

INSPIRATION. COLLABORATION. INNOVATION.



Grief can be overwhelming, but you don't have to face it alone. This guide includes trusted counseling resources and recommended books to help bring comfort and guidance.

Grief Counseling Resources

Alive Alone...Benefit Bereaved Parents American Foundation for Suicide Prevention Bereaved Parents USA National Hospice & Palliative Care Organization Rainbows...Helping Children Grieve

Grief Library

ADULT GRIEF

Understanding Your Grieving Heart by Mary M. Wong I Wasn't Ready to Say Goodbye by Brook Noel and Pamela D. Blair, Ph.D A Guide for the Bereaved Survivor by Robert Baugher, Ph.D. and Marc Calija

TEENAGE GRIEF

Fire In My Heart, Ice In My Veins by Enid Samuel – Traisman, M.S.W. *I Remember, I Remember* by Enid Samuel – Traisman, M.S.W. *My Grieving Journey Book* by Donna and Eve Shavatt

LOSS OF A CHILD

Healing a Parent's Grieving Heart by Alan D. Wolfelt, Ph.D. The Death of a Child by Elaine E. Stillwell Dear Parents by The Centering Corporation

LOSS OF A PARENT

I Heard Your Daddy Died by Mark Scrivani Finding Your Way After Your Parent Dies by Richard Gilbert Motherless Daughters by Hope Edelman

SUICIDE

Someone I Love Died By Suicide by Doreen Cammarata Suicide of a Child by Adina Wrobleski Suicide: Survivors by Adina Wrobleski

MEN'S GRIEF

When a Man Faces Grief by Thomas R. Golden and James E. Miller Healing a Father's Grief by William H. Schatz Cowbells and Courage by Patrick W. Page

CHILDREN'S GRIEF

Lifetimes by Bryan Mellonie and Robert Ingpen *Water bugs and Dragonflies* by Doris Stickney *The Next Place* by Warren Hanson