

Bereavement Resources (Children/Teens)
Archdiocese of Seattle Library Media Center
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Handbook for Those Who Grieve: What You Should Know and What You Can Do During Times of Loss: A Resource for Family, Friends, Ministers, Caregivers, and Colleagues (Book) Auz, Martin M., Chicago: Loyola Press, 2002. The sadness we feel after the death of a loved one can bring our lives to a grinding halt. This valuable resource provides practical information for people who are grieving and the people who support them. You'll find information on planning funerals, writing sympathy letters, and helping children to grieve, as well as "do" and "don't" lists for family and friends, checklists with planning details, and a comprehensive list of grief support resources.

Grieving: With the Help of Your Catholic Faith (Book) Duquin, Lorene, Our Sunday Visitor, 2006. Grieving with the Help of Your Catholic Faith gives Catholics a meaningful way to help themselves or others through this challenging time. With personal stories, reassuring prayers, and spiritual wisdom, it provides: An understanding of how grief affects and can be lightened by the heart, soul, and mind The perspective to sort through difficult physical, emotional, and spiritual feelings Positive ways to deal with sorrow Empowering wisdom for building a stronger faith Tips for providing comfort to adults, teens, and children who are grieving A perfect resource for grief support groups, clergy, lay ministers, and individuals alike, Grieving with the Help of Your Catholic Faith offers comfort, empathy, and inspiration that will be relied upon time and time again.

Death and the Classroom: A Teacher's Guide to Assist Grieving Students (Book) Cassini, Kathleen K., Griefwork of Cincinnati, 1996. A practical and psychologically-sound discussion of how to deal with grief reactions and how teachers can move beyond their own fears and misconceptions and become effective participants in the grieving process.

ABCs of Healthy Grieving: A Companion for Everyday Coping (Book) Smith, Harold Ivan, Ave Maria Press, 2007. Offers simple, realistic advice of comfort, practical support, and wise spiritual guidance for body and soul. Each two-page reflection encourages healthy grieving and new ways of being in the world after experiencing profound loss.

Will I See My Dog in Heaven: God's Saving Love For the Whole Family of Creation (Book) Wintz, Jack, 2009. The author lines up evidence from the Scriptures, Christian tradition and liturgy, and the life and teachings of St. Francis of Assisi, that God desires all creatures in the afterlife.

Parenting a Grieving Child: Helping Children Find Faith, Hope, and Healing After the Loss of a Loved One (Book) Poust, Mary DeTurris, Loyola Press, 2002. For children, understanding death and grief can be overwhelming. Drawing on personal experience and expert advice, the author offers this practical guide for parents helping children through the grieving process. Written from a faith perspective, the book emphasizes the role of religion in grieving and healing.

A Tiny Boat At Sea, How to Help Children who have a Parent Diagnosed with Cancer (Book) 2nd edition. Grief Watch, 2000. This insightful book teaches us how to help children who have had a parent or family member who has been diagnosed with cancer. When a parent is diagnosed with cancer, the illness and treatment can be stressful for the whole family. Parents almost always

express the concern for the well-being of their children. This booklet is easy to use and touches on how to support children without burying the information in pages of explanations.

Guiding Young Teens through Life's Losses (Book) Wezeman, Phyllis Vos, Twenty-Third Publications, 2003. This book is a welcome resource for all those who work with young teens. It covers topics like death, depression, alcoholism, and drugs. The insightful prayers and reinforcing activities will comfort and strengthen young teens as they try to understand and cope with their losses.

No One Cries the Wrong Way: Seeing God through Tears (Book) Kempf, Joseph, Our Sunday Visitor, 2012. Consoling in a way that is both simple and profound, Fr. Kempf helps us trust the love in the midst of the pain. At the end of the book, there is a prayer service for each chapter, questions for reflect or discussion, and quotes for meditation and prayer.

When Parents Divorce or Separate: I Can Get through This (Book) Cassella-Kapusinski, Lynn, Pauline Books and Media, 2012. Formed by the truths of the Catholic faith and by what professionals in family counseling have found helpful, this guide through parental divorce and separation designed for children ages 8-12, blends faith with interactive elements. Whether you are a parent, guardian, caretaker, counselor, therapist, support group leader, or ministry program coordinator, with this resource, you can provide your child with a safe space for coping, healing, and growing. Chapters cover the entire experience of divorce or separation-its development, onset, duration, and aftermath-and acknowledge a child's emotional, mental, and physical responses amidst these stages.

Time to Say Goodbye: My Grief Workbook (Book) Twenty-Third Publications, 2010. This wonderful, gentle, and informative guide is for children ages 6 to 9 who have lost a loved one. It offers creative suggestions and hands-on activities to help them work through the grieving process. It explains death and presents the Catholic/Christian attitude toward dying with an emphasis on hope. The thoughtful materials for parents will help them accompany their child through the grieving process.

