



Center for Organ Recovery & Education

*A Pledge for Life*

# Grief & Bereavement Book & Resource List



*“Let the leaves symbolize the donors.  
Like softly fallen petals that nourish the earth,  
they have touched the lives of others.”*

## **FOR CHILDREN**

**Developmental Responses to Grief** by The Dougy Center

[https://www.dougy.org/docs/Developmental\\_Responses\\_2017.pdf](https://www.dougy.org/docs/Developmental_Responses_2017.pdf)

Describes behaviors and emotions commonly expressed by children, depending on their developmental level. Includes ages 2- 18.

**Talking with Children About Tragic Events** by The Dougy Center

<https://www.dougy.org/grief-resources/talking-with-children-about-tragic-events/>

Describes some common themes and basic guidelines for talking with students about tragic events (death of a loved one, natural disasters, plane crashes, or school shootings).

**The Rabbit Listened** by [Cori Doerrfeld](#)

When something terrible happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to process this loss, and one by one they fail. Then the rabbit arrives. All the rabbit does is listen, which is just what Taylor needs.

**Angel Catcher for Kids: A Journal to Help You Remember the Person You Love Who Died** by [Amy Eldon](#)

*Angel Catcher for Kids* offers a healthy way for a child to cope with the painful and often confusing process of grieving. Designed to help a child overcome the loss of a loved one, this journal also invites the child to record precious memories of the special person who has died

**Bart Speaks Out!: Breaking the Silence on Suicide** by [Linda Goldman](#)

A family dog talks about his confusion, hurt and grief when his owner commits suicide. After each of Bart's comments, the child is invited to write, draw or insert a photograph.

**A Terrible Thing Happened** by [Margaret M. Holme](#)

A little racoon, Sherman Smith, who sees a "terrible thing" and how he represses his feelings about it. But soon he starts feeling sick, and he acts out at school and gets into trouble. Over time, Sherman works out his feelings about seeing the "terrible thing" with the aid of a kind and understanding therapist. (the "terrible thing" is never mentioned; it can be anything)

**The Goodbye Book** by [Todd Parr](#)

Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them.

**Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies** by [Janis Silverman](#)

An art therapy and activity book for children coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis. Children are encouraged to express in pictures what they are often incapable of expressing in words

**When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings Series)** – by [Marge Heegaard](#)

Designed to teach basic concepts of death and help children understand and express the many feelings they have when someone special dies. Communication is increased and coping skills are developed as they illustrate their books with their personal story.

**The Fall of Freddie the Leaf: A Story of Life for All Ages** by [Leo Buscaglia](#)

The book uses the gentle, concrete metaphor of the annual changes in leaves on a tree to help anyone appreciate the different phases of life. Each leaf leaves the tree differently: some drift down quietly, and others fiercely resist the tug of the wind. This shows how each person approaches death differently. Freddy resists until he is withered and brown, the last leaf on the branch. Finally he lets go and experiences a sense of peace. Although the leaves, die each year, they are part of the tree which lives on, although even it has a finite life. The book discusses the interconnectedness of life and death.

**I Miss You: A First Look at Death** – by [Pat Thomas](#)

This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death.

**Water Bugs and Dragonflies: Explaining Death to Young Children, A Coloring Book** by [Doris Stickney](#)

This book, dealt more with the unknown aspect of death and used a metaphor that was uplifting and simple. The one way transition of a water bug (those of us living) to a dragonfly (those who have passed on) is tangible to a young child and the light airy world of the dragonfly is not frightening.

**Get Rid of the Hurt** by [Madeleine Brehm and Rachel Wenzlaff](#)

This book helps children better understand the purpose of grieving; and their personal experiences with grief. You can read the story to a grieving child, or reproduce the entire story (or selected pages) for the child to create a personal book. (GRADES 1-5)

**Why Did You Die?** by [Erika Leeuwenburgh and Ellen Goldring](#)

The first section of *Why Did You Die?* is for adults. It describes a child's grief process and what can be expected as it progresses. The latter section includes activities you can do with a grieving child. Using an art therapy approach, the activities guide the child through the issues he or she must eventually confront (AGE 6-12 / Grade K-5)

**But I Didn't Say Goodbye : For parents and professionals helping child suicide survivors** by [Barbara Rubel](#)

Part One presents Alex, a ten-year-old whose father has just died by suicide. Alex asks questions and tries to find meaning in the loss. At the end of the eight brief chapters in Part One, there are pages with STOP signs. The purpose of the eight Stop to process pages is to help the grieving child process his or her own story. Part Two offers information on setting up a memorial fund, and will help in your search for prevention and survivor support.

