

BEREAVEMENT

INFORMATION FOR CAREGIVERS





BIBLIOAIDANTS®

BETTER INFORMED
TO BETTER HELP®

ABOUT

Biblio-Aidants is a program of the Quebec Public Library Association, which includes the independent public libraries of Quebec (more than 5,000 residents). Close to 165 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 300 service locations covering 81% of the Quebec population.

Biblio-Aidants is available in more than 640 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Aidants is an initiative of the Charlemagne, L'Assomption and Repentigny libraries. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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VISIT OUR WEBSITE

You will find all of the *Biblio-Aidants* booklets and additional information.

www.biblioaidants.ca

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2018 and will be updated on an annual basis.

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HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Aidants thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria. First, the booklets are carefully designed to primarily meet the needs and interests of caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information. With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver. Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Aidants, please visit www.biblioaidants.ca/criteria

ALZHEIMER'S
DISEASE



AUTISM SPECTRUM
DISORDER



BEREAVEMENT



CANCER



CAREGIVERS



DIABETES



HEART DISEASE
AND STROKE



INTELLECTUAL
DISABILITY



MENTAL
HEALTH



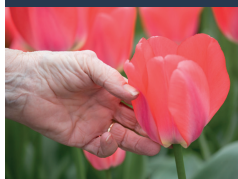
MULTIPLE
SCLEROSIS



PALLIATIVE
CARE



PARKINSON'S
DISEASE



PHYSICAL
DISABILITY



PULMONARY
DISEASE



SENIORS
AND AGING



RESOURCE DIRECTORY



ORGANIZATIONS AND ASSOCIATIONS

CHAMBRE DES NOTAIRES DU QUÉBEC

Telephone	514 879-1793
Toll-free	1 800 263-1793
Website	www.cnq.org/en/home.html

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

FÉDÉRATION DES COOPÉRATIVES FUNÉRAIRES DU QUÉBEC

Telephone	819 566-6303
Email	info@fcfq.coop
Website	www.fcfq.coop/en/

The Website of the Federation provides an opportunity to become familiar with the steps to settle an estate, the measures to be taken in the event of a death, the different funeral rites, and to learn about bereavement support.

LA MAISON MONBOURQUETTE

Telephone	514 523-3596
Toll-free	1 888 LE DEUIL (533-3845)
Email	infos@maisonmonbourquette.com
Website	www.maisonmonbourquette.com

La Maison Monbourquette offers a toll-free help line to bereaved individuals, as well as individual and group meetings at its premises in Montreal. On the organization's website, you can look in the "Bottin des ressources" for resources that can help in your region. Website in French, services offered in both French and English.

THE COMPASSIONATE FRIENDS OF CANADA – QUEBEC CHAPTER

Telephone	514 631-8011
Toll-free	1 866 823-0141
Email	Montreal@TCFCanada.net
Website	http://tcfcanada.net/

Telephone support for parents who have lost a child (please leave a message and a parent volunteer will call you back). Monthly meetings are also held in various regions in Quebec. Visit the Website for a schedule of upcoming meetings.

A few tips for critically assessing information found on the Internet

The source of the information (author or authors)

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

The quality of the information source

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

INTERNET RESOURCES

ÉDUCALOI – WILLS AND ESTATES

www.educaloi.qc.ca/en/categories/death-and-wills

This page of the Éducaloi website presents legal information in plain language on wills and estates as well as planning for death.

GRIEF & GRIEVING

www.healthlinkbc.ca/health-topics/hw164282

This information page from HealthLink BC provides an overview of grief as well as a frequently asked questions section with links to many other information pages on grief, including grief in children and teens.

GRIEF AFTER SUICIDE

http://toronto.cmha.ca/mental_health/grief-after-suicide

This fact sheet from the Toronto branch of the Canadian Mental Health Association answer common questions after suicide, such as “Am I to blame?” or “Could I have helped?”, goes over the stages of grief and the impact that suicide may have on family and friends.

GRIEF AND LOSS

www.helpguide.org/home-pages/grief-loss.htm

This resource, developed in collaboration with Harvard Health Publications, provides fact sheets on different grief topics, including coping with grief and loss and how to help someone who's grieving.

GRIEF IN ADULTS

www.cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_GriefInAdults.pdf

This information sheet from the Canadian Psychological Association provides a general overview of grief and its progression as well as information about when grief can become a problem and treatment options available.

GRIEVING IN THE WORKPLACE: COPING WITH LOSS

<http://alis.alberta.ca/ep/eps/tips/tips.html?EK=11611>

This tip sheet from the Alberta Learning Information Service focuses on grief following the loss of a loved one. The suggestions will help you cope with your own loss or support a bereaved parent or friend.

HELPING YOUR CHILD DEAL WITH DEATH

<http://kidshealth.org/en/parents/death.html>

This resource provides parents with some suggestions for what they can do to help a child who has lost a loved one. It also contains links to more resources for parents, as well as for children and teens.

HOW CHILDREN UNDERSTAND DEATH & WHAT YOU SHOULD SAY

www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-Children-Understand-Death-What-You-Should-Say.aspx

This resource from the American Academy of Pediatrics provides useful information on common responses to death in children for different ages as well as suggestions for communicating with children and teens in each age range.



LIFE, LOSS, HOPE: SURVIVING THE DEATH OF YOUR BABY

www.sands.org.au/images/sands-creative/brochures/LifeLossHope.pdf

This valuable booklet is intended to support parents who are grieving the death of their baby through miscarriage, ectopic pregnancy, stillbirth, newborn death or termination for medical reasons. The booklet discusses both practical and emotional responses and considerations. Note that as this resource is from Australia, a few sections mention legal aspects may not apply to a Canadian context.

MYGRIEF.CA

www.mygrief.ca

Developed by a team of national and international grief experts together with people who have experienced significant loss in their own lives, this website is meant to help you understand grief and work through some of the difficult issues you may be facing. The site has nine sections on various aspects of grief, from grieving an expected loss to making sense of intense emotions to caring for yourself. To view the sections, register for a free account.

SERVICES QUÉBEC – WHAT TO DO IN THE EVENT OF DEATH

<http://www4.gouv.qc.ca/EN/Portail/Citoyens/Evenements/deces/Pages/accueil.aspx>

The death of a loved one is a difficult time and requires the completion of a number of administrative steps. What do you need to do first? Are you entitled to survivors' benefits? What are the responsibilities of the liquidator of a succession? This guide provides an overview of the steps that you have to take with government departments and agencies following a death.

SIBLING GRIEF

www.hospicewr.org/western-reserve-carelink/Pages/Sibling-Grief.aspx

This resource discusses common emotions that impact siblings when a brother or sister dies, growth after loss and provides helpful ideas and advice for parents.

WHEN A PARENT DIES BY SUICIDE: WHAT KIDS WANT TO KNOW

www.camh.ca/en/education/about/camh_publications/Documents/Flat_PDFs/WAP_Suicide.pdf

This online tip sheet by the Centre for Addiction and Mental Health lists common questions children have when a parent dies by suicide and suggestions for answering them.

HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

HEALTHY CANADIANS

www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

MAYO CLINIC

www.mayoclinic.org/patient-care-and-health-information

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/medlineplus.html

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

PORTAIL SANTÉ MIEUX-ÊTRE

www.sante.gouv.qc.ca/en/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

HEALTH DATABASES

Open access databases

Here is a selection of resources to help you find relevant information. The databases below are accessible at no charge and no subscription is required.

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.

To subscribe: www.banq.qc.ca/formulaires/abonnement

BOOKS24/7 WELL-BEING ESSENTIALS

<http://numerique.banq.qc.ca/ressources/details/5259>

Books on health and well-being available online. This collection covers several topics, including hygiene, nutrition, stress management, work, work-life balance, relationships, family, consumption, etc.

CONSUMER HEALTH COMPLETE

<http://numerique.banq.qc.ca/ressources/details/5278>

A database of periodicals, reference material and diverse medical sources gathered to meet the needs of users and not health professionals. It covers topics related to health, such as medicine, cancer, drugs, physical training, nutrition, child health as well as alternative medicines. Resources in several languages.

E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL'S MEDICAL GUIDE

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

READING SUGGESTIONS

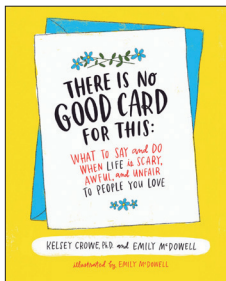
**YOUR LIBRARY DOESN'T
HAVE THE BOOK THAT YOU
ARE LOOKING FOR?**

**LEARN ABOUT THE LOAN SERVICE BETWEEN
LIBRARIES. YOUR LIBRARY CAN THEN OBTAIN
THE DOCUMENT YOU WOULD LIKE FROM
ANOTHER LIBRARY.**



NON-FICTION

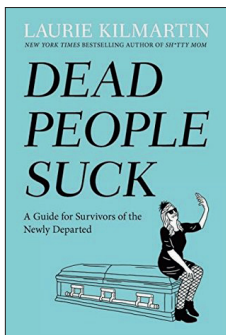
General works



THERE IS NO GOOD CARD FOR THIS: WHAT TO SAY AND DO WHEN LIFE IS SCARY, AWFUL, AND UNFAIR TO PEOPLE YOU LOVE

Kelsey Crowe and Emily McDowell. New York: HarperOne, 2017, 260 p.

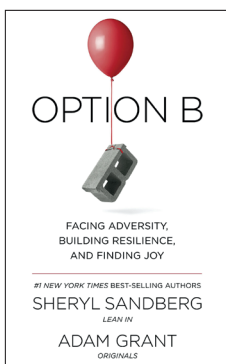
There Is No Good Card for This isn't a spiritual treatise on how to make you a better person or a scientific argument about why compassion matters. It is a helpful illustrated guide to effective compassion that takes you, step by step by step, past the paralysis of thinking about someone in a difficult time to actually doing something (or nothing) with good judgment instead of fear. Whether it's a coworker whose mother has died, a neighbor whose husband has been in a car accident, or a friend who is seriously ill, *There Is No Good Card for This* teaches you how to be the best friend you can be to someone in need.



DEAD PEOPLE SUCK: A GUIDE FOR SURVIVORS OF THE NEWLY DEPARTED

Laurie Kilmartin. Emmaus: Rodale, 2017, 190 p.

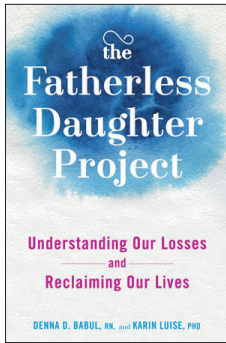
Death is not for the faint of heart, and sometimes the best way to cope is through humor. No one knows this better than comedian Laurie Kilmartin. *Dead People Suck* is her guide to surviving (sometimes) death, dying, and grief without losing your mind.



OPTION B: FACING ADVERSITY, BUILDING RESILIENCE, AND FINDING JOY

Sheryl Sandberg and Adam M. Grant. London: WH Allen, 2017, 240 p.

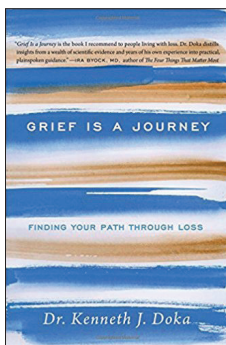
After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. *Option B* combines Sheryl's personal insights with Adam's research on finding strength in the face of adversity.



THE FATHERLESS DAUGHTER PROJECT: UNDERSTANDING OUR LOSSES AND RECLAIMING OUR LIVES

Denna D. Babul and Karin Luise. New York: Avery, 2016, 276 p.

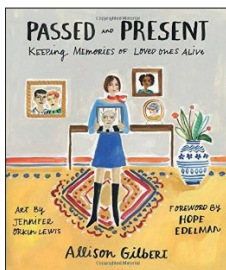
When *Motherless Daughters* was published 20 years ago, it unleashed a tsunami of healing awareness. When authors Denna Babul and Karin Smithson couldn't find the equivalent book for fatherlessness, *The Fatherless Daughter Project* was born. The book will set fatherless women on the path to growth and fulfillment by helping them to understand how their loss has impacted their lives.



GRIEF IS A JOURNEY: FINDING YOUR PATH THROUGH LOSS

Kenneth J. Doka. New York: Atria Books, 2016, 292 p.

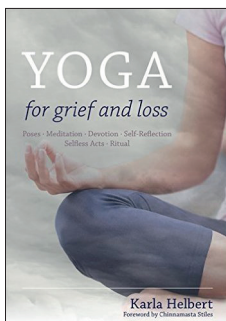
In this book, Dr. Kenneth Doka, a licensed mental health counselor and preeminent expert in grief, explores a new, compassionate way to grieve, explaining that grief is not an illness to get over but an individual and ongoing journey and that there is no “one-size-fits-all” way to cope with loss. He helps readers realize that their experiences following a death are far more individual and much less predictable than the conventional “five stages” model would have them believe. Common patterns of experiencing and expressing grief still prevail, yet many other life changes accompany a primary loss.



PASSED AND PRESENT: KEEPING MEMORIES OF LOVED ONES ALIVE

Allison Gilbert. Berkeley: Seal Press, 2016, 238 p.

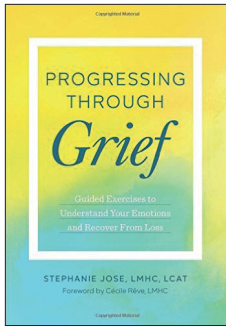
When a loved one dies, it is hard to balance meaningful ways of keeping their memory alive without holding on to mementos and belonging that create emotional and physical clutter. Gilbert offers inspiring ways to celebrate family and friends into your year-round life, keeping them in your heart and mind while also making you feel more fulfilled in the present.



YOGA FOR GRIEF AND LOSS: POSES, MEDITATION, DEVOTION, SELF-REFLECTION, SELFLESS ACTS, RITUAL

Karla Helbert. London: Singing Dragon, 2016, 320 p.

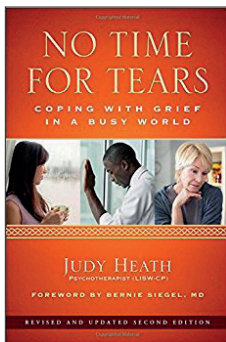
Written by a licensed professional counselor, this book explains how the six branches of yoga offer guidance and coping methods to those who have suffered bereavement or loss. Looking at the emotional, spiritual, philosophical elements, as well as the physical postures of yoga, the book shows how to begin and sustain a personal practice that helps us move through grief on multiple levels.



PROGRESSING THROUGH GRIEF: GUIDED EXERCISES TO UNDERSTAND YOUR EMOTIONS AND RECOVER FROM LOSS

Stephanie Jose. Berkeley: Althea Press, 2016, 174 p.

