

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