**After a Suicide: An Activity Book for Grieving Kids** by [The Dougy Center](#)

In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.

**Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them** – by [Doreen T. Cammarata](#)

Designed for adult caregivers to read to surviving youngsters following a suicidal death. The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person

**Why Would Someone Want to Die?** by [Rebecca C. Schmidt](#) , [Cynthia G. Brundage](#)

(Grades K-3) Suicide is hard for many adults to understand and extremely difficult to explain to children. This unique story and activity workbook equips you with the tools necessary to help explain suicide openly and honestly to children and open the lines of communication between you and a grieving child. Includes parent section, resource list and grief chart.

**Luna's Red Hat: An Illustrated Storybook to Help Children Cope with Loss and Suicide** by [Emmi Smid](#)

is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.

**The Invisible String** by [Patrice Karst](#)

The Invisible String by Patrice Karst is a heartwarming story that reassures children that even though they can't always be with a loved one, they're always in each other's hearts. Whenever a child thinks about a family member, THE INVISIBLE STRING gives a tug. This book is an excellent way to begin the conversation about death. The gentle story illustrates that we are still connected by love even after someone passes

**Sam's Dad Died: A Child's Book of Hope Through Grief** by [Margaret M. Holmes](#)

Ages 5-9. It made Sam feel better to talk about the death of his father. He felt better when he did. He even felt better when he would cry, even though it was embarrassing sometimes. Sam realizes that his Dad loved him a lot and gave him many good feelings to remember. This book opens communication between adult and child.

**The Little Flower Bulb: Helping Children Bereaved by Suicide** by [Eleanor Gormally](#)

The Little Flower Bulb tells the story of Jamie, his mom, and his twin sisters, and of how Jamie comes to deal with the death of his father. Suitable for children aged 3-10, this beautifully illustrated book will be helpful for parents when talking to children bereaved by the suicide of a close relative. (AGES 3-8)

**Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss (Elf-Help Books for Kids)** by [Michaelene Mundy](#)

Sad Isn't Bad offers children of all ages a comforting, realistic look at loss--loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief

**Where Are You? A Child's Book About Loss** by [Laura Olivieri](#)

Where Are You?: A Child's Book About Loss". Very nicely illustrated in full color by Kristin Elder, this story about the death of a young boy's father and the lonely absences from his life, as well as the ultimate realization that it is within his heart and memory that he will continue to be close to his father, is a simply wonderful message to share with any other child who is grieving a similar loss in their young lives.

**Samantha Jane's Missing Smile: A Story About Coping With the Loss of a Parent Paperback** by [Julie Kaplow](#)

Since Samantha Jane's dad died, she has been sad and quiet, keeping to herself. One day, her neighbor Mrs Cooper gently asks her about her missing smile, and Sammy Jane begins to open up about her grief, her worries, and her confusion. Sammy Jane's mother joins her daughter, and helps her further with accepting and responding to her profound loss.

**Always by My Side Paperback** by [Susan Kerner](#)

Always By My Side is a comforting, rhyming story written to help children understand that a father's love is forever, even if they grow up without his presence in their lives. This beautifully illustrated book conveys the heart-warming message to children that even though a father is not in their lives, he is still part of them. They will realize that they are like him in character, looks and actions; that his spirit surrounds them in their day-to-day activities, and helps to make them who they are.

### **Helping Children Grieve & Grow** by [Donna O'Toole](#)

The information provided is broad in scope, yet it is so concisely presented that complex issues can be grasped and understood with ease. Topics include: How to Understand The Impact of Loss and Grief on Children, How Children & Adults Grieve Differently, Things Adults Can Say and Do That Help, How To Talk With Children About Death, Special Concerns and Vulnerabilities of Grieving Children and What Can Be Done, What Helps Children Bounce Back, and How To Know When Help Is Needed-Where and How To Find Help.

### **How It Feels When a Parent Dies Paperback** by [Jill Krementz](#)

Excellent resource for children or for adults having lost one or both parents! Helps with closure, distilling grief, knowing others have the same feelings.

### **Rabbit and the Motorbike** by [Kate Hoefler and Sarah Jacoby](#)

Rabbit, who has lost Dog, struggles to deal with this loss. As Rabbit remembers his friend, he works up the courage to explore the world without Dog, going on adventures and journeys Dog enjoyed and shared with Rabbit. Rich in (accessible) metaphor and without heavy-handedness, this fable beautifully illustrates what appears to be an end to something can actually be the beginning of something new.

### **When Sadness is at Your Door** by [Eva Eland](#)

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest. In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk.

