



# Caring Matters

Facing Illness & Grief. Finding Compassion & Support.

## Adult Bereavement Support Resources

### Online Resources

#### *CaringMatters.org:*

- <https://www.caringmatters.org/adultgriefsupportresources>
- <https://www.caringmatters.org/resources>

#### *SpeakingGrief.org:*

A website with many useful resources, including a documentary film, available online to view for free, that helps us move away from the idea that grief is something to be "fixed" and illustrates that grief is a universal, yet individual, experience.

### Recommended Reading

*I Know Just How You Feel: Avoiding the Cliches of Grief*, by Erin Linn

*Time Remembered: A Journal For Survivors*, by Earl A. Grollman

*Living When a Loved One Has Died*, by Earl A. Grollman

If someone you know is grieving, *Living When a Loved One Has Died* can help. Earl Grollman explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.

*The Year of Magical Thinking*, by Joan Didion

From one of America's iconic writers, a stunning book of electric honesty and passion that explores an intensely personal yet universal experience: a portrait of a marriage—and a life, in good times and bad—that will speak to anyone who has ever loved a husband or wife or child.



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*After the Darkest Hour: How Suffering Begins the Journey to Wisdom*, by Kathleen A. Brehony

*On Death and Dying* by Elizabeth Kubler-Ross  
What the dying have to teach doctors, nurses, clergy, and their own families

*Awakening From Grief: Finding the Way Back to Joy*, by John E Welshons  
In this remarkable book, Welshons weaves together his own personal awakening with those of others he's counseled to bestow a deeply felt and exquisitely expressed primer on dealing with grief. We learn new ways to embrace our pain so that our hearts can open to feel joy.

*After Suicide Loss: Coping With Your Grief*, by Jack Jordan and Bob Baugher  
Readers have described this book as:...a practical guide for coping with suicide, from the first few days through the first year and beyond. Another reader stated: I encourage anyone who has experienced the pain of suicide, even if it was many years ago, to read this book, share this book, and then read it again.

*When Men Grieve: Why Men Grieve Differently and How You Can Help*, by Elizabeth Levang, PhD

*Swallowed by a Snake: The Gift of the Masculine Side of Healing*, by Thomas R. Golden  
Discover new and powerful ways to heal. How the genders differ in their healing. Greater understanding between partners. Examples of successful transformation of loss. New ways to understand your grief. Ways the individual's loss can impact the entire family.



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## Resources for Supporting Grieving Children and Teens

### BOOKS for Adults Supporting Grieving Children and Teens

- ❖ Option B: Facing Adversity, Building Resilience, and Finding Joy  
By Sheryl Sandberg and Adam Grant
- ❖ Never The Same: Coming To Terms With the Death of a Parent  
By Donna Schuurman
- ❖ A Parent's Guide to Raising Grieving Children: Rebuilding Your Family  
After the Death of a Loved One  
By Phyllis Silverman and Madelyn Kelly
- ❖ Never Too Young to Know: Death In Children's Lives  
By Phyllis Silverman
- ❖ Helping Teens Cope with Death  
By The Dougy Center
- ❖ Children, Teens and Suicide Loss  
By The Dougy Center

### ONLINE RESOURCES for Adults Supporting Grieving Youth

- ❖ GriefTalk Resource Guides by The National Alliance for Grieving Children
  - Talking to Children about Death and Dying.
  - Talking to a Child or Teen to Let them know Someone has Died
  - Talking about End of Life Memorials and Rituals
  - Talking about Grieving as a Family

<https://childrengrieve.org/resources/grieffalk-resource-guides>
- ❖ Helping a Teenager Deal With Grief  
<https://whatsyourgrief.com/helping-a-teenager-deal-with-grief-2/>
- ❖ Supporting Children and Teens after a Suicide death



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<https://www.dougy.org/assets/uploads/Supporting-Children-Teens-After-a-Suicide.pdf>

- ❖ When Your World Is Already Upside Down: Supporting Grieving Children and Teens During the COVID-19 Global Health Crisis

[https://www.dougy.org/docs/Grief\\_during\\_COVID-19.pdf](https://www.dougy.org/docs/Grief_during_COVID-19.pdf)

SPANISH:

[https://www.dougy.org/docs/Apoyando\\_a\\_ni%C3%B1os\\_y\\_adolescentes\\_durante\\_la\\_crisis\\_de\\_salud\\_global\\_de\\_COVID-19.pdf](https://www.dougy.org/docs/Apoyando_a_ni%C3%B1os_y_adolescentes_durante_la_crisis_de_salud_global_de_COVID-19.pdf)

- ❖ CaringMatters: Resources for Families

<https://www.caringmatters.org/resourcesforfamilies>

- ❖ Good-Grief.org

<https://good-grief.org/resources/>

- ❖ Grief in Developmental Stages by Good-Grief.org

<https://good-grief.org/wp-content/uploads/2017/04/Grief-in-Developmental-Stages.pdf>

- ❖ Who's In Charge Here? Coping with Loss of Control

<https://whatsyourgrief.com/loss-of-control-in-grief/>

- ❖ Podcast: What's Your Grief

- ❖ Podcast: Grief Out Loud hosted by The Dougy Center

- ❖ Podcast: Terrible Thanks for Asking hosted by Nora McNurny

- ❖ How to Build Resilient Kids, Even After a Loss by Sheryl Sandberg

<https://www.nytimes.com/2017/04/24/opinion/sheryl-sandberg-how-to-build-resilient-kids-even-after-a-loss.html>