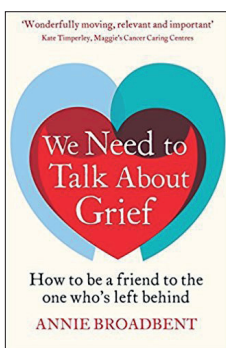
Written by a licensed mental health counselor and intended to help you progress through your grief and into healing, *Progressing Through Grief* is divided into three sections: understanding why grieving is important, and how grief affects your body; identifying complicated feelings and learning skills for coping with them; and journaling to move through overwhelming feelings and practicing self-care through relaxation techniques, nutrition tips, and meditation practices.



NO TIME FOR TEARS: COPING WITH GRIEF IN A BUSY WORLD

Judy Heath. Chicago: Chicago Review Press, 2015, 269 p.

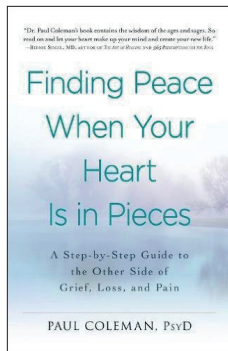
Psychotherapist Judy Heath draws on extensive experience as a grief specialist in private practice to help those struggling with the anguish of loss. Addressing the myths and misinformation about mourning that still abound today, Heath gently coaches readers to understand that coping with loss is a natural process that our society tends to avoid and hurry people through, often leading to unresolved, lasting grief. *No Time for Tears* offers practical advice for both short- and long-term recovery, including how to manage rarely discussed physical and emotional changes: feelings of “going crazy” and inability to focus; feeling out of sync with the world, exhausted and chilled, and crushingly lonely.



WE NEED TO TALK ABOUT GRIEF: HOW TO BE A FRIEND TO THE ONE WHO'S LEFT BEHIND

Annie Broadbent. London: Piatkus, 2014, 196 p.

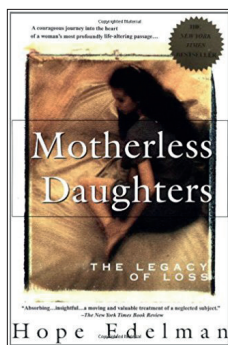
This book presents absorbing and heartfelt stories of grief combined with timely advice on how to help support your loved one through a time of loss.



FINDING PEACE WHEN YOUR HEART IS IN PIECES: A STEP-BY-STEP GUIDE TO THE OTHER SIDE OF GRIEF, LOSS, AND PAIN

Paul W. Coleman. Avon: Adams Media, 2014, 223 p.

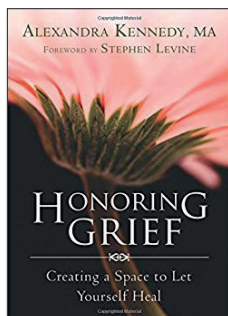
This guide introduces a four-pronged approach to coping with loss, suffering, and any of life's upheavals and finding inner peace, featuring exercises and insight that reveal how to transform pain into positive thinking and find perspective.



MOTHERLESS DAUGHTERS: THE LEGACY OF LOSS

Hope Edelman. Boston: Da Capo Lifelong Books, 2014, 361 p.

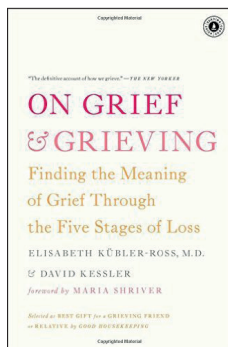
This book explores the myriad ways that losing a mother can affect almost every aspect and passage of a woman's life. First published two decades ago, it is still the book that motherless daughters of all ages look to for understanding and comfort and that they press into each other's hands. Building on interviews with hundreds of mother-loss survivors, this life-affirming book also reflects Edelman's personal experience with the continued legacy of mother loss, as a wife and a mother of young children who better understands how the effects of mother loss change over time and in light of new relationships.



HONORING GRIEF: CREATING A SPACE TO LET YOURSELF HEAL

Alexandra Kennedy. Oakland: New Harbinger Publications, 2014, 139 p.

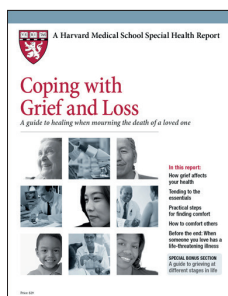
Written by psychotherapist and grief expert Alexandra Kennedy, this book provides a collection of inspirational wisdom and compassionate self-help tips for dealing with loss.



ON GRIEF AND GRIEVING: FINDING THE MEANING OF GRIEF THROUGH THE FIVE STAGES OF LOSS

Elisabeth Kübler-Ross and David Kessler. New York: Scribner, 2014, 237 p.

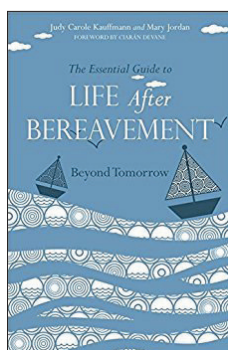
Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors' own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Looking at the way we experience the process of grief, *On Grief and Grieving* applies the five stages of loss to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.



COPING WITH GRIEF AND LOSS: A GUIDE TO HEALING WHEN MOURNING THE DEATH OF A LOVED ONE

Annetta K. Miller, Francesca Coltrera, Susan Block, Anne Underwood and Simon Shaw (ill.). Boston: Harvard Medical School, 2014, 45 p.

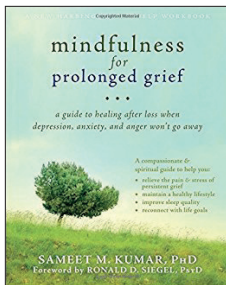
The passing of someone close to you begins a process that, while painful, is normal and expected. It's an experience through which you gradually come to terms with the loss of your loved one and begin to regroup and see yourself in a new way. It's common to feel overwhelmed at first by the depth and intensity of your loss. This short guide can help you navigate these choppy waters.



THE ESSENTIAL GUIDE TO LIFE AFTER BEREAVEMENT: BEYOND TOMORROW

Judy Carole Kauffmann and Mary Jordan. London: Jessica Kingsley Publishers, 2013, 175 p.

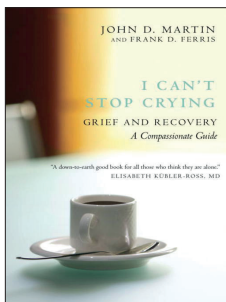
The period following the death of a loved one can be a time of great turmoil. This book acts as a helpful and supportive road map through the initial period of loss, and the weeks and months that follow. As well as the emotional and spiritual aspects of bereavement, it covers important practical considerations, which are often overlooked.



MINDFULNESS FOR PROLONGED GRIEF: A GUIDE TO HEALING AFTER LOSS WHEN DEPRESSION, ANXIETY, AND ANGER WON'T GO AWAY

Sameet M. Kumar. Oakland: New Harbinger Publications Inc., 2013, 190 p.

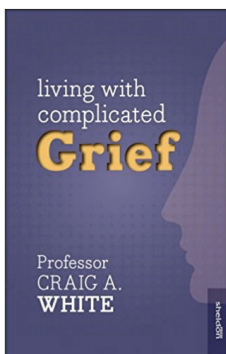
For some people, grief resolves on its own; but for many others, grief can lead to feelings of depression, anxiety, anger, and an intense and inconsolable yearning for the deceased. This workbook offers mindfulness exercises, guided meditations, and healthy lifestyle changes to help you process your grief, manage your intense emotions, and start to finally heal.



I CAN'T STOP CRYING: GRIEF AND RECOVERY, A COMPASSIONATE GUIDE

John D. Martin and Frank D. Ferris. Toronto: McClelland & Stewart, 2013, 132 p.

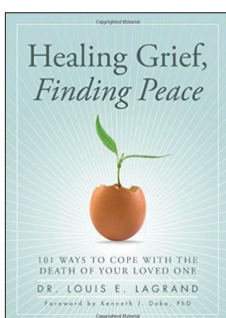
The death of someone close can result in feelings of overwhelming grief, but society expects people to recover from loss as quickly as possible. Martin and Ferris reveal grief as a painful but necessary process to go through in order, ultimately, to recover from the loss of a loved one.



LIVING WITH COMPLICATED GRIEF

Craig A. White. London: Sheldon Press, 2013, 115 p.

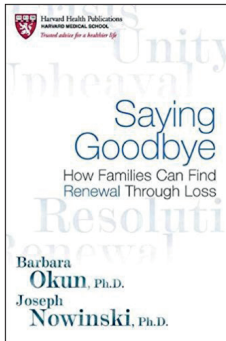
This book, written by a consultant clinical psychologist, looks at how to cope with this kind of reaction to bereavement, so that it becomes possible to accept the death and master its impact. Topics include: the difference between normal and complicated grief; links with other conditions such as post-traumatic stress disorder and depression; understanding the impact of grief; how to manage related emotions such as anger and guilt; identifying unhelpful thinking; using memories and visual imagery positively; moving your loved one from your mind to your heart; and how to create a lasting memorial.



HEALING GRIEF, FINDING PEACE: 101 WAYS TO COPE WITH THE DEATH OF YOUR LOVED ONE

Louis E. LaGrand. Naperville: Sourcebooks, 2011, 286 p.

This book offers an approach to grieving which allows readers to choose whichever coping techniques suit them best and learn to actively take back their lives one step at a time.

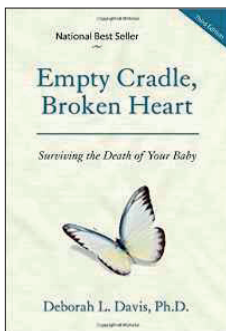


SAYING GOODBYE: HOW FAMILIES CAN FIND RENEWAL THROUGH LOSS

Barbara F. Okun and Joseph Nowinski. New York: Berkley Books, 2011, 313 p.

Saying Goodbye explores what this means for those who may be left “living with death” for an extended period of time. Guiding readers through this complex journey, the authors introduce and explore its five stages – crisis, unity, upheaval, resolution, and renewal – and offer a road map that will help readers navigate their way through the realities of death and dying.

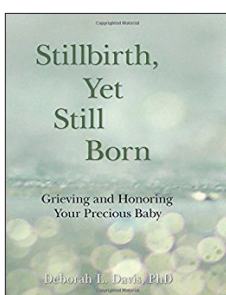
Loss of a child



EMPTY CRADLE, BROKEN HEART: SURVIVING THE DEATH OF YOUR BABY

Deborah L. Davis. Golden: Fulcrum Publishing, 2016, 429 p.

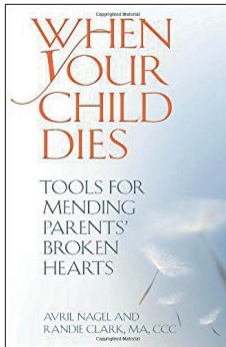
The heartache of miscarriage, stillbirth, or infant death affects thousands of U.S. families every year. This book offers reassurance to parents who struggle with anger, guilt, and despair during and after such a tragedy. Deborah Davis encourages grieving and strives to cover many different kinds of loss, including information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, and the questioning of aggressive medical intervention. There is also a special chapter for fathers as well as a chapter on “protective parenting” to help anxious parents enjoy their precious living children.



STILLBIRTH, YET STILL BORN: GRIEVING AND HONORING YOUR PRECIOUS BABY

Deborah L. Davis. Golden: Fulcrum Publishing, 2014, 110 p.

This small book offers tailored information and support for parents experiencing the early hours, days, and weeks that follow the death and birth of their beloved baby. Stillbirth is always a devastating shock, a heartbreaking collision of birth and death that leaves parents helpless. In this accessible book, you will find comfort and ideas for affirming and honoring your precious baby’s life.

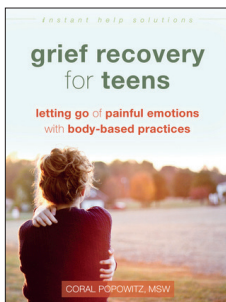


WHEN YOUR CHILD DIES: TOOLS FOR MENDING PARENTS' BROKEN HEARTS

Avril Nagel and Randie Clark. Far Hills: New Horizon Press, 2012, 253 p.

When Your Child Dies provides grief-stricken parents with the tools to navigate the grieving process and addresses the challenges of the intrusion of the media, the justice system, medical system and coroners. Grieving parents will learn how to reduce anxiety and depression and promote healthy self-soothing, identify and address issues that linger and cause emotional pain following the child's death and incorporate their loss into their lives in healthy ways. There are suggestions for talking with surviving children about death and grief, how to handle the impact on extended family systems and social relationships, how to foster a continued loving relationship in their lives with the dead child's memory, among other practical advice, as well as providing a comprehensive list of resources and reading for ongoing support.

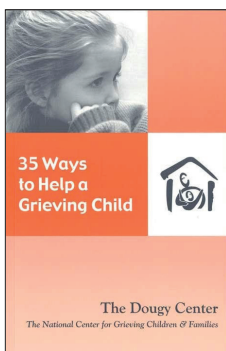
Bereavement experienced by a child and adolescent



GRIEF RECOVERY FOR TEENS: LETTING GO OF PAINFUL EMOTIONS WITH BODY-BASED PRACTICES

Coral Popowitz. Oakland: New Harbinger Publications, 2017, 198 p.

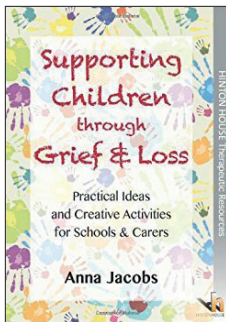
The author outlines strategic approaches to managing the physical aspects of grief and loss, explaining how painful emotions affect the body and how to develop beneficial coping and healing skills.



35 WAYS TO HELP A GRIEVING CHILD

Dougy Center for Grieving Children. Portland: The Dougy Center, 2013, 49 p.

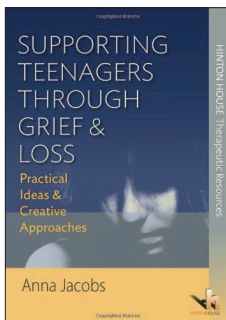
This book offers advice for dealing with children who have suffered the loss of a loved one, discussing how to include children in decision-making, what to expect from different age groups, and how to provide safe emotional outlets for children.



SUPPORTING CHILDREN THROUGH GRIEF & LOSS: PRACTICAL IDEAS & CREATIVE ACTIVITIES FOR SCHOOLS & CARERS

Anna Jacobs. Brackley: Hinton House, 2013, 200 p.

