

## Resources on Bereavement

### Online Resources

Bereaved Families of Ontario	<a href="http://www.bereavedfamilies.net/">http://www.bereavedfamilies.net/</a>
Bereavement Ontario Network	<a href="http://www.bereavementontarionetwork.ca">www.bereavementontarionetwork.ca</a>
Center for Loss & Life Transition	<a href="http://www.centerforloss.com">www.centerforloss.com</a>
Men Grieve Too	<a href="http://mengrieve2.katlynstewart.com/">http://mengrieve2.katlynstewart.com/</a>
Grief Support and Resources	<a href="http://www.solesurvivors.org/">http://www.solesurvivors.org/</a>
	<a href="http://www.griefandrenewal.com/">http://www.griefandrenewal.com/</a>
	<a href="http://www.griefsupportservices.org/">http://www.griefsupportservices.org/</a>

### Recommended Reading List - Friends In Grief and Bereaved Families of Ontario - Hamilton/Burlington

#### Books for Adults

**Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart** by Alan D. Wolfelt, PH.D.

**Healing Grief at Work** by Alan D. Wolfelt, PH.D.

**Healing the Adult Child's Grieving Heart**, Alan D. Wolfelt, PH.D.

**Healing Your Grieving Heart For Kids** by Alan D. Wolfelt, PH.D.

**The Wilderness of Grief** by Alan D. Wolfelt, PH.D.

**Understanding Your Suicide Grief**, Wolfelt, PH.D.

**When You Pet Dies**, by Wolfelt, PH.D.

**Nobody's Child Anymore**, Barbara Bartocci

**Don't Take My Grief Away** by Doug Manning

**Keys to Helping Children Deal With Death/Grief** by Joy Johnson

**Journaling a Pathway Through Grief**, Wendy Dean

**The Death of an Adult Child**, Jeanne Webster Blank

**The Bereaved Parent**, Harriet Sarnoff Schiff

**Losing Someone You Love**, Elizabeth Richter

**The Courage to Grieve**, Judy Tatelbaum

**Helping Children Cope with Death**, Dougy Center

**The Empty Chair**, Beryl Glover

**Explaining Death to Children**, Earl Grollman

**The Grieving Child: A Parents Guide**, Helen Fitzgerald

**Surviving the Death of a Sibling: Living Through Grief when an Adult Brother or Sister Dies**, T.J. Wray

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

**How to Go On Living When Someone You Love Dies**, Therese A. Rando, PH.D.

**Grandparents Cry Twice**, Mary Lou Reed

### **Books for Young Children**

*The Fall of Freddie the Leaf*, Leo Buscaglia

*How It Feels When a Parent Dies*, Jill Krementz

*Daddy Doesn't Live Here Anymore*, Betty Boegehold

*Why Charlie Brown, Why?*, Charles Shultz

*Why Did Grandpa Die?*, Barbara Hazen

*A Birthday Present for Daniel*, Juliet Rothman

*Aarvy the Aardvark Finds Hope*, Donna O'Toole

### **Books for Adolescents and Teens**

*Facing Change*, Donna O'Toole

*When a Friend Dies*, Marilyn E. Gootman

### **The Grief Process, Self Help**

*A Passage Through Grief*, Barbara Baumgardner

*Grief: Climb Toward Understanding: Self-Help When You are Struggling*, Phyllis Davies

*Healing After Loss: Daily Meditations for Working Through Grief*, Martha W. Hickman

*Giving Sorrow Words: How to Cope With Grief and Get On With Your Life*, C. Lightner and N. Hathaway.

*Don't take My Grief Away : What to do When You Lose a Loved One*, Doug Manning

*How to Go On living When Someone You Love Dies*, Therese A. Rando

*Men and Grief: A Guide for Men Surviving the Death of a Loved One*, Carol Staudacher

*Courage to Grieve: Creative Living, Recovery and Growth through Grief*, J. Tatelbaum

*Understanding Grief: Helping Yourself Heal*, Alan D. Wolfelt

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