### **The Rough Patch** by [Brian Lies](#)

Evan and his dog do everything together, from eating ice cream to caring for their prize-winning garden, which grows big and beautiful. One day the unthinkable happens: Evan's dog dies. Heartbroken, Evan destroys the garden and everything in it. The ground becomes overgrown with prickly weeds and thorns, and Evan embraces the chaos. A deeply hopeful and positive book, *The Rough Patch* was awarded a Caldecott Honor and is a story about love, loss, and hope, and the healing power of friendship and nature.

### **Farewell, Grandpa Elephant: What Happens When a Loved One Dies?** by [Isabel Abedi](#), [Miriam Cordes](#)

Grandpa Elephant knows that it is his time to go to the elephant graveyard, and so he begins his farewell to his grandchildren. The young elephants are confused, but they soon realize that although there is sadness, the mystery of death holds countless possibilities. Maybe Grandpa Elephant will go to heaven and walk on clouds, or maybe he will come back to earth in a new form. Even he does not know. Though the little elephants will never see Grandpa Elephant again, they learn that he will live on in their thoughts and dreams.

### **Life Is Like the Wind** by [Shona Innes](#), [Irisz Agocs](#)

*Life is Like the Wind* introduces the concept of death to young readers by likening life to the ever-moving wind. When the wind is present, things move and fly and flutter about. When the wind goes away, things become very still. Barron's *A Big Hug* series offers a gentle and direct approach to the emotional issues that children face. Written by a clinical child psychologist, these books encourage youngsters to share and discuss tough topics with family and friends.

### **Why Did Grandpa Die? A Book About Death** by [Barbara Shook Hazen](#)

Grandpa, it is explained, is dead and won't be coming back to play with his granddaughter, Molly. The grieving girl finds relief by remembering what she loved most about her time with her Grandpa and went on to share those fun activities and special hobbies with her own children as a way to keep Grandpa's memory alive.

### **Memories Matter: Activities for Grieving Children & Teens** by [The Dougy Center](#)

*Memories Matter* features 85 activities designed to help children and teens process their unique grief. The activities invite children to use different modes of expression such as writing, drawing, talking and movement; and encourage the sharing of feelings to normalize the grief experience.

### **After A Murder: A Workbook for Grieving Kids** by [The Dougy Center](#)

Through the stories, thoughts and feelings of other kids who have experienced a murder, this hands-on workbook allows children to see that they are not alone in their feelings and experiences. The workbook includes drawing activities, puzzles and word games to help explain confusing elements specific to a murder, such as the police, media and legal system.

### **After A Suicide: An Activity Book for Grieving Kids** by [The Dougy Center](#)

In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.

### **Rafi's Red Racing Car: Explaining Suicide and Grief to Young Children** by [Louise Moir](#)

One day his daddy gets so sad and confused that he goes out and doesn't come back. Rafi is confused and scared. This imaginative, compassionate book aims to help young children come to terms with the loss of a family member to suicide. Rafi's story explains what suicide is in a sensitive yet honest way, and helps children understand the many overwhelming emotions of grief. Though Rafi struggles with confusion, anxiety, anger and sadness, he learns that his feelings are natural. With love, guidance, therapeutic activities and the fun memories kept alive in his red racing car, he gradually begins to feel happy again. Illustrated with beautiful watercolor pictures, this book ends with an informed, straightforward guide for parents and professionals on how best to help a grieving child to heal.

### **Creative Interventions for Bereaved Children** by [Liana Lowenstein](#)

A range of innovative activities are presented, including therapeutic games, art, puppets, role-plays, and stories. The book's eight sections lay a foundation for effective grief counseling with children and present an overview of childhood bereavement, provide material for use with caregivers, offer a variety of engagement and assessment activities providing clinicians with strategies to build therapeutic rapport and assess bereaved children, and present creative activities to help children express feelings of grief, diffuse traumatic reminders, address self-blame, commemorate the deceased, and learn coping strategies. Special sections have been included to assist children in dealing with specific kinds of loss, namely cancer, suicide, and homicide

### **Sun Kisses, Moon Hugs Hardcover** by [Susan Schaefer Bernardo](#)

Sun Kisses, Moon Hugs is an award-winning picture book with a simple but powerful message: **love lasts forever**. Lyrical writing and delightful illustrations provide perfect bedtime reading for any child. Kids love finding the Xs, Os and hearts hidden in the illustrations. The book is also ideal for supporting children through grief, separation anxiety, parent deployment, foster care, divorce, illness or other traumatic situations, by wrapping them in a warm and comforting emotional security blanket and opening a dialogue on the nature of love.

