone Died...Now What?

- **Author** - Corrie Sirota, M.S.W., P.S.W

Someone Died... Now What? is a GPS for grieving.

Corrie Sirota provides Guidance, Perspective and Support to help you navigate your way through the grief process. Whether someone you love has died or someone you know is struggling with a loss, this book addresses many of the issues and questions that surface, providing concrete assistance on what to do immediately following a death, how to deal with feelings of sadness, anger and guilt, non-death losses and how to support grieving children. You will learn that grief is an ongoing process, and is as unique and individual as you are.

In the introduction, the Author explains her personal grief story:

*"I did not find grief counselling, it found me. I was working in a community centre as a social worker when my brother was the victim of a hit and run accident. He died on impact. Our lives were forever changed. Based on my experience I realized that people really don't 'do death' well and I wanted to change that. So I began to work in a funeral home, returned back to school to complete a graduate degree in loss and bereavement and have been accompanying families through the grief process ever since. After 20+ years in this field, I decided it was time to honour my brothers memory by sharing all that I had learned over the years and put it in a simple, gentle read that would serve to help those who are grieving as well as those who want to understand how to help them."*

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