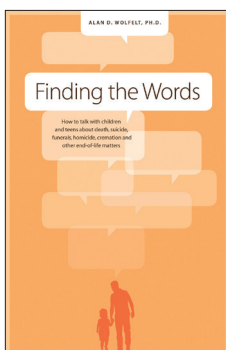
Children who experience loss through death or separation need support and understanding, both at home and at school. This book gives an overview of different behaviours you may encounter and how to respond, as well as discussing questions children may ask and how to answer them. Children's understanding of death varies according to the stage of development and the author provides guidance on age-appropriate, honest responses along with a toolkit of creative and arts activities to help children examine and understand their emotions, physical feelings and memories.



SUPPORTING TEENAGERS THROUGH GRIEF & LOSS: PRACTICAL IDEAS & CREATIVE APPROACHES

Anna Jacobs. Brackley: Hinton House, 2013, 192 p.

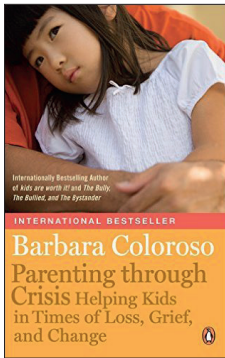
This book contains a wealth of helpful advice, worksheets and suggestions to support young people in their experience of loss in its many forms. Teenagers perceive and experience loss differently from younger children and need support and understanding at home and in school. This resource explores how adolescents understand & respond to loss, explains the needs of young people facing loss at different stages of grief, provides guidance on monitoring if extra support is needed, contains a toolkit of creative age-appropriate resources exploring feelings, behaviours, thoughts and memories, and gives clear guidance on what to say and how to respond to questions and behaviour.



FINDING THE WORDS: HOW TO TALK WITH CHILDREN AND TEENS ABOUT DEATH, SUICIDE, FUNERALS, HOMICIDE, CREMATION AND OTHER END-OF-LIFE MATTERS

Alan Wolfelt. Fort Collins: Companion Press, 2013, 138 p.

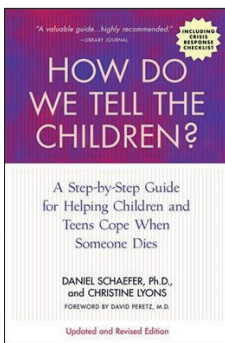
This handbook includes dozens of suggested phrases to use with preschoolers, school agers, and teenagers as you explain death in general or the death of a parent, a sibling, a grandparent, or a pet. Other chapters include possible words and ideas to draw on when you are talking to kids about a death by suicide, homicide, or terminal illness. At times grown-ups must also have very difficult conversations with dying children; this book offers guidance. A final chapter discusses how to talk with kids about funerals, burial, and cremation.



PARENTING THROUGH CRISIS: HELPING KIDS IN TIMES OF LOSS, GRIEF, AND CHANGE

Barbara Coloroso. Toronto: Penguin, 2012, 271 p.

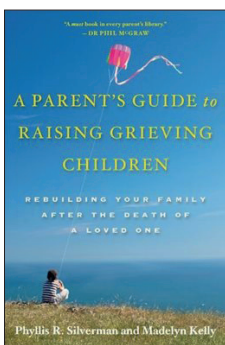
In *Parenting Through Crisis*, renowned child rearing educator Barbara Coloroso helps parents navigate family waters when they get turbulent. What do we tell our children when their grandfather dies? How do we respond to their distress when the family home is lost? How do we break the news of a divorce? How do we help young children cope when their cherished caregiver quits? And how do we make room for their feelings and needs when we are struggling with our own grief?



HOW DO WE TELL THE CHILDREN?: A STEP-BY-STEP GUIDE FOR HELPING CHILDREN TWO TO TEEN COPE WHEN SOMEONE DIES

Dan Schaefer and Christine Lyons. New York: HarperCollins Publishers, 2012, 204 p.

Many children's lives are touched by a serious illness within their families, and some will be faced with the loss of a parent or grandparent, or the death of a sibling or beloved pet. How can adults help young people cope with these losses? How do they explain and console in language that a child can understand? Dr. Daniel Schaefer, working with child psychologists and trauma experts, and drawing on more than three decades of experience with families in crisis, has written a practical guide for anyone who works or lives with children to respond to their inevitable questions about loss and change, life and death. He provides strategies to assist children with grief and trauma and offers time-tested advice and language that children can understand.

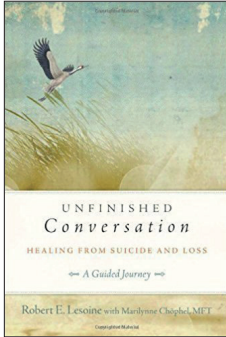


A PARENT'S GUIDE TO RAISING GRIEVING CHILDREN: REBUILDING YOUR FAMILY AFTER THE DEATH OF A LOVED ONE

Phyllis R. Silverman and Madelyn Kelly. New York: Oxford University Press, 2009, 256 p.

This book offers wise guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand, to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to "protect" children from the reality of death may be more harmful than helpful.

Bereavement following suicide

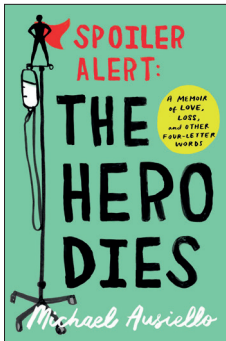


UNFINISHED CONVERSATION: HEALING FROM SUICIDE AND LOSS A GUIDED JOURNEY

Robert Lesoine and Marilynne Chöphel. Berkeley: Parallax Press, 2013, 171 p.

Based on a journal Robert Lesoine kept during the two years following the suicide of his best friend, this book helps readers through the process of reflecting on and affirming the raw immediacy of survivors' emotions. Each short chapter focuses on a different aspect of the author's experience as he transforms his anger and guilt to understanding and forgiveness. Licensed psychotherapist Marilynne Chöphel brings her professional background to Robert Lesoine's deeply personal story to create an accessible path to self-directed healing based on mindful awareness and sound clinical practices. Readers work through their own grieving and healing process with end-of-chapter exercises and activities.

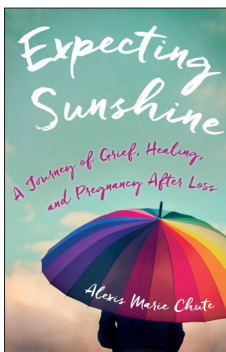
LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



SPOILER ALERT: THE HERO DIES: A MEMOIR OF LOVE, LOSS, AND OTHER FOUR-LETTER WORDS

Michael Ausiello. New York: Atria Books, 2017, 309 p.

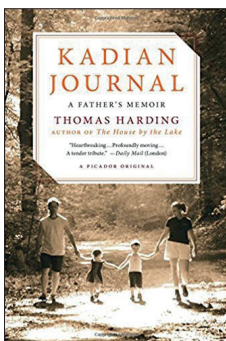
Television industry journalist Michael Ausiello remembers his late husband, and the lessons, love, and laughter that they shared throughout their fourteen years together.



EXPECTING SUNSHINE: A JOURNEY OF GRIEF, HEALING, AND PREGNANCY AFTER LOSS

Alexis Marie Chute. Berkeley: She Writes Press, 2017, 224 p.

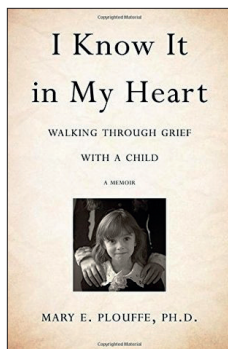
After her son, Zachary, dies in her arms at birth, visual artist and author Alexis Marie Chute disappears into her “Year of Distraction.” She cannot paint or write or tap into the heart of who she used to be, mourning not only for Zachary, but also for the future they might have had together. It is only when Chute learns she is pregnant again that she sets out to find healing and rediscover her identity – just in time, she hopes, to welcome her next child.



KADIAN JOURNAL: A FATHER'S MEMOIR

Thomas Harding. Gordonsville: Picador, 2017, 256 p.

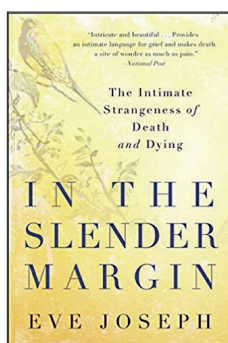
In July 2012 Thomas Harding’s fourteen-year-old son Kadian was killed in a bicycle accident. Shortly afterwards Thomas began to write. This book is the result. Beginning on the day of Kadian’s death, and continuing to the one-year anniversary, and beyond, *Kadian Journal* is a record of grief, and of a mind in shock and questioning a strange new reality.



I KNOW IT IN MY HEART: WALKING THROUGH GRIEF WITH A CHILD: A MEMOIR

Mary E. Plouffe. Berkeley: She Writes Press, 2017, 276 p.

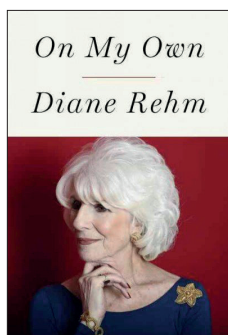
A three-week adventure becomes a tragic dilemma for a loving sister, a motherless child, and a terrified father facing unimaginable loss together and using their relationships with one another to survive. *I Know It In My Heart: Walking through Grief with a Child* explores the impact of early parental loss, the evolution of grief from toddler to teenager, and the devastation of adult sibling loss.



IN THE SLENDER MARGIN: THE INTIMATE STRANGENESS OF DEATH AND DYING

Eve Joseph. New York: Arcade Publishing, 2016, 211 p.

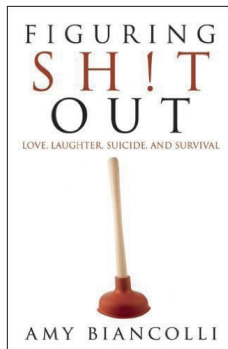
Eve Joseph is an award-winning poet who worked for twenty years as a palliative care counselor in a hospice. When she was a young girl, she lost a much older brother, and her experience as a grown woman helping others face death, dying, and grief opens the path for her to recollect and understand his loss in a way she could not as a child. *In the Slender Margin* offers examples from cultural traditions, practices, and beliefs from around the world, her book is at once an exploration of the unknowable and a very humane journey through the land of grief.



ON MY OWN

Diane Rehm. New York: Alfred A. Knopf, 2016, 162 p.

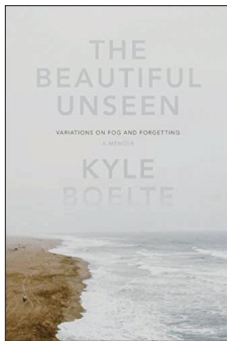
The beloved NPR radio host speaks out about the long-drawn-out death (from Parkinson's) of her husband of fifty-four years, and of her struggle to reconstruct her life without him.



FIGURING SHIT OUT: LOVE, LAUGHTER, SUICIDE, AND SURVIVAL

Amy Biancolli. Burlington: Behler Publications, 2015, 201 p.

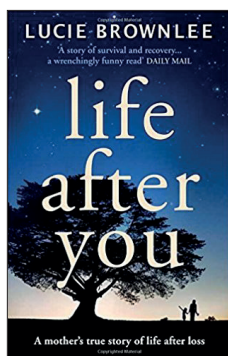
Amy Biancolli's life went off script more dramatically than most after her husband of twenty years jumped off the roof of a parking garage. Left with three children, a three-story house, and a pile of knotty psychological complications, Amy realizes the flooding dishwasher, dead car battery, rapidly growing lawn, basement sump pump, and broken doorknob aren't going to fix themselves. She also realizes that "figuring shit out" means accepting the horrors that came her way, rolling with them, slogging through them, helping others through theirs, and working her way through life with love and laughter.



THE BEAUTIFUL UNSEEN: VARIATIONS ON FOG AND FORGETTING: A MEMOIR

Kyle Boelte. Berkeley: Soft Skull Press, 2015, 156 p.

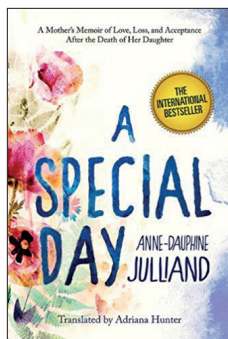
At age thirty, Kyle Boelte finds himself living in San Francisco, where the summer fog blows inland off the ocean and the landscape changes moment to moment. Amidst this ever-changing sea of fog, Boelte struggles to remember his brother Kris, who committed suicide in the family's Denver home when Boelte was just thirteen. In this impressive debut, Boelte sets up a dual narrative: one investigates San Francisco's climate to explain the science behind the omnipresent fog; another explores Boelte's memory as well as letters, notes, newspaper articles, and other artifacts that tell the story of his brother's short life and eventual suicide.



LIFE AFTER YOU

Lucie Brownlee. London: Virgin Books, 2014, 319 p.

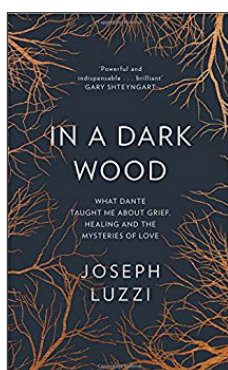
Lucie is 37. She is the mother of a young daughter. And she is a widow. Her husband, Mark, died suddenly at the age of just 37. There wasn't even time to say goodbye. This book, inspired by her award-winning blog *Wife After Death*, is the story of her grief, and how she is (and isn't) coming to terms with Mark's death, and bringing up their daughter on her own. This book is a roller-coaster ride through the highs and lows of negotiating the "new normal" and addresses the warty underbelly of widowhood; the drinking, the recklessness, and the feelings of inadequacy as a single mother to a young child.



A SPECIAL DAY: A MOTHER'S MEMOIR OF LOVE, LOSS, AND ACCEPTANCE AFTER THE DEATH OF HER DAUGHTER

Anne-Dauphine Julliard. New York: Arcade Publishing, 2015, 153 p.

February 29th is a date that comes into existence just once every four years. It is also the birthday of Thaïs – author Anne-Dauphine Julliard's daughter – who died of a genetic disease. As this special day is about to reappear on her calendar for the first time since her daughter passed away, Anne-Dauphine struggles with how to mark this momentous occasion.



IN A DARK WOOD: WHAT DANTE TAUGHT ME ABOUT GRIEF, HEALING, AND THE MYSTERIES OF LOVE

Joseph Luzzi. New York: HarperWave, 2015, 297 p.

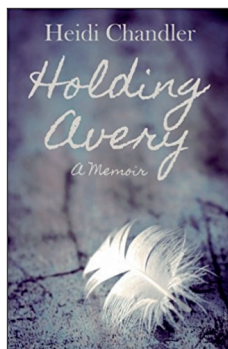
In the aftermath of a heartbreaking tragedy, a scholar and writer uses Dante's *Divine Comedy* to shepherd him through the dark wood of grief and mourning – a rich and emotionally resonant memoir of suffering, hope, love, and the power of literature to inspire and heal the most devastating loss. Where do we turn when we lose everything? Joseph Luzzi found the answer in the opening of *The Divine Comedy*: “In the middle of our life's journey, I found myself in a dark wood.” When Luzzi's pregnant wife was in a car accident—and died forty-five minutes after giving birth to their daughter, Isabel—he finds himself a widower and first-time father at the same moment. While he grieves and cares for his infant daughter, miraculously delivered by caesarean before his wife passed, he turns to Dante's *Divine Comedy* for solace. *In a Dark Wood* tells the story of how Dante helps the author rebuild his life. He follows the structure of *The Divine Comedy*, recounting the Inferno of his grief, the Purgatory of healing and raising Isabel on his own, and then Paradise of the rediscovery of love.