### **The Memory Box: A Book About Grief** by [Joanna Rowland](#)

From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Heartfelt and comforting, *The Memory Box* will help children and adults talk about this very difficult topic together. The unique point of view allows the reader to imagine the loss of any they have loved - a friend, family member, or even a pet. A parent guide in the back includes information on helping children manage the complex and difficult emotions they feel when they lose someone they love, as well as suggestions on how to create their own memory box.

### **Ida, Always** by [Caron Levis](#)

Gus lives in a big park in the middle of an even bigger city, and he spends his days with Ida. Ida is right there. Always. Then one sad day, Gus learns that Ida is very sick, and she isn't going to get better. The friends help each other face the difficult news with whispers, sniffles, cuddles, and even laughs. Slowly Gus realizes that even after Ida is gone, she will still be with him—through the sounds of their city, and the memories that live in their favorite spots. *Ida, Always* is an exquisitely told story of two best friends and a gentle, moving, needed reminder that loved ones lost will stay in our hearts, always.

**Where do they Go?** by [Julia Alvarez](#)

Julia Alvarez's new picture book is a beautifully crafted poem for children that gently addresses the emotional side of death. The book asks, "When somebody dies, where do they go? / Do they go where the wind goes when it blows? ... Do they wink back at me when I wish on a star? Do they whisper, 'You're perfect, just as you are'? ..." Illustrated by Vermont woodcut artist, Sabra Field, *Where Do They Go?* is a beautiful and comforting meditation on death, asking questions young readers might have about what happens to those they love after they die.

**I'll Always Love You** – by [Hans Wilhelm](#)

In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolor illustrations, tender and warm in color and mood, suit the simple text perfectly

**Remembering Blue Fish (Daniel Tiger's Neighborhood)** by [Becky Friedman](#)

Daniel Tiger learns how to process the feelings that come with losing someone you love. When Daniel's pet fish dies, he learns to ask questions about what happened to help him understand what death means and how to handle his feelings. A much-needed book for parents looking for age appropriate resources on loss.

**Water Bugs and Dragonflies: Explaining Death to Young Children – a coloring book** by [Doris Stickney](#)

This book relays an important message about the physical absence and the continuation of life without specifically dealing with death. We see that even though one is not with the group it was with, it is still living in another form.

**Tim's Goodbye** by [Steven Salerno](#)

A touching picture book about a group of children who must say goodbye to a dear friend. Margot is sad because her beloved pet, Tim, has died. She and her friends band together to give him a proper sendoff. Melinda brings her French horn. Vincent brings balloons. Otto wears his best hat. When all gather together, they celebrate Tim's beautiful, simple life as they send him on a surprising farewell journey to a special place above the mountains and beyond the clouds. And Margot has a feeling that Tim is happy once again. This tender story from Steven Salerno also features his beautiful illustrations, with a simple color palette and classic feel. *Tim's Goodbye* is sure to strike a chord with readers who have experienced a difficult farewell.

**Cry, Heart, But Never Break** by [Glenn Ringtved](#)

In this beautifully illustrated picture book, four siblings have been lovingly cared for by their grandmother, but one day she receives a visitor: Death. Instead of having "a heart as dead and black as coal", it turns out Death is kindly, with a heart "red as the most beautiful sunset" and filled with a love of life. In an effort to help the children, he tells them a story about Sorrow and Grief, and how these two brothers end up marrying two sisters, Joy and Delight. The couples live and die together, for they cannot be without one another. In the end, Death takes the grandmother, but the children remember his wise and beautiful words, "Cry heart, but never break." They live out their lives with good memories of their grandmother and what she meant to them.

**Death is Stupid** by [Anastasia Higginbotham](#)

"She's in a better place now," adults say again and again. But mortality doesn't seem better, it seems stupid. This forthright exploration of grief and mourning recognizes the anger, confusion, and fear that we feel about death. Necessary, beautiful, and ultimately reassuring, *Death Is Stupid* is an invaluable tool for discussing death, but also the possibilities for celebrating life and love. The Ordinary Terrible Things Series shows children who navigate trouble with their senses on alert and their souls intact. In these stories of common childhood crises, help may come from family, counselors, teachers, or dreams—but crucially, it's the children themselves who find their way to cope and grow.

**The Dead Bird** by [Margaret Wise Brown](#)

One day, the children find a bird lying on its side with its eyes closed and no heartbeat. They are very sorry, so they decide to say good-bye. In the park, they dig a hole for the bird and cover it with warm sweet-ferns and flowers. Finally, they sing sweet songs to send the little bird on its way.

