

Resources on grieving for adults, children and teens

This list is a sampling of useful and helpful resources. These may be available from: bookstores, local libraries, hospices, and funeral homes. Some titles are available in e-book form.

For adults:

Grief One Day at a Time - Alan D. Wolfelt (2016)

Grief is a Journey: Finding Your Path Through Loss - Kenneth J. Doka (2016)

Winter Grief Summer Grace - James E. Miller (2016)

Progressing Through Grief: Guided Exercises to Understand Your Emotions - Stephanie Jose (2016)

Still Waters: An Exploration of Grief and Recovery - Mike Cieminski (2016)

Living With Grief: When Illness is Prolonged - Kenneth J. Doka (2016)

Passed and Present: Keeping Memories of Loved Ones Alive - Allison Gilbert (2016)

Healing Grief, Finding Peace: 101 Ways to Cope with the Death of your Loved One – Dr. Louis E. LaGrand (2011)

Life After Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss – Bob Deits (2004)

Motherless Daughters: The Legacy of Loss – Hope Edelman (2006)

A Time to Grieve: Meditations for Healing After the Death of a Loved One – Carol Staudacher (1994)

I Wasn't Ready to Say Goodbye: Surviving, Coping & Healing After the Sudden Death of a Loved One – Brook Noel and Pamela D. Blair (2008)

Empty Cradle, Broken Heart: Surviving the Death of Your Baby – Deborah L. Davis (1991)

When a Man Faces Grief/ A Man You Know Is Grieving – Thomas R. Golden & James E. Miller (2011)

For adults who are caring for children:

The fall of Freddie the Leaf: A Story of Life for All Ages - Leo Buscaglia (1982)

Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers – Alan D. Wolfelt (2001)

For children:

Let's Talk About It Series: Loss and Grief – Caitie McAneney (2015)

Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing With Loss – Michaelene Mundy (1998)

The Lighthouse – Robert Munsch (1995)

Healing Your Grieving Heart for Kids: 100 Practical Ideas – Alan D. Wolfelt (2001)

What Happens When a Loved One Dies? Our First Talk About Death – Dr. Jillian Roberts (2016)

Something Very Sad Happened: A Toddler's Guide to Understanding Death – Bonnie Zucker (2016)

For teens:

When Will I Stop Hurting? Teens, Loss and Grief – Edward Myers (2004)

Healing Your Grieving Heart for Teens: 100 Practical Ideas – Alan D. Wolfelt (2001)

Grief Girl: My True Story – Erin Vincent (2007)

The Grieving Teen: A Guide for Teenagers and Their Friends – Helen Fitzgerald (2000)

Web resources:

Bereaved families of Ontario (has a video link to YouTube) www.bereavedfamilies.net

Canadian Virtual Hospice www.virtualhospice.ca

www.MyGrief.ca (interactive grief support resource)

The Coping Centre www.copingcentre.com

Hospice of Waterloo Region www.hospicewaterloo.ca

Hospice Wellington www.hospicewellington.org