H IS FOR HAWK

Helen Macdonald. New York: Grove Press, 2015 288 p.

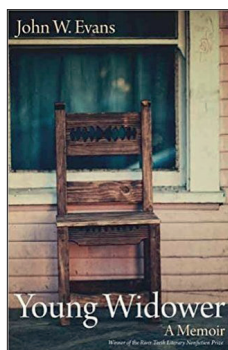
When Helen Macdonald's father died suddenly on a London street, she was devastated. An experienced falconer, she'd never before been tempted to train one of the most vicious predators, the goshawk. But in her grief, she saw that the goshawk's fierce and feral temperament mirrored her own. She adopted Mabel, turned to the guidance of author T. H. White's chronicle *The Goshawk*, and began her life-changing endeavor.



HOLDING AVERY: A MEMOIR

Heidi Chandler. Isle of Man: MP Publishing, 2014, 203 p.

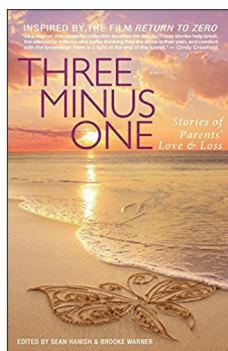
When her otherwise healthy, even idyllic, first pregnancy ends in the sudden and terrible stillbirth of daughter Avery, Heidi Chandler and her husband are left at a total loss. Looking into Avery's perfect face, one that never cooed or cried, Heidi realizes how much her life has changed. *Holding Avery* is a raw exploration of life after the death of a child.



YOUNG WIDOWER: A MEMOIR

John W. Evans. Lincoln: University of Nebraska Press, 2014, 185 p.

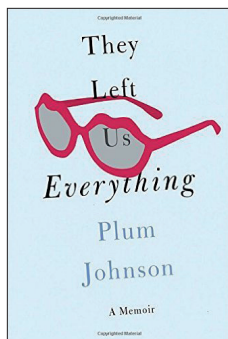
John W. Evans was twenty-nine years old and his wife, Katie, was thirty. They had met in the Peace Corps in Bangladesh, taught in Chicago, studied in Miami, and were working for a year in Romania, when they set off with friends to hike into the Carpathian Mountains. In an instant, their life together was shattered. Katie became separated from the group. When Evans finally found her, he could only watch helplessly as she was mauled to death by a brown bear. In such a love story, such a life story, how could a person ever move forward? That is the question Evans, traumatized and restless, confronts in this book as he learns the language of grief, the rhetoric of survival, and the contrary poetic algorithms of holding fast and letting go.



THREE MINUS ONE: PARENTS' STORIES OF LOVE & LOSS

Sean Hanish and Brooke Warner. Berkeley: She Writes Press, 2014, 306 p.

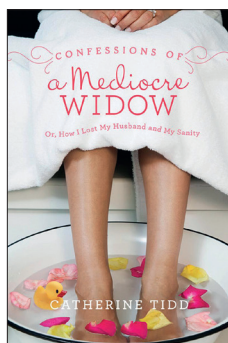
This is a collection of stories and artwork by parents who have lost a child to stillbirth, miscarriage, or neonatal death. This anthology of raw memoirs, heartbreaking stories, truthful poems, beautiful painting, and stunning photography from the parents who have suffered child loss offers insight into this unique, devastating and life-changing experience—breaking the silence and offering a ray of hope to the many parents out there in search of answers, understanding, and healing.



THEY LEFT US EVERYTHING: A MEMOIR

Plum Johnson. New York: G.P. Putnam's Sons, 2014, 279 p.

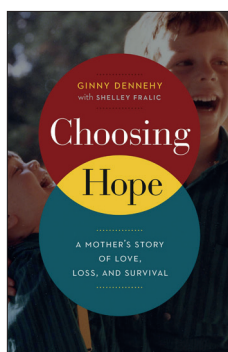
After the death of the author's senile father and cantankerous ninety-three-year-old mother, she and her three younger brothers must empty and sell the beloved family home. Twenty-three rooms full of history, antiques, and oxygen tanks. The author remembers her loving but difficult parents who could not have been more different: the British father, a handsome, disciplined patriarch who nonetheless could not control his opinionated, extroverted Southern-belle wife who loved tennis and gin gimlets. The task consumes her, becoming more rewarding than she ever imagined.



CONFESSIONS OF A MEDIOCRE WIDOW: OR, HOW I LOST MY HUSBAND AND MY SANITY

Catherine Tidd. Naperville: Sourcebooks, 2014, 357 p.

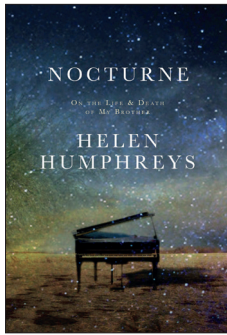
Involuntarily single. That's the true story of where Catherine Tidd finds herself just three weeks after turning thirty-one. Widowed with three children under six years old, a rusty resume, no fix-it skills, and no clue how to live life as a widow, Catherine can't help but be a little exasperated with her dead husband for leaving her to deal with life on her own. Catherine's now in charge of her life in a way she never wanted to be.



CHOOSING HOPE: A MOTHER'S STORY OF LOVE, LOSS, AND SURVIVAL

Ginny Dennehy. Vancouver: Greystone Books, 2013, 141 p.

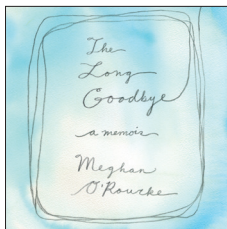
Ginny Dennehy was living the dream: a good marriage, two wonderful teenagers, a fulfilling career. Life in Whistler, B.C., seemed tailor-made for her outgoing, athletic family of four. But in 2001, the world turned upside down when her son, Keltly, committed suicide at the age of seventeen, hanging himself in the loft of their family home. Lost in a fog of grief, Ginny found the strength to go on. Just eight years later, her daughter, Riley, died of a heart attack in Thailand. Ginny's story conveys the message that even in the wake of unspeakable tragedy, there is hope.



NOCTURNE: ON THE LIFE AND DEATH OF MY BROTHER

Helen Humphreys. Toronto: HarperCollins, 2013, 198 p.

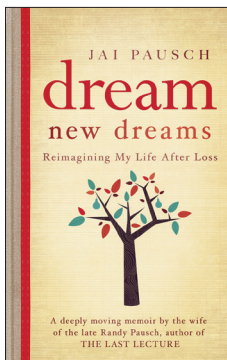
Helen Humphreys' younger brother was gone before she could come to terms with the fact that he was terminally ill. Diagnosed with stage 4B pancreatic cancer at the age of forty-five, he died four months later, leaving behind a grieving family. The two siblings, though often living far apart, were bonded on many levels. Speaking directly to him in this memoir, the author lays bare their secrets, their disagreements, their early childhood together, their intense though unspoken love for one another.



THE LONG GOODBYE: A MEMOIR OF GRIEF

Meghan O'Rourke. London: Virago, 2012, 306 p.

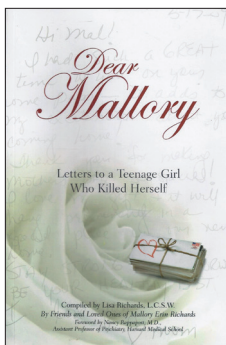
What is it like to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. She began to create a record of her interior life as a mourner, trying to capture the paradox of grief—its monumental agony and microscopic intimacies—an endeavor that ultimately bloomed into a profound look at how caring for her mother during her illness changed and strengthened their bond.



DREAM NEW DREAMS: REIMAGINING MY LIFE AFTER LOSS

Jai Pausch. New York: Three Rivers Press, 2012, 228 p.

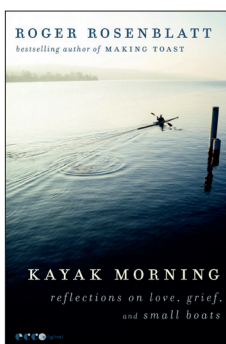
In *Dream New Dreams*, Jai Pausch shares her own story for the first time: her emotional journey from wife and mother to full-time caregiver; and then to widow and single parent, fighting to preserve a sense of stability for her family while coping with her own grief, and running a household without a partner. Jai paints a vivid, honest portrait of a vital, challenging relationship between two strong people who faced a grim prognosis and the self-sacrificing decisions it often required. As she faced life without the husband she called her “magic man,” Jai learned to make herself a priority to create a new life of hope and happiness – as she puts it, to “feel a spark of my own magic beginning to flicker.”



DEAR MALLORY: LETTERS TO A TEENAGE GIRL WHO KILLED HERSELF

Lisa Richards. Torrance: New Middle Press, 2012, 120 p.

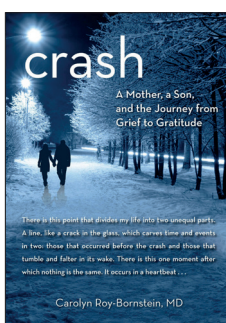
This book comprises a collection of letters from Lisa Richards to her daughter Mallory, starting in the days after her suicide and throughout the first year as well as letters from other family, friends and acquaintances written about a year after her suicide.



KAYAK MORNING: REFLECTIONS ON LOVE, GRIEF, AND SMALL BOATS

Roger Rosenblatt. New York: Ecco, 2012, 146 p.

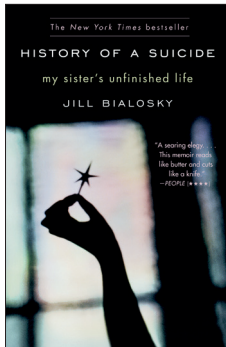
In his earlier book *Making Toast*, Roger Rosenblatt shared the story of his family in the days and months after the death of his thirty-eight-year-old daughter, Amy. Now, in *Kayak Morning*, he offers a personal meditation on grief itself. “Everybody grieves,” he writes. From that terse, melancholy observation emerges a work of art that addresses the universal experience of loss. On a quiet Sunday morning, two and a half years after Amy’s death, Roger heads out in his kayak. He observes, “You can’t always make your way in the world by moving up. Or down, for that matter. Boats move laterally on water, which levels everything. It is one of the two great levelers.” Part elegy, part quest, this book explores Roger’s years as a journalist, the comforts of literature, and the value of solitude, poignantly reminding us that grief is not apart from life but encompasses it. In recalling to us what we have lost, grief by necessity resurrects what we have had.



CRASH: A MOTHER, A SON, AND THE JOURNEY FROM GRIEF TO GRATITUDE

Carolyn Roy-Bornstein. Guilford: Skirt!, 2012, 214 p.

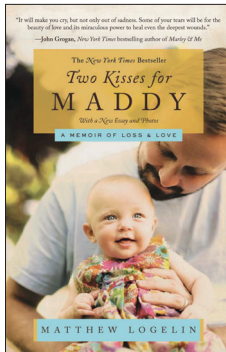
After 25 years of caring for children, first as a nurse, then as a pediatrician, Carolyn Roy-Bornstein finds herself on the other side of the stretcher when her 17-year-old son Neil is hit by a drunk teenage driver while walking his girlfriend Trista home after a study date. Trista did not survive her injuries. Neil carries his with him to this day. Gratitude for her son’s survival ultimately gives way to grief. While initially told Neil’s only injury was a broken leg, Roy-Bornstein quickly finds herself riding in the front seat of an ambulance transporting her son to the ICU at Brigham and Women’s Hospital in Boston; his brain is bleeding. Roy-Bornstein is now not the patient’s doctor or nurse but his mom. The world she so easily navigates in a white uniform or a white coat now must be traversed, understood, and dealt with from the perspective of a parent.



HISTORY OF A SUICIDE: MY SISTER'S UNFINISHED LIFE

Jill Bialosky. New York: Atria Books, 2011, 252 p.

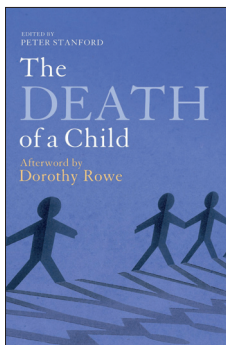
For twenty years, the author has lived with the grief, guilt, questions, and confusion unleashed by her sister Kim's suicide. In this memoir, she re-creates with unsparing honesty her sister's inner life, the events and emotions that led her to take her life. In doing so, she opens a window on the nature of suicide itself, our own reactions and responses to it—especially the impact a suicide has on those who remain behind. The author juxtaposes the story of Kim's death with the challenges of becoming a mother and her own exuberant experience of raising a son. This is a book that explores all aspects of our familial relationships—between mothers and sons, fathers and daughters—but particularly the tender and enduring bonds between sisters.



TWO KISSES FOR MADDY: A MEMOIR OF LOSS & LOVE

Matthew Logelin. New York: Grand Central Pub, 2011, 262 p.

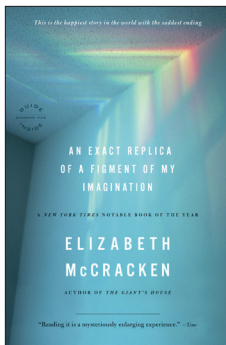
This book recounts memoir the first year of the author's life following the birth of his daughter and the death of his wife.



THE DEATH OF A CHILD

Peter Stanford and Dorothy Rowe. New York: Continuum, 2011, 173 p.

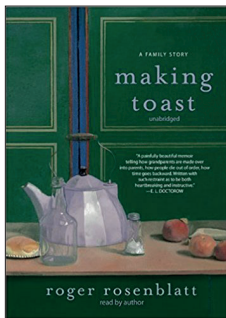
This book offers a collection essays in which parents and siblings tell their own stories of losing a child, brother or sister, and of how they have coped with bereavement and grief. It ends with a reflection by a celebrated psychotherapist on surviving the loss of a child.



AN EXACT REPLICA OF A FIGMENT OF MY IMAGINATION

Elizabeth McCracken. New York: Back Bay Books, 2010, 197 p.

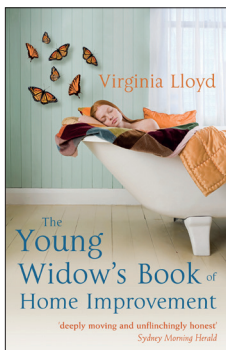
The author traces her marriage and relocation to France at the height of her writing career, her devastation over her stillborn son in her ninth month of pregnancy, and her heart-wrenching grieving process.