**Someone I Love Died** by [Christine Harder Tangvald](#)

*Someone I Love Died* gently leads children through grief with age-appropriate words and solid biblical truth that understands a child's hurting heart. The added interactive resources ensure this book will become a treasured keepsake. Once complete, children create a memory book of the loved one's life. And it offers grown-ups a tool that turns what could be a difficult season into a meaningful time of healing. (good for ages 4-8)

**Gentle Willow: A Story for Children about Dying** by [Joyce C. Mills](#)

Amanda the squirrel is upset that she is going to lose her friend Gentle Willow, but the tree wizards give advice that help both her and Gentle Willow accept the change that comes with death.

**Tear Soup** by [Pat Schwiebert, Chuck DeKlyen](#)

Tear Soup, a recipe for healing after loss is a family story book that centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss. Good for ages Age 8-12

**Someone I Love Died from a Drug Overdose** by [Melody Ray, Janet Roberts, and R.Lynn O](#)

Accidental substance overdoses continue to rise across our country, leaving families at a loss as to how to tell and assist the children that are grieving. This story is an excellent tool for parents and caregivers. Includes a workbook, definitions, some facts and a note to the adult reading the story.

**Healing Your Grieving Heart for Teens: 100 Practical Ideas (Healing Your Grieving Heart series)**

by [Alan D. Wolfelt PhD](#)

Provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again. Included in the books for teens and kids are age-appropriate activities that teach younger people that their thoughts are not only normal but necessary.



## **FOR ADULTS**

### **Healing Your Grieving Heart: 100 Practical Ideas (Healing Your Grieving Heart series)** by [Alan D. Wolfelt PhD](#)

This series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies

### **Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart series)** by [Alan D. Wolfelt PhD](#)

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

### **Healing Your Grieving Body: 100 Physical Practices for Mourners (Healing Your Grieving Heart series)** by [Alan D. Wolfelt PhD](#), [Kirby J. Duvall MD](#)

Acknowledging the unique set of symptoms that accompanies a period of mourning, this guide is the ideal companion to weathering the storm of physical distress. From muscle aches and pains to problems with eating and sleeping, this handbook addresses how the body responds to the impact of profound loss. Low energy, headaches, and other conditions are also taken into account. With 100 ways to help soothe the body and calm the mind, this compassionate study is an excellent resource in understanding the connection between the two.

### **Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart Paperback** by [Alan D. Wolfelt](#)

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have.

### **How To Go On Living When Someone You Love Dies** by [Therese A. Rando](#)

Mourning the death of a loved one is a process all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

### **After a Parent's Suicide: Helping Children Heal** by [Margo Requarth](#)

The premature death of a parent can be devastating for young children- with the consequences far more profound when the parent dies by suicide. Amidst the resulting grief, turmoil and confusion, the surviving parent is faced with the monumental task of tending to the emotional lives of the children left behind. In this instructive and impassioned work, longtime children's bereavement counselor and psychotherapist Margo Requarth, M.A., M.F.T., charts the complex emotional waters every family must navigate in the wake of a previously unimaginable suicide death. Starting with the haunting tale of her own mother's suicide, Requarth weaves together her experience counseling "survivors," poignant interviews with children, teens and parents, and the latest research on suicide and its aftermath. What emerges is a groundbreaking "how-to" guide for parent survivors: how to manage both the immediate and long-term implications of the suicide, how to talk to your children, how to see them through the heart-rending anguish to a place of acceptance, healing, and finally, a renewed and deepened capacity for joy.

### **Grieving with Hope: Finding comfort as you Journey through Loss** by [Samuel J. Hodges IV](#) and [Kathy Leonard](#)

Practical and straightforward, yet warm and compassionate, *Grieving with Hope* clarifies the popular misconception that people move through stages of grief. This will be an encouragement to many, as grieving people often think something is wrong with them when their grief doesn't proceed neatly through stages. The reality is that grieving people jump back and forth between different emotions, sometimes wrestling with multiple emotions at once.

### **It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand** by [Megan Devine](#)

When a painful loss or life-shattering event upends your world, here is the first thing to know: *there is nothing wrong with grief*. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss." In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. She debunks 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. In this compelling and heartfelt book, you'll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to "fix" your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process

### **Healing After Loss: Daily Meditations For Working Through Grief** by [Martha Whitmore Hickman](#)

For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.

### **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One** by [Brook Noel](#) , [Pamela D Blair](#)

Each year about eight million Americans suffer the death of someone close to them. Now for those who face the challenges of sudden death, there is a hand to hold, written by two women who have experienced sudden loss. This updated edition of the best-selling bereavement classic will touch, comfort, uplift and console. Authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one.

### **After Suicide Loss: Coping with Your Grief** by [Jack Jordan Ph.D.](#), [Bob Baugher](#)

This is the second edition of this highly popular book. It has been expanded from 67 to 156 pages which includes a chapter on helping children cope with a suicide loss. Readers have described this book as a practical guide for coping with suicide, from the first few days through the first year and beyond.