I Will Remember You: My Catholic Guide Through Grief (Book) Pauline Books & Media, 2011. Assists a child through the grieving process while helping them to honor the memory of their loved one. In child-friendly terms it addresses death, grief, and how God and our Catholic faith can help her or him through this sad time. Through thoughtful consideration, prayer, and specially designed activities, it helps children ages 7-12 understand death, funeral rituals, the grieving process, and what to expect during the first year after the loss of a loved one. Schuler, a certified school counselor with an MS in Counseling Psychology, gives a reassuring voice to a child's feelings of loss, and provides a safe space where hopes can be expressed and memories can be treasured.

When Families Grieve = Familias en la afliccion (Book/DVD) Sesame Street, 2010. Bilingual kit uses the power of Elmo and Sesame Street Muppets to support grieving families. It includes a DVD of a TV special with Katie Couric, the Muppets & stories of families coping with the death of a parent, a parent/caregiver guide & a kid's storybook.

Almost Home: Living With Suffering and Dying (DVD) Liguori Publications, 2008. Sister Thea Bowman, a nationally known Black Catholic sister, shares her personal experiences of living with

the sufferings and uncertainties of a terminal illness. As Sister Thea shares her story, she will guide you in understanding and accepting your own circumstances in order to live life as fully as possible and to prepare for the journey home to God with confidence and courage.

Amish Grace: How Forgiveness Transcended Tragedy (Book or DVD) Kraybill, Donald B. Jossey-Bass, 2007. Explores the many questions this story raises about the religious beliefs and habits that led the Amish to forgive so quickly. It examines forgiveness embedded in a separatist society and questions if Amish practices parallel or diverge from other religious and secular notions of forgiveness. It also asks why and how forgiveness became international news. "All the religions teach it," mused an observer, "but no one does it like the Amish." Regardless of the cultural seedbed that nourished this story, the surprising act of Amish forgiveness begs a deeper exploration. How could the Amish forgive so swiftly? What did this act mean to them? And how might their story provide lessons for the rest of us?

Through a Lens Darkly (DVD) Vision Video, 2011. Loss comes in many forms: the grief over the death of a loved one, the devastation of a physical or mental impairment, the pain of divorce or separation, or the distress of job loss and foreclosure. The physical and emotional responses to grief can be as heart wrenching as the loss itself. So where does a person turn for answers and encouragement in a time of despair, doubt, and fear? Through a Lens Darkly uplifts the soul with the moving stories of people touched by a significant loss.

Sometimes Life is Just Not Fair: Hope for Kids through Grief and Loss (Children's Book) Kempf, Joseph, Our Sunday Visitor Pub., 2012. This book tackles some tough issues in a way that a child will understand: If God is so good, why do innocent people suffer? What is our hope when someone we love dies? How do we go on when our hearts are broken? Meets the child right where we are with just what we need.

When Dinosaurs Die: A guide to Understanding Death (Book) Brown, Laurene Krasny Little, Brown, 1996. Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

I am my Grandpa's Enkelin (Children's Book) Wangerin, Walter, Paraclete Press, 2007. The granddaughter of a German-American farmer tells of her experiences with him on the farm and the many things he taught her about life.

Today Someone I Love Passed Away (Children's Book) Ahern, Dianne, Aunt Dee's Attic, 2008. The great mystery of death and what happens when we die is perplexing for adults, but it is even more bewildering for children. This book provides a Catholic understanding of death and salvation, the Sacrament of Anointing of the Sick, and the Last Viaticum.

Tear Soup: A Recipe for Healing after Loss (Children's Book) Grief Watch, 2003. In this animated tale, a woman named Grandy has just suffered a big loss in her life, and so she is cooking her own unique batch of "tear soup." Each person grieves a different way and so blends different ingredients into their process of grieving, or their "tear soup." Young and old alike will find comfort and insights in this portrayal of the ongoing process of healing from grief.

Websites and Online Resources

- **Hospice of Seattle**, part of the Providence Health System, offers [Safe Crossings](#), a specialized program for children who are facing the death of a loved one. For information, call 206-320-4000.
- [Camp Erin](#) is a bereavement camp for children ages 6-17, held in September at Camp Killoqua near Stanwood. The camp, sponsored by the Moyer Foundation, is free but registration is required. Call 425-261-4798.
- On the Eastside, Kirkland's [Evergreen Hospital](#) offers grief support, including groups designed to support parents and young children. Evergreen's next seven-week session support group for grieving parents and 6- to 12-year-olds will be held April 5- May 17 and again in September. For more information, call 425 899-1077.
- The [Dougy Center](#) provides many resources online. Provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Choose "Center Locator" and type in your ZIP code to find a program for grieving children near you.