MAKING TOAST: A FAMILY STORY

Roger Rosenblatt. New York: Ecco, 2010, 166 p.

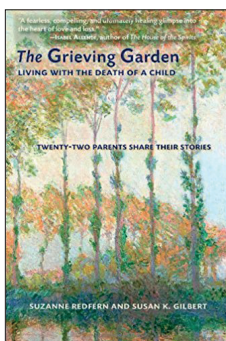
When his daughter, Amy, collapses and dies from an asymptomatic heart condition, Rosenblatt and his wife leave their home on Long Island to move in with their son-in-law and their three young grandchildren. He peels back the layers on this most personal of losses to create a testament to familial love.



THE YOUNG WIDOW'S BOOK OF HOME IMPROVEMENT

Virginia Lloyd. St. Lucia: University of Queensland Press, 2008, 277 p.

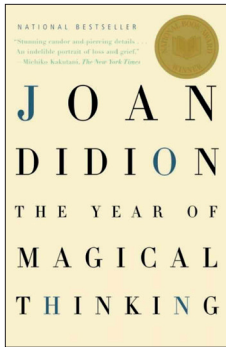
Single at 32, married at 33, and widowed at 34. Virginia Lloyd finally meets the man she wants to spend the rest of her life with, only to discover he is dying from cancer. After John dies, Virginia must battle the chronic rising damp in the house they had shared. And so in her first year as a young widow, Virginia, like the house, must dry from the inside out. *The Young Widow's Book of Home Improvement* is a wry and touching love story that plays with the parallels between our homes and ourselves.



THE GRIEVING GARDEN: LIVING WITH THE DEATH OF A CHILD

Suzanne Redfern and Susan K. Gilbert. Charlottesville: Hampton Roads, 2008, 280 p.

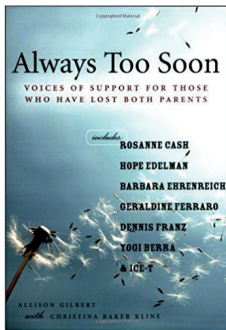
Twenty-two parents share their stories of how they coped with the loss of a child. Discusses the many questions parents may have after a child's death.



THE YEAR OF MAGICAL THINKING

Joan Didion. New York: Vintage International, 2007, 227 p.

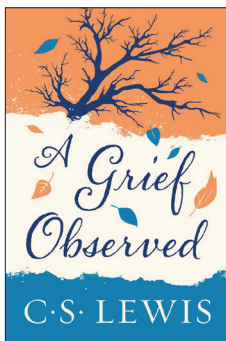
This book is an autobiographical portrait of the author's efforts to deal with the sudden death of her husband, John Gregory Dunne, shortly after their daughter Quintana was placed into an induced coma to help her survive complications after pneumonia.



ALWAYS TOO SOON: VOICES OF SUPPORT FOR THOSE WHO HAVE LOST BOTH PARENTS

Allison Gilbert and Christina Baker Kline. Emeryville: Seal Press, 2006, 279 p.

This sensitive and candid portrayal of loss brings together experiences from famous and ordinary grief-stricken sons and daughters who have lost both parents and explores the regrets, heartache, and sometimes relief that accompany pain and healing.

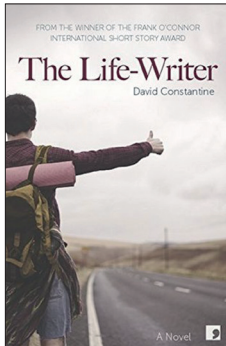


A GRIEF OBSERVED

C.S. Lewis. San Francisco: HarperOne, 2009, 96 p.

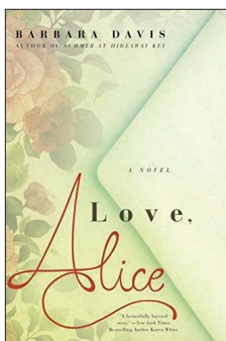
The author recounts his grief over the death of his wife, and explains how he re-examined his religious beliefs.

NOVELS

**THE LIFE-WRITER**

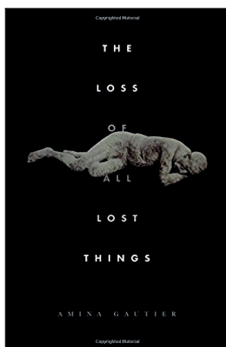
David Constantine. Windsor: Biblioasis, 2016, 240 p.

After the death of her beloved husband, Katrin, a literary biographer, copes with the loss by writing his personal history. While researching the letters and journals he left behind, however, she comes to the devastating conclusion that his life before their marriage was far richer than the one they shared. To understand and recreate the period of his greatest happiness – hitchhiking through France as a young man, madly in love with his companion, a French girl named Monique – Katrin embarks on a heartbreaking journey to discover the man she never fully knew.

**LOVE, ALICE**

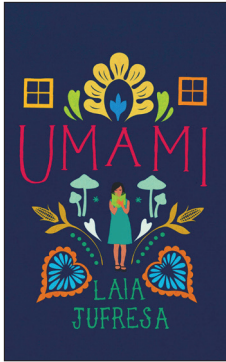
Barbara Davis. New York: Berkley Books, 2016, 416 p.

A year ago, Dovie Larkin's life was shattered when her fiancé committed suicide just weeks before their wedding. Now, plagued by guilt, she has become a fixture at the cemetery where William is buried, visiting his grave daily, waiting for answers she knows will never come. One day, she sees an old woman whose grief mirrors her own. Fascinated, she watches the woman leave a letter on a nearby grave. Dovie ignores her conscience and reads the letter and immediately needs to know the rest of the story.

**THE LOSS OF ALL LOST THINGS**

Amina Gautier. Denver: Elixir, 2016, 200 p.

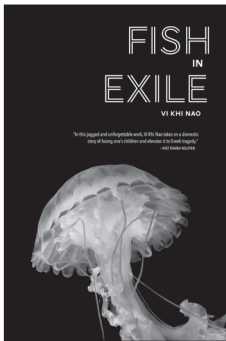
The fifteen stories in *The Loss of All Lost Things* explore the unpredictable ways in which characters negotiate, experience, and manage various forms of loss. These characters lose loved ones; they lose their security and self-worth; they lose children; they lose their ability to hide and shield their emotions; they lose their reputations, their careers, their hometowns, and their life savings. Often depicting the awkward moments when characters are torn between decision and outcome, *The Loss of All Lost Things* focuses on moments of regret and yearning.



UMAMI

Laia Jufresa and Sophie Hughes. London: Oneworld Publications, 2016, 273 p.

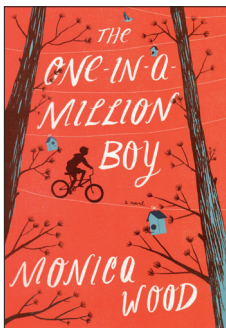
Deep in the heart of Mexico City, where five houses cluster around a sun-drenched courtyard, lives Ana, a precocious twelve-year-old who spends her days buried in Agatha Christie novels to forget the mysterious death of her little sister years earlier. Over the summer she decides to plant a milpa in her backyard, and as she digs the ground and plants her seeds, her neighbors in turn delve into their past. The ripple effects of grief, childlessness, illness and displacement saturate their stories, secrets seep out and questions emerge—Who was my wife? Why did my Mom leave? Can I turn back the clock? And how could a girl who knew how to swim drown?



FISH IN EXILE

Vi Khi Nao. Minneapolis: Coffee House Press, 2016, 194 p.

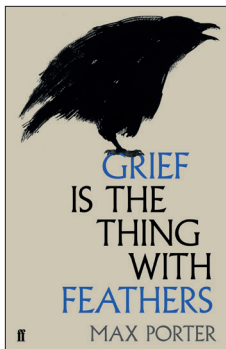
How do you bear the death of a child? With fish tanks and jellyfish burials, Persephone's pomegranate seeds, and affairs with the neighbors. *Fish in Exile* spins unimaginable loss through classical and magical tumblers, distorting our view so that we can see the contours of a parent's grief all the more clearly.



THE ONE-IN-A-MILLION BOY

Monica Wood. Boston: Houghton Mifflin Harcourt, 2016, 323 p.

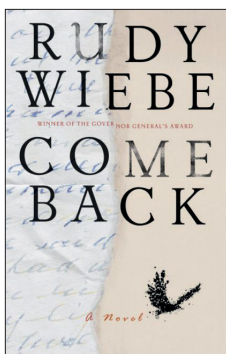
After his eleven-year-old son dies, guitarist Quinn Porter does yard work for an aged Lithuanian immigrant, Ona Vitkus, whom his son had often visited and comes to a resolution about his son's death as Ona discusses his son's capacity to listen and learn.



GRIEF IS THE THING WITH FEATHERS

Max Porter. London: Faber & Faber, 2015, 114 p.

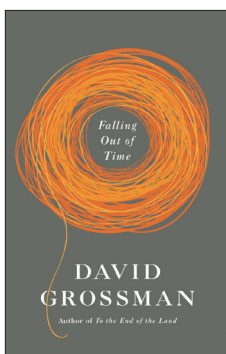
In a London flat, two young boys face the unbearable sadness of their mother's sudden death. Their father, a Ted Hughes scholar and scruffy romantic, imagines a future of well-meaning visitors and emptiness. In this moment of despair they are visited by Crow – antagonist, trickster, healer, babysitter. This sentimental bird is drawn to the grieving family and threatens to stay until they no longer need him. As weeks turn to months and the pain of loss gives way to memories, the little unit of three starts to heal.



COME BACK

Rudy Wiebe. Toronto: Vintage Canada, 2015, 268 p.

Hal Wiens, a retired professor, is mourning the sudden death of his loving wife, Yo. To get through each day, he relies on the bare comfort of routine and regular phone calls to his children Dennis and Miriam, who live in distant cities with their families. One snowy April morning, while drinking coffee with his Dené friend Owl in south-side Edmonton, he sees a tall man in an orange downfill jacket walk past on the sidewalk. The jacket, the posture, the head and hair are unmistakable: it's his beloved oldest son, Gabriel. But it can't be – Gabriel killed himself 25 years ago. The sighting throws Hal's inert life into tumult. While trying to track down the man, he is irresistibly compelled to revisit the diaries, journals and pictures Gabe left behind, to unfold the mystery of his son's death.



FALLING OUT OF TIME

David Grossman. New York: Alfred A. Knopf, 2014, 193 p.

It begins in a small village, in a kitchen, where a man announces to his wife that he is leaving, embarking on a journey in search of their dead son. The man, called simply Walking Man, paces in ever-widening circles around the town. One after another, all manner of townsfolk fall into step with him, each enduring his or her own loss. The walkers raise questions of grief and bereavement: Can death be overcome by an intensity of speech or memory? Is it possible, even for a fleeting moment, to call to the dead and free them from their death?



PACK UP THE MOON

Rachael Herron. New York: NAL Accent, 2014, 355 p.

Three years after a horrible tragedy took her son and tore her family apart, artist Kate Monroe is beginning to pick up the pieces of her life and move on. At a gala showcasing her triumphant return to the art world, Kate's world is rocked again when the daughter she gave up for adoption twenty-two years ago introduces herself. Pree is the child Kate never knew and never forgot. But Pree has questions that Kate isn't sure she's ready to answer. For one thing, she never told Pree's father, her high school sweetheart and ex-husband, Nolan, that they had a daughter. For another, Kate hasn't spoken to Nolan for three years, not since the accident that took their nine-year-old son from them. But to keep Pree from leaving forever, Kate will have to confront the secrets that have haunted her since her son died and discover if the love of her family is strong enough to survive even the most heartbreaking of betrayals.

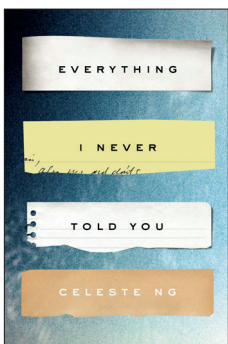


MY JUNE

Danial Neil. Vancouver: Ronsdale Press, 2014, 280 p.

In this novel, Danial Neil explores the world of Reuben Dale after the sudden death from a stroke of his beloved wife, June. Neil takes us inside suffering to show us the thoughts and feelings of the one left behind. Lost without the woman he has loved and leaned on, Reuben wanders aimlessly for a time in the little town of Seaside on the Sunshine Coast where he had retired with his wife with expectations of leisure time to sail. But now their sailboat, my June, named after his wife, remains tied to the dock. Ironically, just when he is beginning to develop a new place for himself in the daily life of Seaside, Reuben finds his past rising up to confront him, to demand radically new measures.

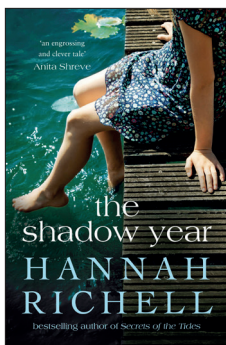
 [Also available on prenumerique.ca](http://prenumerique.ca)



EVERYTHING I NEVER TOLD YOU

Celeste Ng. New York: Penguin Press HC, 2014, 297 p.

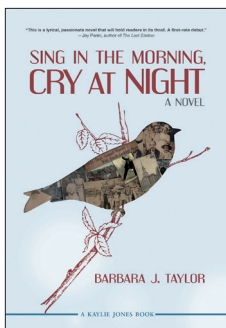
Lydia is the favorite child of Marilyn and James Lee; their middle daughter, a girl who inherited her mother's bright blue eyes and her father's jet-black hair. Her parents are determined that Lydia will fulfill the dreams they were unable to pursue – in Marilyn's case that her daughter become a doctor rather than a homemaker, in James's case that Lydia be popular at school, a girl with a busy social life and the center of every party. When Lydia's body is found in the local lake, the delicate balancing act that has been keeping the Lee family together tumbles into chaos.



THE SHADOW YEAR

Hannah Richell. New York: Grand Central Publishing, 2014, 392 p.

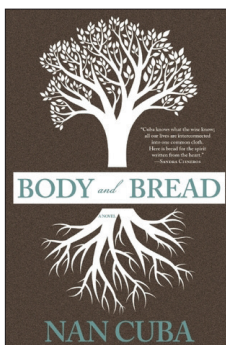
Still grieving the death of her prematurely delivered infant, Lila finds a welcome distraction in renovating a country house she's recently inherited. Surrounded by blueprints and plaster dust, though, she finds herself drawn into the story of a group of idealistic university grads from thirty years before, who'd thrown off the shackles of bourgeois city life to claim the cottage and rely only on each other on the land. But utopia-building can be fraught with unexpected peril, and when the fate of the group is left eerily unclear, Lila turns her attention to untangling a web of secrets to uncover the shocking truth of what happened that fateful year, in order to come to terms with her own loss and build a new future for herself.