### **Dying to Be Free: A Healing Guide for Families After a Suicide** by [Beverly Cobain](#), [Jean Larch](#)

Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in *Dying to Be Free*, offering gentle advice for those left behind, so that healing can begin.

### **No Time to Say Goodbye: Surviving The Suicide Of A Loved One** by [Carla Fine](#)

In her comprehensive and well-written manual for "suicide survivors," such as herself, she offers advice for those recovering from the suicide of a marital partner, relative or close friend. Drawing on research, interviews with survivors and her own experience, Fine provides insights into living beyond this tragedy including dealing with feelings of guilt and anger, the stigma of suicide and financial and legal problems, and she tells where to get help.

### **Grief Day by Day: Simple Practice and Daily Guidance for Living with Loss** by [Jan Warner and Amanda Bearse](#)

In *Grief Day by Day*, Jan Warner draws on her own extensive experience and the experiences of the 2 million followers on her Grief Speaks Out Facebook page to offer hope in its most practical form. This book does not look to offer a solution to grief. Rather, it provides supportive, useful guidance to help you create a life in which peace, and even gratitude, can coexist with your grief

### **Please be Patient, I'm Grieving** by [Gary Roe](#)

Bestselling author, hospice chaplain, and grief specialist Gary Roe gives you a look at the grieving heart – the thoughts, emotions, and struggles within. If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to love and support them. If you're in the midst of grief and loss, you'll see yourself as you read, and be encouraged that you aren't as weird or crazy as you thought

## **FOR SPOUSES**

[Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies \(Healing Your Grieving Heart series\)](#)

Nov 1, 2003

by Alan D. Wolfelt PhD

**Heartbroken: Healing from the Loss of a Spouse** (Good Grief Series Book 2) by [Gary Roe](#)

Hospice chaplain and grief specialist Gary Roe has walked with hundreds of spouses through this painful valley. From their stories he has composed this incredibly practical work that will touch your heart and comfort your soul.

In this deeply personal, easy-to-read book, you will learn the following:

- How to better manage the up and down, roller-coaster emotions of grief.
- How to manage being misunderstood and navigate all the relationship changes that occur with the loss of a mate.
- How to think about and face the future with hope.

**Widow To Widow: Thoughtful, Practical Ideas For Rebuilding Your Life** by [Genevieve Davis Ginsburg](#)

Widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows-as well as their family and friends-sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, *Widow to Widow* walks readers through the challenges of widowhood and encourages them on their path to building a new life

**Finding Your Way After Your Spouse Dies** by [Marta Felber](#)

Felber offers just such a voice-caring, hopeful, always pointing ahead to a tomorrow that will be a little easier than today. Having experienced her own spouse's death, Felber is never glib or simplistic. She knows the grief her readers are feeling and she encourages them to give it full expression. At the same time, she offers sound, practical suggestions on how to navigate difficult days. This book shies away from none of the difficult issues of bereavement.

**When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning** by [Alan Wolfelt](#) (Author)

Now that your partner has died, what felt like luck may have turned to wretched despair. How do you go on? How do you live without your champion and other half? The answer is that you mourn as you loved: heroically, grandly, and fully. In this compassionate guide by one of the world's most beloved grief counselors, you'll find empathetic affirmation and advice intermingled with real-life stories from other halved soulmates. Learn to honor your loved one and your grief even as you find a path to a renewed life of purpose and joy.

## **FOR PARENTS**

### [Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies \(Healing a Grieving Heart series\)](#)

by Alan D. Wolfelt PhD

### **Surviving the Loss of a Child: Support for Grieving Parents** by [Elizabeth B. Brown](#)

Written after the loss of the author's own child, *Surviving the Loss of a Child* offers encouragement and hope to those who may think they will never be able to live fully after such tragedy. Bereaved parents, as well as friends, counselors, pastors, and caregivers, will find this book a source of comfort and discover coping mechanisms as they move through their grief. Revised and updated, it has short chapters that are easy to take in, perfect for people going through this difficult time.

### **When The Bough Breaks: Forever After the Death of a Son or Daughter** by [Ph.D. Judith R. Bernstein](#)

*When the Bough Breaks* presents a breakthrough concept of mourning, documenting the process of evolution from initial grief to an altered outlook on life. Excerpts from interviews with 50 parents who lost a child from five to forty-five trace the road from utter devastation to a revised view of life, resulting in a work that is a tribute to resilience and the indomitable human spirit. Author Judith R. Bernstein, Ph.D., speaks from the dual perspectives of bereaved parent and psychologist

### **Beyond Tears: Living After Losing a Child, Revised Edition Paperback – March 3, 2009**

by [Ellen Mitchell](#), [Rita Volpe](#), [Ariella Long](#), [Phyllis Levine](#), [Madeline Perri Kasden](#), [Barbara Goldstein](#), [Barbara Eisenberg](#)

Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings.

