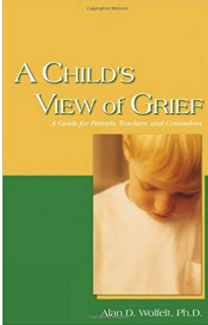
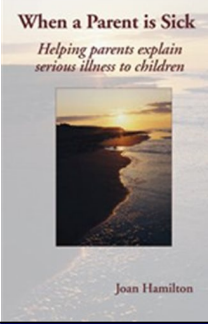
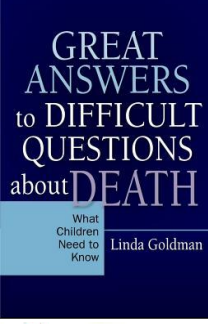
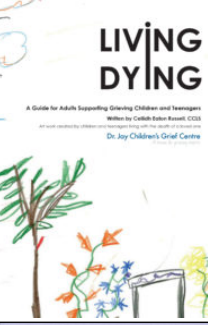
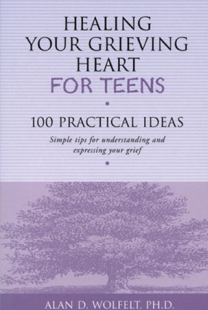


Books

	<p>A Child's View of Grief: A Guide for Parents, Teachers, and Counselors</p> <p>by Alan D. Wolfelt</p> <p>This book explains how children and teens grieve after someone you loved has died and how the adults in their life can help children and teens cope with grief.</p>
	<p>When a Parent is Sick: Helping Parents Explain Serious Illness to Children</p> <p>by Joan Hamilton</p> <p>This book provides parents and caregivers with suggestions on how to approach children with the information that their parent is seriously</p>
	<p>Great Answers to Difficult Questions about Death: What Children Need to Know</p> <p>by Linda Goldman</p> <p>This book explores children's thoughts and feelings related to death and provide parents and other adults, guidance on how to respond to difficult questions.</p>
	<p>Living Dying: A Guide for Adults Support Grieving Children and Teenagers</p> <p>by Ceilidh Eaton Russell</p> <p>This book includes suggestions for talking about illness and death with young people, including them in the care of the dying, and maintaining meaningful connections after a loved one has died.</p>
	<p>Healing Your Grieving Heart for Teens: 100 Practical Ideas</p> <p>by Alan D. Wolfelt</p> <p>Offers a list of ideas for honoring and remembering a loved one, and supporting, interacting, and communicating with a grieving teen.</p>

Please speak with your H.U.U.G. Counsellor if you need help accessing any of these resources.

Websites

Kids Grief – kidsgrief.ca

Includes a series of 3 learning modules that provide strategies and talking points to help caregivers address tough subjects with a grieving child.

Family Education Centre – familyedcentre.org

Free e-learning program *Weathering the Storm: Parenting Grieving Children* offers assistance to caregivers parenting grieving children. The resource library includes tipsheets and podcasts for helping caregivers recognize grief, communicate about grief, parent through grief, and the importance of self-care (offered in 7 languages).

Sesame Street Grief Toolkit – sesamestreet.org/toolkits/grief

Includes tips, videos, a story, and activities to help your family members communicate with one another, express emotions, and begin the process of moving forward.

What's Your Grief? – whatsyourgrief.com

Blog posts cover a variety of topics including grief education, supporting kids/teens, suggestions for coping, ideas for self-expression, and ways to honour and remember loved ones

Children and Youth Grief Network – childrenandyouthgriefnetwork.com

Features links to additional resources, a video series on how to support grieving children at school, and an interactive map displaying services available in Region of Peel and GTA.

Books and Resources for Children & Youth

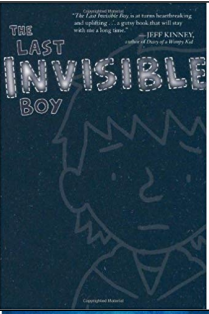
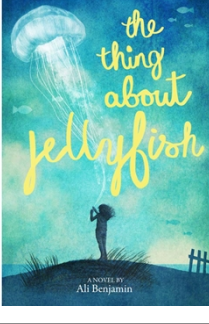
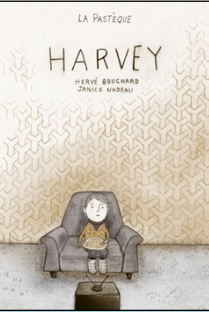
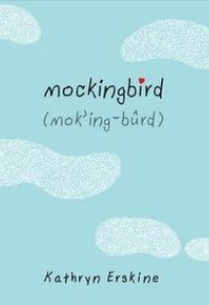
Books for Children

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	<p>Lifetimes: A Beautiful Way to Explain Death to Children by Brian Mellonie and Robert Ingpen</p> <p>This book illustrates how the living and dying of people is a natural process, like that of all living things. The book also discusses the life cycle of various plants and animals as well as humans, in simple and direct language.</p>
	<p>The Invisible String by Patrice Karst</p> <p>This book is a simple approach to overcome the fear of loneliness or separation from those we love whether by distance or death. We are all connected by a very special string made of love and even though you may not be able to see it, you can feel it deep in your heart.</p>
	<p>Ida, Always by Caron Levis</p> <p>Gus lives in a big park in the middle of an even bigger city, and he spends his days with Ida. Then one sad day, Gus learns that Ida is very sick, and she isn't going to get better. Slowly Gus realizes that even after Ida is gone, she will still be with him.</p>
	<p>The Next Place by Warren Hanson</p> <p>This is a book that explores where people go when they leave 'this place.' It presents a beautiful and hopeful view of where people go when they die without prescribing any one spiritual view other than the imagination that the next place is wonderful.</p>