SING IN THE MORNING, CRY AT NIGHT

Barbara J. Taylor. New York: Akashic Books, 2014, 319 p.

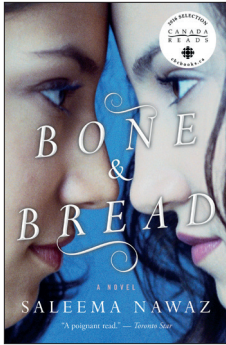
In early 20th century Pennsylvania, a few months after her sister's mysterious death, eight-year-old Violet befriends a motherless schoolmate, Stanley, who works as a breaker boy in the mines. Meanwhile, Violet's father and mother find other ways to cope with their grief.



BODY AND BREAD

Nan Cuba. Indianapolis: Engine Books, 2013, 239 p.

A bereft anthropologist assembles the artifacts of her family's history and her brother's suicide, hoping to discover herself within them.



BONE AND BREAD

Saleema Nawaz. Toronto: House Of Anansi Press, 2013, 448 p.

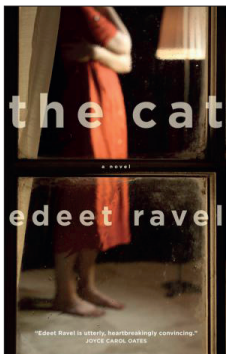
When sisters Beena and Sadhana are orphaned as teenagers and sent to live with their Sikh uncle in Montreal's Hasidic community, their lives take divergent courses as they deal with their grief in different ways.



FLEA CIRCUS: A BRIEF BESTIARY OF GRIEF

Mandy Keifetz. Kalamazoo: Western Michigan University, 2012, 201 p.

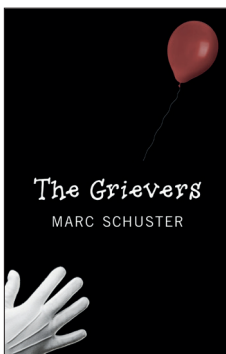
Pascal's Wager and performing fleas. The Haunted Mansion of Long Branch and an old dockside bar. Raceway Park and a pristine 1971 Plymouth Road Runner. A cat named Altamont. These are all that stand between a young mathematician and madness as she attempts to make sense of her lover's suicide. Narrow margins, you say? Not much to place between a slip of a broken-hearted Jersey Girl and the Abyss? Indeed, it is a treacherous twelve seconds on the quarter mile, hilarious and harrowing by turn. Blink and you'll miss it.



THE CAT

Edeet Ravel. Toronto: Penguin, 2012, 221 p.

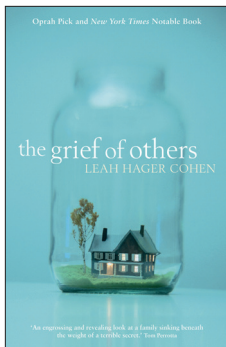
Single mother Elise is completely devoted to her eleven-year-old son; he is her whole world. But that world is destroyed in one terrifying moment when her son is killed in a car accident just outside their home. Suddenly alone, surrounded by memories, Elise faces a future that feels unspeakably bleak—and pointless. Lost, angry, and desolate, Elise rejects everyone who tries to reach out to her. But as despair threatens to engulf her, she realizes, to her horror, that she cannot join her son: She must take care of his beloved cat.



THE GRIEVERS

Marc Schuster. Sag Harbor: Permanent Press, 2012, 176 p.

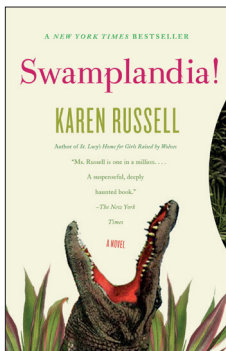
When Charley Schwartz learns that an old high school pal has killed himself, he agrees to help his alma mater organize a memorial service to honor his fallen comrade. Soon, however, devastation turns to disgust as Charley discovers that his friend's passing means less to the school than the bottom line. As the memorial service quickly degenerates into a fundraising fiasco, Charley must also deal with a host of other quandaries.



THE GRIEF OF OTHERS

Leah Hager Cohen. New York: Riverhead Books, 2012, 400 p.

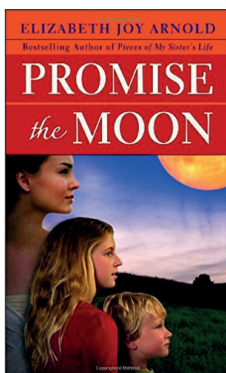
The Ryries have suffered a loss: the death of a baby just fifty-seven hours after his birth. Without words to express their grief, the parents, John and Ricky, try to return to their previous lives. Struggling to regain a semblance of normalcy for themselves and for their two older children, they find themselves pretending not only that little has changed, but that their marriage, their family, have always been intact. Yet in the aftermath of the baby's death, long-suppressed uncertainties about their relationship come roiling to the surface. A dreadful secret emerges with reverberations that reach far into their past and threaten their future.



SWAMPLANDIA!

Karen Russell. New York: Vintage Books, 2011, 400 p.

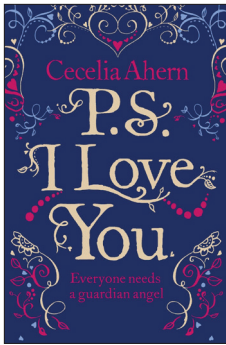
This novel takes us to the swamps of the Florida Everglades, and introduces us to Ava Bigtree, an unforgettable young heroine. Ava's mother, the park's indomitable headliner, has just died; her sister, Ossie, has fallen in love with a spooky character known as the Dredgeman, who may or may not be an actual ghost; and her brilliant big brother, Kiwi, who dreams of becoming a scholar, has just defected to the World of Darkness in a last-ditch effort to keep their family business from going under. Ava's father, affectionately known as Chief Bigtree, is AWOL, and that leaves Ava, a resourceful but terrified thirteen, to manage ninety-eight gators as well as her own grief.



PROMISE THE MOON

Elizabeth Joy Arnold. New York: Bantam Books, 2008, 452 p.

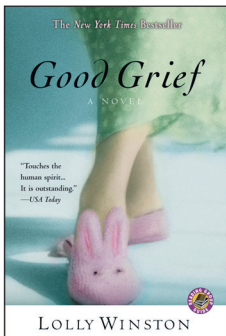
Natalie tries to bring solace to her children by secretly writing letters – ostensibly from their dead father Josh in heaven – that offer them comfort and wisdom, until her daughter announces that her father's spirit has been speaking to her.



P.S. I LOVE YOU

Cecelia Ahern. New York: Hyperion, 2004, 375 p.

Holly has always depended on her husband's practical advice to keep her going and despairs when she loses him to brain cancer, until a package arrives filled with advice for carrying on with her life without her beloved husband.

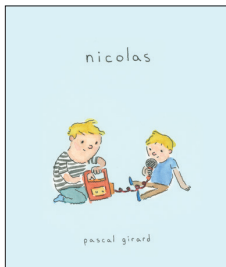


GOOD GRIEF

Lolly Winston. New York: Warner Books, 2004, 344 p.

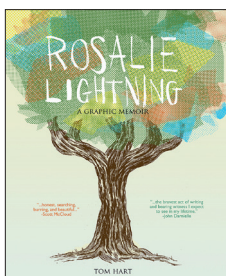
A funny and heartwarming story about a young woman who stumbles, then fights to build a new life after the death of her husband. The perfect book for anyone who has ever been heartbroken, lost someone they loved, or eaten too many Oreos.

COMICS

**NICOLAS**

Pascal Girard. Montréal: Drawn and Quarterly, 2016, 106 p.

This graphic novel presents a series of short autobiographical vignettes that take place after the childhood death of author Pascal Girard's younger brother, Nicolas, who passed away in 1990. Each episode taken from Girard's childhood, adolescence, and young adulthood offers a glimpse into his multifaceted and ongoing process of reckoning, as he struggles to reconcile the magnitude of this tragedy with the minutiae of his daily experience of loss.

**ROSALIE LIGHTNING**

Tom Hart. New York: St. Martin's Press, 2016, 261 p.

Rosalie Lightning is Eisner-nominated cartoonist Tom Hart's beautiful and touching graphic memoir about the untimely death of his young daughter, Rosalie. His heartbreaking and emotional illustrations strike readers to the core, and take them along his family's journey through loss. Hart uses the graphic form to articulate his and his wife's ongoing search for meaning in the aftermath of Rosalie's death, exploring themes of grief, hopelessness, rebirth, and eventually finding hope again.

**JUST SO HAPPENS**

Fumio Obata. New York: Abrams ComicArts, 2015, 159 p.

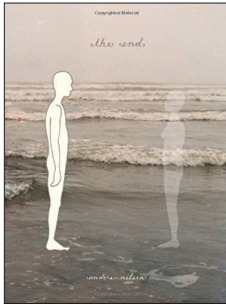
Yumiko was born in Japan but has made a life in London, losing herself in its cosmopolitan bustle. She has a gallery show of her art, a good job, and a good guy she plans to marry. The culture she grew up in seems very far away – until her brother phones with the news that their father has died. Yumiko returns to Tokyo and finds herself immersed in the rituals of death while also plunged into the rituals of life – fish bars, bullet trains, pagodas – as she confronts the question of where her future really lies.



FISH

Bianca Bagnarelli. London: Nobrow Ltd., 2014, 24 p.

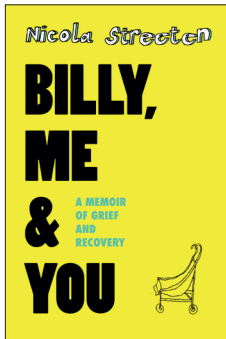
It is the summer after Milo's mother and father were involved in a fatal accident and his cousins are visiting at his Grandparents crowded house in the Cote d'Azur. Despite the warm, familial setting, Milo cannot escape the grim spectre of death that seems to loom everywhere, he is morbidly fascinated by its presence. He sees it wherever he looks, whatever he does, and the fragility of his own existence plagues his every thought. So, when a missing girl is found drowned on a public beach, Milo thinks that seeing her will finally lift the veil of the great unknown and provide him with answers to the questions that have overwhelmed him since the day he lost everything.



THE END

Anders Nilsen and Kim Thompson. Seattle: Fantagraphics Books, 2013, 80 p.

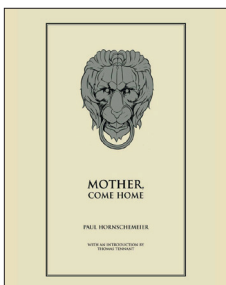
Assembled from work done in Anders Nilsen's sketchbooks over the course of the year following the death of his fiancée in 2005, *The End* is a collection of short strips about loss, paralysis, waiting, and transformation.



BILLY, ME & YOU: A MEMOIR OF GRIEF AND RECOVERY

Nicola Streeten. Brighton: Myriad, 2011, 194 p.

A moving, surprisingly funny, and inspiring graphic memoir by a woman who lost her two-year-old son after heart surgery, *Billy, Me & You* is a bracing and memorable account of recovery after bereavement.



MOTHER, COME HOME

Paul Hornschemeier. Seattle: Fantagraphics, 2009, 128 p.

Mother, Come Home is the tale of a father and son struggling, by varying degrees of escapism and fantasy, to come to terms with the death of the family's mother. The story weaves through the surreal and the painfully factual, guided by the careful, somber colors and inventive pacing.

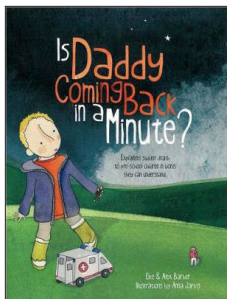


YEARS OF THE ELEPHANT

Willy Linthout and Theo Linthout. Tarragona: Ponent Mon, 2009, 162 p.

Charles is a man in his fifties, married to Simone with a regular job and his only child, Jack, is the apple of his eye. Then one day the police come to their door with terrible news – Jack has killed himself by jumping off the roof.

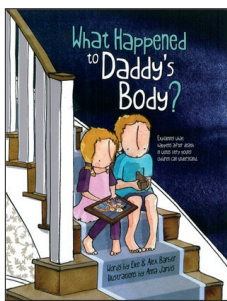
YOUTH LITERATURE



AGES 3+

IS DADDY COMING BACK IN A MINUTE?: EXPLAINING (SUDDEN) DEATH IN WORDS VERY YOUNG CHILDREN CAN UNDERSTAND**Elke Barber and Alex Barber.** London: Jessica Kingsley Publishers, 2016, 40 p.

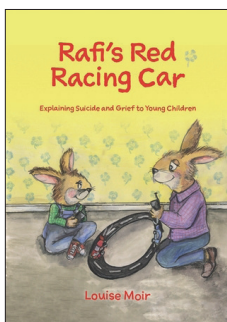
Alex is only three when his father suddenly suffers a massive heart attack. All on his own, he manages to get help, but his beloved Daddy dies at the scene. Completely honest and written in Alex's own words, this book tells the story of how his mum helps him understand what happened.



AGES 3+

WHAT HAPPENED TO DADDY'S BODY?: EXPLAINING WHAT HAPPENS AFTER DEATH IN WORDS VERY YOUNG CHILDREN CAN UNDERSTAND**Elke Barber, Alex Barber and Anna Jarvis (ill.).** London: Jessica Kingsley Publishers, 2016, 40 p.

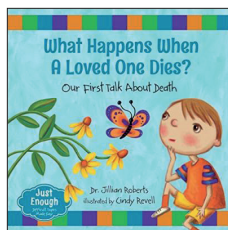
This picture book aims to help children to understand what happens to the body after death. It covers cremation, burial and spreading ashes by answering the real-life questions that Alex, a three-year-old boy, asked his mum after the death of his father.



AGES 3 TO 5

RAFI'S RED RACING CAR: EXPLAINING SUICIDE AND GRIEF TO YOUNG CHILDREN**Louise Moir.** London: Jessica Kingsley Publishers, 2016, 40 p.

Rafi loves playing with his racing cars with his father, so when Daddy becomes sick and takes his life, Rafi needs help understanding and coping with his feelings. This book includes notes for caregivers.



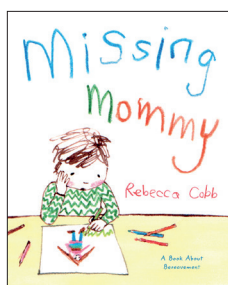
AGES 3 TO 6

WHAT HAPPENS WHEN A LOVED ONE DIES?: OUR FIRST TALK ABOUT DEATH

Jillian Robert and Cindy Revell (ill.). Victoria: Orca Book Publishers, 2016, 30 p.