## BOOKS for Young Children

- ❖ Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them by Doreen Cammarata



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- ❖ **When Dinosaurs Die: A Guide to Understanding Death**  
By Laurie Krasny Brown and Marc Brown
- ❖ **The Memory Box: A Book About Grief**  
By Joanna Rowland
- ❖ **The Invisible String**  
By Patrice Karst
- ❖ **I Miss You: A First Look at Death**  
By Pat Thomas and Leslie Harker
- ❖ **Saying Goodbye to Daddy**  
By Judith Vigna
- ❖ **Something Very Sad Happened (A Toddler's Guide to Understanding Death)**  
By Bonnie Zucker
- ❖ **The Rabbit Listened**  
By Cori Doerrfeld
- ❖ **Badgers Parting Gifts**  
By Susan Varley
- ❖ **The Fall of Freddie the Leaf (A Story of Life for All Ages)**  
By Leo Buscaglia
- ❖ **One Wave at a Time: A Story About Grief and Healing**  
By Holly Thompson
- ❖ **When My Daddy Died, I...: Things I Miss About My Dad**  
By K.J. Reider
- ❖ **Missing Mommy: A Book About Bereavement**  
By Rebecca Cobb
- ❖ **Double-Dip Feelings: Stories to Help Children Understand Emotions** By Barbara Cain



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- ❖ The Golden Sweater: A Story of Grief, Strength and Love  
By New York Life Foundation  
Free E-book download: <https://www.newyorklife.com/foundation/kais-journey>
- ❖ I Have a Question About Death. A book for children with autism spectrum disorder or other special needs by Arlen Grad Gaines and Meredith Englander Polsky

## ACTIVITY BOOKS for elementary age children

- ❖ When Someone Very Special Dies: Children Can Learn to Cope With Grief (Drawing Out Feelings)  
By Marge Heegaard
- ❖ When Someone Dies: A Child-Caregiver Activity Book \*\*\* currently unavailable on Amazon \*\*\*  
By National Alliance for Grieving Children
- ❖ After a Death: An Activity Book for Children  
By The Dougy Center

## ONLINE RESOURCES for younger children

- ❖ Supporting Grieving Preschoolers by The Dougy Center  
[https://www.dougy.org/docs/TDC\\_Preschoolers\\_Tip\\_Sheet\\_2018.pdf](https://www.dougy.org/docs/TDC_Preschoolers_Tip_Sheet_2018.pdf)
- ❖ Sesame Street: Helping Kids Grieve  
<https://sesamestreetincommunities.org/topics/grief/>
- ❖ Sesame Street: Answering Difficult Questions  
<https://sesamestreetincommunities.org/topics/grief/?activity=answering-difficult-questions>
- ❖ Fred Rogers: Dealing With Death \*\*\*TEST LINK FIRST\*\*\*  
<https://web.archive.org/web/20190510083141/https://www.fredrogers.org/parents/special-challenges/death.php>



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- ❖ Tips for Supporting Grieving Children by The Dougy Center  
[https://www.dougy.org/docs/TDC\\_Tips\\_for\\_Supporting\\_Grieving\\_Children\\_2018.pdf](https://www.dougy.org/docs/TDC_Tips_for_Supporting_Grieving_Children_2018.pdf)
- ❖ The Dougy Center School & Community Toolkit  
<https://www.tdcschooltoolkit.org/for-children-teens>
- ❖ Grief & COVID-19 (printable coloring or journaling page)  
[https://570166e6-7ec6-4eb2-abf0-8df57e6637a2.filesusr.com/ugd/937c97\\_38fee24caf5e4ed7b20705779556831a.pdf](https://570166e6-7ec6-4eb2-abf0-8df57e6637a2.filesusr.com/ugd/937c97_38fee24caf5e4ed7b20705779556831a.pdf)

## BOOKS for pre-teens and teens

- ❖ Tear Soup: A Recipe for Healing After Loss  
By Pat Schwiebert
- ❖ The Boy, the Mole, the Fox and the Horse  
By Charlie Mackesy
- ❖ Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love  
By Earl A. Grollman
- ❖ Healing Your Grieving Heart for Teens (100 Practical Ideas)  
By Alan D. Wolfelt
- ❖ \*\* Journal \*\* Chill & Spill: A Place to Put It Down and Work It Out By  
Steffanie Lorig and Jeanean Jacobs
- ❖ You Are Not Alone: Teens Talk About Life After the Loss of a Parent By Lynn B. Hughes
- ❖ After a Suicide Death: An Activity Book for Grieving Kids by The Dougy Center



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- ❖ Tips for Supporting the Grieving Teen by The Dougy Center  
[https://www.dougy.org/docs/TDC\\_Tips\\_for\\_Supporting\\_the\\_Grieving\\_Teen\\_2018.pdf](https://www.dougy.org/docs/TDC_Tips_for_Supporting_the_Grieving_Teen_2018.pdf)  
SPANISH:  
[https://www.dougy.org/docs/Supporting\\_Grieving\\_Teens\\_Spanish.pdf](https://www.dougy.org/docs/Supporting_Grieving_Teens_Spanish.pdf)
- ❖ Tips for Young Adults Grieving a Death  
[https://www.dougy.org/docs/Tips\\_for\\_Young\\_Adults\\_Grieving\\_a\\_Death.pdf](https://www.dougy.org/docs/Tips_for_Young_Adults_Grieving_a_Death.pdf)
- ❖ The Dougy Center School & Community Toolkit  
<https://www.tdcschooltoolkit.org/for-children-teens>
- ❖ #Help2MakeSense (peer advice) by Winston's Wish  
<https://help2makesense.org/>