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Books and Resources for Children & Youth

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	<p>The Thing About Jellyfish</p> <p>by Ali Benjamin</p> <p>After her best friend dies in a drowning accident, Suzy is convinced that the true cause of the tragedy must have been a rare jellyfish sting. Suzy crafts a plan to prove her theory, even if it means traveling the globe alone.</p>
	<p>Harvey</p> <p>by Hervé Bouchard</p> <p>A graphic novel about a young boy’s reaction to his father’s death. Harvey and his little brother are playing when they learn that their father has died of a heart attack. Everything changes, and Harvey finds himself disappearing.</p>
	<p>Mockingbird</p> <p>by Kathryn Erskine</p> <p>Caitlin has Asperger’s syndrome and is coping with the death of her brother in a school shooting. She reaches out past her own family’s tragedy to help others as she helps herself.</p>

Apps

Kids Help Phone – visit kidshelpphone.ca, call 1-800-668-6868, or text CONNECT to 686868

24-hour, anonymous, and confidential phone counselling. You can live chat with a Kids Help Phone counsellor online, or from your mobile through the free **Always There** app.

Apart of Me – apartofme.app

This game is designed to help you find wisdom and strength to help you cope with the death of a loved one. It is freely available on the iOS App Store and Google Play.

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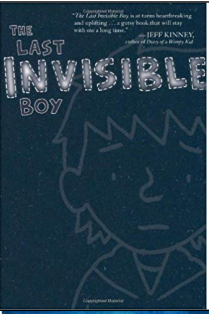
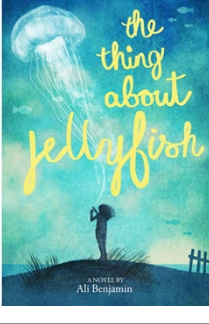
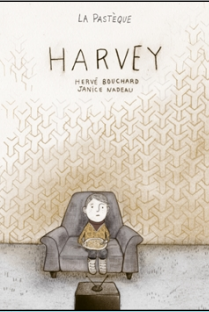
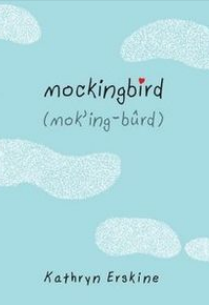
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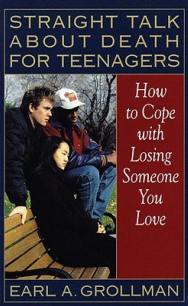
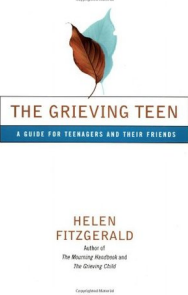


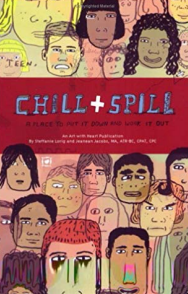
Apart of Me – apartofme.app

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Books and Resources for Teens

Books and Journals

	<p>Straight Talk About Death for Teenagers</p> <p>by Earl A. Grollman</p> <p>This book explains what to expect when you lose someone you love. Chapters discuss reactions to a death, how grief can affect your relationships, and how to work through your grief.</p>
	<p>The Grieving Teen: A Guide for Teenagers and Their Friends</p> <p>by Helen Fitzgerald</p> <p>This book addresses difficult emotions you may experience and situations you may face, including family changes, problems at school, and finding the courage to move forward.</p>
	<p>We Get It: Voices of Grieving College Students and Young Adults</p> <p>by Heather L. Servaty-Seib and David C. Fajgenbaum</p> <p>Students and young adults face a unique set of challenges. This book is a collection of stories covering topics including isolation, forced maturity, and coping strategies.</p>
	<p>Angel Catcher: A Journal of Loss and Remembrance</p> <p>by Kathy Eldon and Amy Eldon Turteltaub</p> <p>This journal is designed to help you through the loss and celebrate the life of the person you love. The pages have space for photographs, reflection, thoughts, and memories.</p>
	<p>Chill & Spill: A Place to Put it Down and Work it Out</p> <p>by Steffanie Lorig and Jeanean Jacobs</p> <p>A journal for you to spill your guts and chill out. A combination of writing, drawing, and collaging activities help you explore what's going on in your head and in your heart.</p>

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Books and Resources for Teens

Websites

Help 2 Make Sense – help2makesense.org

When someone close to you dies, nothing makes sense. This online toolkit features tips and resources to help you make sense of your grief.

Hope Again – hopeagain.org.uk

Features advice, stories, and vlogs from young people who are grieving. Offers ideas on how to cope, talk about your grief, stay connected with your loved one, and tips for carrying on.

Surviving Life After A Parent Dies (SLAP'D) – slapd.com

SLAP'D is a social media site to help teens find hope and connection through shared experiences. Includes articles written by teens, advice forums, and an ask-an-expert column.

Too Damn Young – toodamnyoung.com

Too Damn Young is a community built by, and for, grieving teens. The site features articles, personal accounts, and creative outlets for teens to express themselves and connect with each other.

Teen Mental Health – TeenMentalHealth.org

Offers tools for you to learn about and maintain your mental health. Resources cover a variety of topics including sleep, stress, and the stigma surrounding mental illness.

Apps

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