Whether children are experiencing grief and loss for the first time or simply curious, it can be difficult to know how to talk to them about death. Using questions posed in a child's voice and answers that start simply and become more in-depth, this book allows adults to guide the conversation to a natural and reassuring conclusion. Additional questions at the back of the book allow for further discussion.

 Also available on prenumerique.ca



AGES 3 TO 8

MISSING MOMMY: A BOOK ABOUT BEREAVEMENT

Rebecca Cobb. New York: Henry Holt, 2013, 24 p.

Honest and straightforward, this touching story explores the many emotions a bereaved child may experience, from anger and guilt to sadness and bewilderment. Ultimately, *Missing Mommy* focuses on the positive—the recognition that the child is not alone but still part of a family that loves and supports him.



AGES 4 TO 7

A SEASON FOR MANGOES

Regina Hanson. New York: Clarion Books, 2005, 32 p.

In Jamaica, Sareen is concerned about participating in her first sit-up, a celebration of the life of her recently deceased grandmother, but discovers that sharing her stories of Nana's passion for mangoes helps lift the sadness.



AGES 4 TO 8

WHEN AUNT MATTIE GOT HER WINGS

Petra Mathers. San Diego: Beach Lane Books, 2014, 32 p.

Aunt Mattie has died. But before she went, she got to say goodbye to Lottie. Then she got to follow a light to a bustling gate. (A gate that sounded a lot like a busy airport!) And there she found a crew of friends who were waiting to take off with her on a new journey. Will Lottie and Herbie be able to overcome their sadness? They will, with time, and by taking a journey of their own—a journey filled with a little heartache, a lot of happiness, and a batch of Aunt Mattie's favorite peanut-butter-and-jelly sandwiches.

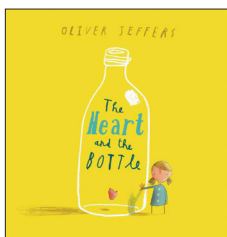


AGES 4 TO 8

BEN'S FLYING FLOWERS

Inger M. Maier and Maria Bogade. Washington: Magination Press, 2012, 32 p.

"I'm never drawing happy pictures again." Day after day Emily draws pictures of dark clouds with rain, and houses with tiny windows and doors. She misses Ben so much. When Emily loses her brother after a long illness, she feels alone, angry, and very, very sad. With the understanding and support of her parents, Emily learns that it helps when she snuggles with her parents. It helps when she talks about her feelings and asks questions about Ben. And it helps when she does regular kid stuff, too. But mostly, she learns that remembering Ben and their happy life together builds healthy and helpful images that soothe her sad feelings and provide much comfort to her and her family.

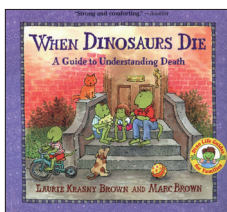


AGES 4 TO 8

THE HEART AND THE BOTTLE

Oliver Jeffers. New York: Philomel Books, 2010, 32 p.

This picture book explores themes of love and loss. Once there was a girl whose life was filled with wonder at the world around her – then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back?

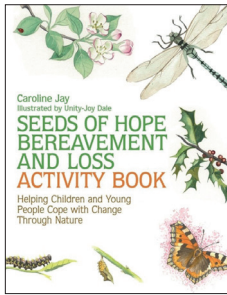


AGES 4 TO 8

WHEN DINOSAURS DIE: A GUIDE TO UNDERSTANDING DEATH

Laurre Krasny Brown and Marc Tolon Brown. New York: Little, Brown and Company, 2009, 32 p.

This book 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.

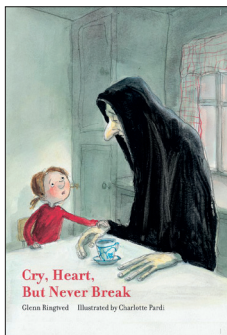


AGES 5+

SEEDS OF HOPE BEREAVEMENT AND LOSS ACTIVITY BOOK: HELPING CHILDREN AND YOUNG PEOPLE COPE WITH CHANGE THROUGH NATURE

Caroline Jay and Unity-Joy Dale (ill.). London: Jessica Kingsley Publishers, 2015, 78 p.

This activity book uses nature as a gentle way of helping children understand change, loss and death. Through creative activities such as making a paper memory tree, writing and drawing about feelings, and looking closely at nature, children learn about natural changes and how to cope with and express feelings of grief.

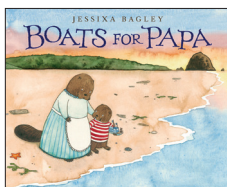


AGES 5 TO 7

CRY, HEART, BUT NEVER BREAK

Glenn Ringtved, Charlotte Pardi (ill.) and Robert Moulthrop. New York: Enchanted Lion Books, 2016, 28 p.

Aware their grandmother is gravely ill, four siblings make a pact to keep death from taking her away. But Death does arrive all the same, as it must. He comes gently, naturally. And he comes with enough time to share a story with the children that helps them to realize the value of loss to life and the importance of being able to say goodbye.

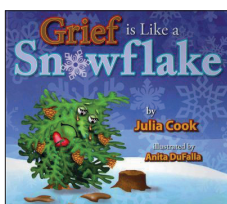


AGES 5 TO 7

BOATS FOR PAPA

Jessixa Bagley. New York: Roaring Brook Press, 2015, 40 p.

Buckley and his Mama live in a cozy cabin by the ocean. He loves to carve boats out of the driftwood he finds on the beach nearby. He makes big boats, long boats, short boats and tall boats, each one more beautiful than the last, and sends them out to sea. If they don't come back, he knows they've found their way to his papa, whom he misses very much.

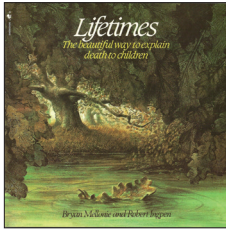


AGES 5 TO 8

GRIEF IS LIKE A SNOWFLAKE

Julia Cook and Anita DuFalla. Chattanooga: National Center for Youth Issues, 2012, 32 p.

With the help and support of his family and friends, Little Tree learns to cope with his father's death by discovering what is really important in life, and that his father's memory will carry on.

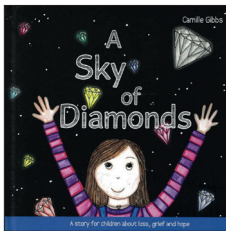


AGES 5 TO 8

LIFETIMES: THE BEAUTIFUL WAY TO EXPLAIN DEATH TO CHILDREN

Bryan Mellonie and Robert R. Ingpen. Charlotte: Paw Prints, 2009, 40 p.

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. *Lifetimes* tells us about beginnings. And about endings. And about living in between. With large illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

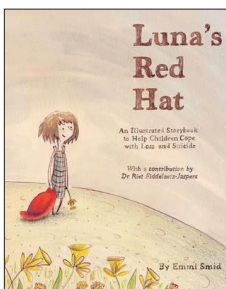


AGES 5 TO 9

A SKY OF DIAMONDS: A STORY FOR CHILDREN ABOUT LOSS, GRIEF AND HOPE

Camille Gibbs. London: Jessica Kingsley Publishers, 2015, 46 p.

This is an illustrated storybook about a girl named Mia who has experienced the death of her mother. Covering all stages of grief, it is intended for reading with bereaved children to help them overcome their difficult feelings. It includes in-built strategies for coping with grief and answers many questions that children have about death.

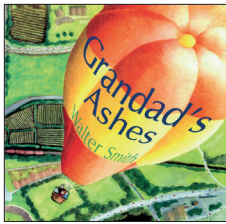


AGES 6 TO 9

LUNA'S RED HAT: AN ILLUSTRATED STORYBOOK TO HELP CHILDREN COPE WITH LOSS AND SUICIDE

Emmi Smid and Riet Fiddelaers-Jaspers. London: Jessica Kingsley Publishers, 2015, 24 p.

It is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.

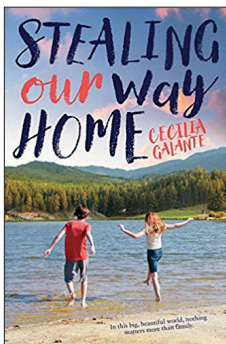


AGES 6 TO 9

GRANDDAD'S ASHES

Walter Smith. London: Jessica Kingsley Publishers, 2007, 32 p.

After the funeral and cremation of their beloved grandfather, four children have trouble deciding where to scatter his ashes. Told with gentle humour, this is a charming story for children and an ideal resource for parents or counsellors to read with a child as a way of broaching issues surrounding loss or bereavement.

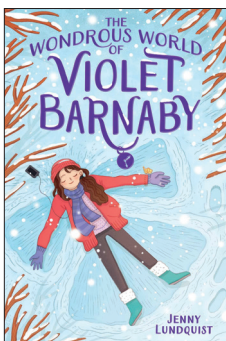


AGES 8 TO 12

STEALING OUR WAY HOME

Cecilia Galante. New York: Scholastic, 2017, 304 p.

When Pippa and Jack's mother died of cancer their world seemed to fall apart: Pippa stopped talking altogether, and Jack started picking fights, and neither of them knows how to cope with the painful and awkward sympathy from their friends and classmates--but when they learn that their father's business is failing and he is growing desperate for money they realize that there is a possibility that they will lose another parent, this time to jail.

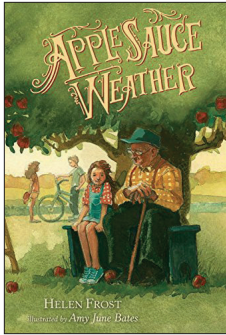


AGES 8 TO 12

THE WONDROUS WORLD OF VIOLET BARNABY

Jenny Lundquist. New York: Aladdin, 2017, 243 p.

Violet is still grieving her mother's death when her father marries the meanest teacher at school, making her move to a new home, and when she finds a Christmas Wish List that her mother had written for her to complete, she works to honor her mother's wishes.

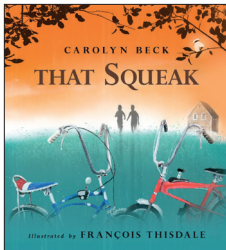


AGES 8 TO 12

APPLESAUCE WEATHER

Helen Frost and Amy June Bates (ill.). Somerville: Candlewick Press, 2016, 103 p.

When the first apple falls from the tree, Faith and Peter know that it's applesauce weather, even though Peter is getting a little old for such things. It also means Uncle Arthur should be here to tell his stories, with a twinkle in his eye as he spins tales about how he came to have a missing finger. But this is the first year without Aunt Lucy, and when Uncle Arthur arrives, there's no twinkle to be found and no stories waiting to be told. Faith is certain, though, that with a little love and patience, she and Peter might finally learn the truth about that missing finger.

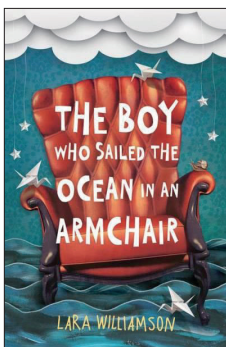


AGES 8 TO 12

THAT SQUEAK

Carolyn Beck and François Thisdale (ill.). Markham: Fitzhenry & Whiteside, 2015, 40 p.

Joe and Jay were best friends. There was nothing more fun than spending the day exploring on their bikes. But things have changed now. Jay is gone and Joe can't help but notice that his parents have forgotten that Jay's bike is still parked outside the school. Joe decides to take the bike home — to polish it and paint it up just like Jay would have liked. That is when the new kid Carlos offers to help — but he probably just wants to steal it. Then again, maybe there is more to Carlos's story than meets the eye. And maybe Joe has finally found a new friend to share the special place and the bike that has "that squeak" with.

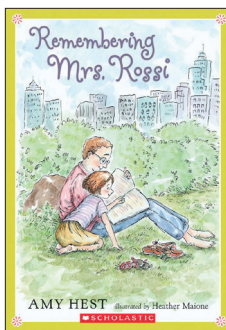


AGES 9+

THE BOY WHO SAILED THE OCEAN IN AN ARMCHAIR

Lara Williamson. London: Usborne, 2015, 321 p.

All Becket wants is for his family to be whole again. But standing in his way are two things: 1) his dad, his brother and him seem to have run away from home in the middle of the night and 2) Becket's mum died before he got the chance to say goodbye to her. Arming himself with an armchair of stories, a snail named Brian and one thousand paper cranes, Becket ploughs on, determined to make his wish come true.

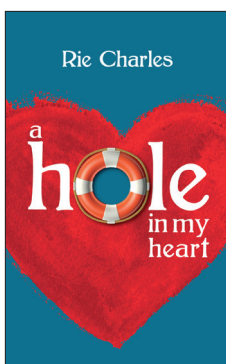


AGES 9 TO 11

REMEMBERING MRS. ROSSI

Amy Hest and Heather Harms Maione (ill.). Cambridge: Candlewick Press, 2007, 143 p.

Although she loves her father, their home in New York City, and third-grade teacher Miss Meadows, Annie misses her mother who died recently.

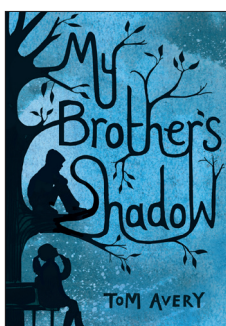


AGES 9 TO 12

A HOLE IN MY HEART

Rie Charles. Toronto: Dundurn, 2014, 155 p.

After losing her mother to illness and her father to his work, Nora Mackenzie must leave her home in the interior of B.C. for a North Vancouver school. Estranged from her classmates, her family, and the life she's lost, Nora walls herself off from the people around her. At the same time, her young cousin Lizzie is facing an uncertain future as one of the first children to undergo open-heart surgery. As the operation approaches, Nora discovers that she is not the only person in her family isolated by fear and grief.

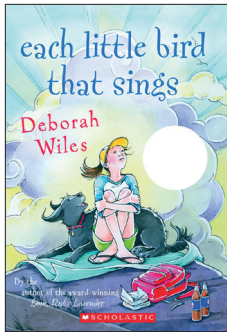


AGES 9 TO 12

MY BROTHER'S SHADOW

Tom Avery. New York: Schwartz & Wade Books, 2014, 161 p.

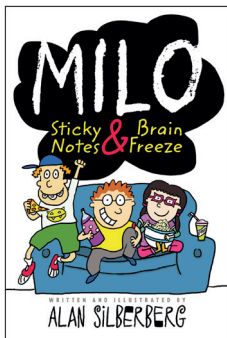
Eleven-year-old Kaia, who has felt isolated since her older brother committed suicide more than a year before, befriends a wild boy who mysteriously appears at her London school. Though the boy is mute and can only communicate with a flash of his gray eyes, he might be the friend Kaia needs to bring her through her grief.



AGES 9 TO 12

EACH LITTLE BIRD THAT SINGS**Deborah Wiles.** Orlando: Gulliver Books/Harcourt, 2005, 247 p.