The death of a child is that unimaginable loss no parent ever expects to face. In *Beyond Tears*, nine mothers share their individual stories of how to survive in the darkest hour. They candidly share with other bereaved parents what to expect in the first year and long beyond:

- \*Harmonious relationships can become strained
- \*There is a new definition of what one considers "normal"
- \*The question "how many children do you have?" can be devastating
- \*Mothers and fathers mourn and cope differently
- \*Surviving siblings grieve and suffer as well
- \*There simply is no answer to the question "why?"

This sharing in itself is a catharsis and because each of these mothers lost her child at least seven years ago, she is in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of *Beyond Tears* offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again.

### **Shattered: Surviving the Loss of a Child** by [Gary Roe](#)

Hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In *Shattered*, Roe walks the reader through the powerful impact a child's death can have - emotionally, mentally, physically, relationally, and spiritually.

### **Child Loss: The Heartbreak and the Hope** by [Clara Hinton](#)

This book is a must-have for anyone who has experienced the loss of a child. It is a practical guide for reentering life after loss and will most assuredly plant seeds of hope within your broken heart.

### **The Unspeakable Loss: How Do You Live After a Child Dies?** by [Nisha Zenoff](#)

Nisha Zenoff lost her son in a tragic accident when he was just seventeen years old. Now, with decades of experience as a grief counselor and psychotherapist, she offers support and guidance from her own journey and from others who have experienced the death of a child. *The Unspeakable Loss* helps those who mourn to face the urgent questions that accompany loss: "Will my tears ever stop?" "Who am I now without my child?" "How can I help my other children cope?" "I lost my only child, how do I live?" "Will my marriage survive?" "Will life ever feel worth living again?"

**When a Child Dies from Drugs: Practical Help for Parents in Bereavement** by [Pat Wittberger and Russ Wittberger](#)

"When a Child Dies From Drugs" is written by parents to help other parents who are experiencing the ultimate tragedy of their child's death from drugs or alcohol - parents who find themselves isolated in a fathomless dark void wondering whether they will ever resurface into the real world again. This book offers strength, practical advice and an aid in grief recovery for parents and families, gleaned not only from personal experiences but also from meeting with many parents through their out-reach program, "G.R.A.S.P." (Grief Recovery After Substance Passing) Subjects covered range from the emotional trauma of learning of the child's demise and on through the guilt, denial, anger, "what-if's" and, finally, acceptance and to suggestions of how to cope daily and into a future which will never be the same. It is also illuminating to all those who know someone who has lost a loved one through drugs -What to say and do? What NOT to say and do? There is advice here for those who want to support families in grief. With personal insights this book is very much like friends reaching out to friends in compassion and kindness - friends who understand because, quite simply, the writers continue to be on the same journey as those they will comfort.

**Grieving Dads: To the Brink and Back** by [Kelly Farley and David DiCola](#)

A collection of candid stories from grieving dads that were interviewed over a two year period. The book offers insight from fellow members of, in the haunting words of one dad, "this terrible, terrible club," which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments.















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## **FOR FAMILIES**

### Highmark Caring Place (multiple PA locations)

Electronic / Print resources: <https://www.highmarkcaringplace.com/cp2/grief/brochures.shtml>

- [Saying Goodbye: Preparing a Child for a Funeral or Cremation](#) 
- [Questions Grieving Children Ask](#) 
- [Questions Grieving Teens Ask](#) 
- [The Grief of Preschoolers](#) 
- [The Grieving Child in the Classroom](#) 
- [Is There Anything I Can Do?](#) 
- [Caring for Yourself as You Grieve](#) 
- [Coping With Grief during Holidays and on Other Special Occasions](#) 
- [Telling the Children: Talking With a Child When a Family Member Is Diagnosed with a Life-Limiting Illness](#) 
- [Creating Connections When a Family Member Is Diagnosed with a Life-Limiting Illness](#) 
- [The Spiral of Grief, Part 1: Understanding the Grief Process](#) 
- [The Spiral of Grief, Part 2: The Journey of Grief](#) 
- [The Spiral of Grief, Part 3: Hope and Healing](#) 
- [Supporting Children after the Overdose Death of a Family Member](#) 

### **A Birthday Present for Daniel: A Child's Story of Loss (Young Readers)** by [Juliet Cassuto Rothman](#)

This sensitive book is designed to generate discussion between children and adults as each page provides opportunities for communication, understanding, expression of feelings, and support

### **Michael Rosen's Sad Book** by [Michael Rosen](#)

Sad things happen to everyone, and sometimes people feel sad for no reason at all. What makes Michael Rosen sad is thinking about his son, Eddie, who died suddenly at the age of eighteen. In this book the author writes about his sadness, how it affects him, and some of the things he does to cope with it—like telling himself that everyone has sad stuff (not just him) and trying every day to do something he can be proud of. Expressively illustrated by the extraordinary Quentin Blake, this is a very personal story that speaks to everyone, from children to parents to grandparents, teachers to grief counselors. Whether or not you have known what it's like to feel deeply sad, the truth of this book will surely touch you.







### **Something Very Sad Happened: A Toddler's Guide to Understanding death (w/notes to parents included)** by [Bonnie Zucker](#)

*Something Very Sad Happened* is a useful tool for parents, caregivers, therapists, and teachers to help young children understand the concept of death and begin the process of coping with the loss. [Intended for children ages 2 and 3](#), the book explains death and loss to a very young child in a simple and age-appropriate way. It also serves as a starting point for discussion when parents or other adults may be grieving. Includes a "Reader's Note" and "Note to Parents, Caregivers, and Therapists" written by the author.

### **Surviving the Holidays Without You: Navigating Grief During Special Seasons** by [Gary Roe](#)

This book explores Why holiday grief, Christmas grief, and special day sadness are so challenging, how to deal with unspoken, yet powerful expectations; How to handle grief triggers, emotional bursts, and roller coaster emotions; How to face feeling emotional, lonely, misunderstood, and overwhelmed; How to make good choices about what to do, how, and with whom; How to make a simple, proactive plan to honor the one you're missing and use holidays to grieve well; How to better take care of yourself - your physical and mental health, diet, fitness, and spirituality; How to use grief and special days for good by serving others and loving those around you.

## WEB-BASED RESOURCES

-  **GRASP** *Grief Recovery after a Substance Passing*  
[www.grasphelp.org](http://www.grasphelp.org) and <http://grasphelp.org/community/>  
Includes web-based resources and connections to local, state-based chapter meetings (held across all states and locally throughout western PA, WV, and Ohio)
  
-  **The Dougy Center** *National Center for Grieving Children and families*  
[www.dougy.org](http://www.dougy.org) and [https://www.tdcbookstore.org/store/c1/Featured\\_Products.html](https://www.tdcbookstore.org/store/c1/Featured_Products.html)  
Physically based in Oregon, but driven to support children, teens, young adults and their families who are grieving a death to share their experiences. This is done through peer support groups, education, and training. Extensive online resources available for adults and children, including many [PDFs](#), a [podcast](#) (entitled Grief Out Loud), and web-based articles.
  
-  **The Compassionate Friends** *Supporting Family after a Child Dies*  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
Web-based organization that connects those who have lost a loved one. Includes a [blog](#) and [back-issues](#) of their national magazine, *We Need Not Walk Alone*, and [national conferences](#)
  
-  **Bereaved Parents of the USA**  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)  
Bereaved Parents of the USA (BPUSA) is a national non-profit self-help group that offers support, understanding, compassion and hope to bereaved parents grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings. There are no dues or fees to become a member of BPUSA and there are no paid salaries within the organization. All work on both the national and chapter level is done by volunteer bereaved parents with a strong desire to help other families survive the death of their children just as they were helped when their own children died. The group features chapters with monthly support meetings, monthly local newsletters, quarterly national newsletters, and annual conference.
  
-  **What's Your Grief ?**  
[www.whatsyourgrief.com](http://www.whatsyourgrief.com)  
Web-based organization that aims to promote grief education, exploration, and expression in both practical and creative ways. They provide Education, practical and specific suggestions for moving forward, modes of self-exploration and self-expression that suit all types of thinkers and doers, ways to honor and remember deceased loved ones, and a supportive community. Webinars, booklets, and podcasts are all accessible through their website.
  
-  **Heal Grief**  
[www.healgrief.org](http://www.healgrief.org)  
Geared toward late teen, young adults, with a special program called Actively Moving Forward (AMF), which is designed to connect and empower grieving college students. The program is based on over 200 campuses and aims to care for students may be experiencing loss or grief for the first time. With a special eye on the unique elements of grief on campus (a feeling of isolation; an inability to focus; a lack of energy; and depression), Heal Grief/ AMF aims to keep students in school and healthy as they grieve.

Not the right fit? Here's a link to a list of **115** other grief, trauma, and loss support resources:  
<https://www.mastersincounseling.org/guide/loss-grief-bereavement/>