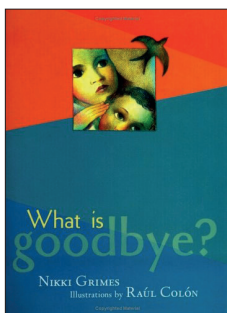
Comfort Snowberger is well acquainted with death since her family runs the funeral parlor in their small southern town, but even so the ten-year-old is unprepared for the series of heart-wrenching events that begins on the first day of Easter vacation with the sudden death of her beloved great-uncle Edisto.



AGES 9 TO 13

MILO: STICKY NOTES AND BRAIN FREEZE**Alan Silberberg.** New York: Aladdin, 2010, 275 p.

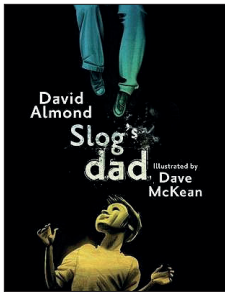
In love with the girl he sneezed on the first day of school and best pals with Marshall, the “One Eyed Jack” of friends, seventh-grader Milo Cruikshank misses his mother whose death has changed everything at home.



AGES 9 TO 14

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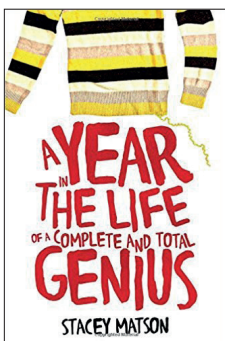


AGES 10+

SLOG'S DAD

David Almond and Dave McKean (ill.). Somerville: Candlewick Press, 2011, 64 p.

When Slog's father died, he promised to return for one last visit in the spring, but when Slog spots a scruffy man on a bench outside the butcher shop and identifies him as his father, his best friend Davie is skeptical.



AGES 10 TO 13

A YEAR IN THE LIFE OF A TOTAL AND COMPLETE GENIUS

Stacey Matson. Naperville: Sourcebooks Jabberwocky, 2015, 267 p.

Seventh-grader Arthur Bean, soon-to-be a rich and famous author, has set up two goals for himself: to win the school writing contest and to win the heart of his secret crush, Kennedy, but his life has had some major twists and turns lately, and the recent loss of his mother definitely complicates things.



AGES 10 TO 14

THE THING ABOUT JELLYFISH

Ali Benjamin. New York; Boston: Little, Brown and Company, 2015, 343 p.

Twelve-year-old Suzy Swanson wades through her intense grief over the loss of her best friend by investigating the rare jellyfish she is convinced was responsible for her friend's death.

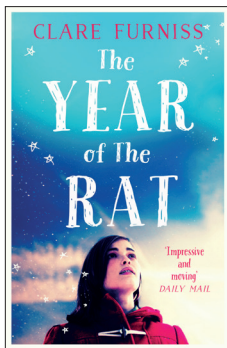


AGES 10 TO 14

MOON PIE

Simon Mason. New York: David Fickling Books, 2011, 326 p.

Eleven-year-old Martha tries to keep her family together after her mother's death as her father struggles with alcoholism.

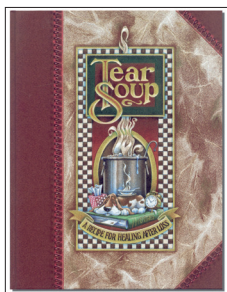


AGES 11+

THE YEAR OF THE RAT

Clare Furniss. New York: Margaret K. McElderry Books, 2014, 304 p.

The world can tip at any moment – a fact that fifteen-year-old Pearl is all too aware of when her Mum dies after giving birth to her baby sister. Told across the year following her mother's death, Pearl's story is full of bittersweet humour and heartbreaking honesty about how you deal with grief that cuts you to the bone, as she tries not only to come to terms with losing her Mum, but also the fact that her sister – The Rat – is a constant reminder of why her Mum is no longer around.

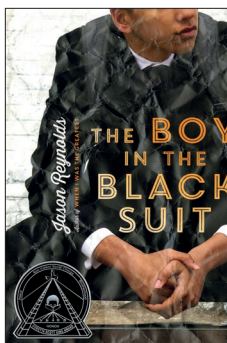


AGES 12+

TEAR SOUP: A RECIPE FOR HEALING AFTER LOSS

Pat Schwiebert, Chuck DeKlyen and Taylor Bills (ill.). Portland: Grief Watch, 2015, 51 p.

Tear Soup, a recipe for healing after loss, centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. There she chooses the size pot that is right for her loss, and she puts on her apron because she knows it's going to be messy. Slowly the pot is filled with tears as the old woman steps away. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss.

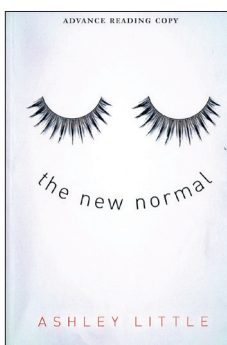


AGES 12+

THE BOY IN THE BLACK SUIT

Jason Reynolds. New York: Atheneum Books for Young Readers, 2015, 255 p.

Soon after his mother's death, Matt takes a job at a funeral home in his tough Brooklyn neighborhood and, while attending and assisting with funerals, begins to accept her death and his responsibilities as a man.



AGES 12+

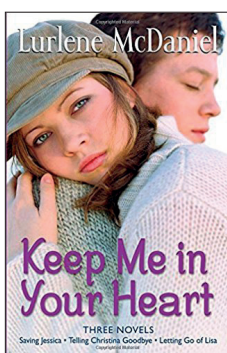
THE NEW NORMAL

Ashley Little. Victoria: Orca Book Publishers, 2013, 222 p.

Tamar Robinson knows a lot about loss—more than any teenager should. Her younger sisters are dead, her parents are adrift in a sea of grief, and now Tamar is losing her hair. Nevertheless, she navigates her rocky life as best she can, not always with grace, but with her own brand of twisted humor. She joins the chess club with her friend Roy, earns a part in the school production of *The Wizard of Oz*, buys an awesome wig, lands a crappy job, gets invited to the prom (by three different guys!) and helps her parents re-enter the land of the living. What Tamar lacks in tact (and hair), she makes up for in sheer tenacity.



Also available on prenumerique.ca

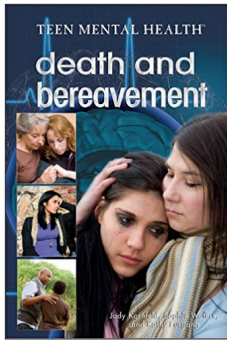


AGES 12+

KEEP ME IN YOUR HEART: THREE NOVELS

Lurlene McDaniel. New York: Delacorte Press, 2011, 613 p.

Collects three novels by the author, in which teenagers find compassion, strength, and love while recovering from tragic circumstances. In *Saving Jessica*, helping her boyfriend, Jeremy, work through his grief over his brother's fatal accident, Jessica finds herself leaning on Jeremy for support when she is diagnosed with kidney failure. In *Telling Christina Goodbye*, a young woman must come to grips with the accident that left her boyfriend in a coma and her best friend dead. In *Letting Go of Lisa*, homeschooled for most of his education, Nathan enters the public high school as a senior where he meets a beautiful girl with a secret and together they learn about loving, living, and dying.

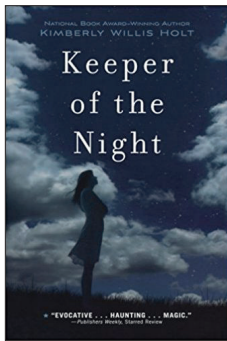


AGES 12 TO 16

DEATH AND BEREAVEMENT

Jody Kornfeld, Sophie Waters and Kathy Furgang. New York: Rosen Publishing, 2012, 48 p.

This book supports teens that are dealing with the death of a loved one, whether it is a family member or a close friend. The first chapter explains the general work of the grieving process, emphasizing that the particular way in which one grieves and the length of grieving are unique for each person. Other chapters present common reactions and advice for specific situations, such as the death of a parent or sibling or the suicide of a classmate. Coping strategies for the early aftermath of the death and for long-term adjustment are included. In addition to using self-help strategies, teens are encouraged to seek out professional help and/or support groups.

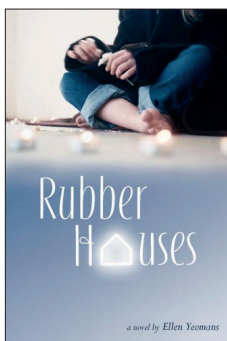


AGES 12 TO 16

KEEPER OF THE NIGHT

Kimberly Willis Holt. New York: Square Fish, 2011, 308 p.

Isabel's mother died peacefully. At least that's what Isabel likes to think since no one in her family will talk about the truth. But in spite of their avoidance, in spite of their brave faces, the truth has a way of revealing itself at night, in her family's behavior. Her father sleeps curled up on the floor right where Mama's body was found. Olivia wets her bed and wakes repeatedly from nightmares, and Frank has started carving his anger into his bedroom wall. It's up to Isabel to help her family get beyond the pain and loss—to be the keeper of the night. But who will help Isabel?

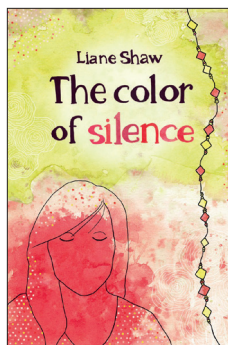


AGES 12 TO 16

RUBBER HOUSES

Ellen Yeomans. New York: Little, Brown and Company, 2007, 152 p.

A novel in verse that relates seventeen-year-old Kit's experiences as her younger brother is diagnosed with and dies of cancer and as she withdraws into and gradually emerges from her grief.

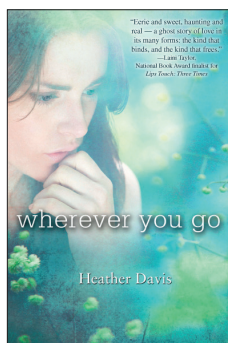


AGES 12 TO 18

THE COLOR OF SILENCE

Liane Shaw. Toronto: Second Story Press, 2013, 269 p.

At seventeen, Alex feels as if her life is over. She will never recover from the trauma of the car accident that took the life of her best friend, Cali. All joy left when Cali died, including their shared love on singing. Why even bother speaking? Alex blames herself for the accident, and no one would want to hear what she has to say anyway. Ordered by a judge to do community service, she must spend time at a hospital with a girl named Joanie, who has minimal control of her body and no speech.

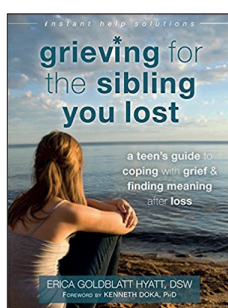


AGES 12 TO 18

WHEREVER YOU GO

Heather Davis. Boston: Harcourt, 2011, 309 p.

Seventeen-year-old Holly Mullen, overwhelmed with responsibility at home, grieving over her boyfriend Rob's tragic death, and confused by the sudden attention of his best friend, Jason, is further upset when her Alzheimer's-stricken Papa Aldo claims to be having conversations with Rob's ghost.



AGES 13 TO 19

GRIEVING FOR THE SIBLING YOU LOST: A TEEN'S GUIDE TO COPING WITH GRIEF & FINDING MEANING AFTER LOSS

Erica Goldblatt-Hyatt. Oakland: Instant Help Books, 2015, 194 p.

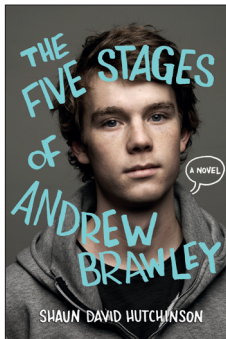
Written by a psychotherapist specializing in teen and adolescent bereavement, this guide is meant to help teens discover their unique coping style, deal with overwhelming emotions, and find constructive ways to manage such a profound loss so they can move forward in a meaningful and healthy way.



AGES 14 +

RED INK**Julie Mayhew.** Somerville: Candlewick Press, 2016, 297 p.

When her mother is knocked down and killed by a London bus, fifteen-year-old Melon Fouraki is left with no family worth mentioning. Her mother, Maria, never did introduce her to a living, breathing father. The indomitable Auntie Aphrodite, meanwhile, is hundreds of miles away on a farm in Crete, and she is not likely to jump on a plane to come to East Finchley anytime soon. But at least Melon has The Story. The Story is the Fouraki family fairy tale. A story is something. Balanced with tenderness and humor, this time-shifting novel offers a narrator by turns angry and vulnerable, hurt and defiant as she struggles with sudden grief—and the unfolding process of finding out who she really is.



AGES 14 +

THE FIVE STAGES OF ANDREW BRAWLEY**Shaun David Hutchinson and Christine Larsen (ill.).** New York: Simon Pulse, 2015, 288 p.

Convinced he should have died in the accident that killed his parents and sister, sixteen-year-old Drew lives in a hospital, hiding from employees and his past, until Rusty, set on fire for being gay, turns his life around.



AGES 14+

RUMBLE**Ellen Hopkins.** New York: Margaret K. McElderry Books, 2014, 546 p.

Matthew Turner knows it doesn't get better. His younger brother Luke was bullied mercilessly after one of Matt's friends outed Luke to the whole school, and when Luke called Matt – on the brink of suicide – Matt was too wrapped up in his new girlfriend to answer the phone. Now Luke is gone, and Matt's family is falling apart. No matter what his girlfriend Hayden says about forgiveness, there's no way Matt's letting those he blames off the hook — including himself. As Matt spirals further into bitterness, he risks losing Hayden, the love of his life. But when her father begins to pressure the school board into banning books because of their homosexual content, he begins to wonder if he and Hayden ever had anything in common.

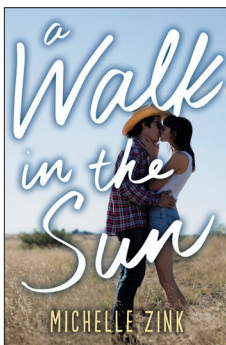


AGES 14+

DEAR VINCENT

Mandy Hager. Auckland: Random House New Zealand, 2013, 227 p.

17-year-old Tara McClusky's life is hard. She shares the care of her paralysed father with her domineering, difficult mother, forced to cut down on her hours at school to help support the family with a part-time rest home job. She's very much alone, still grieving the loss of her older sister Van, who died five years before. Her only source of consolation is her obsession with art—and painting in particular. Most especially she is enamoured with Vincent Van Gogh: she has read all his letters and finds many parallels between the tragic story of his life and her own.

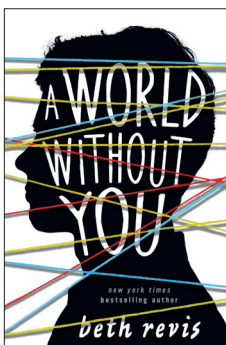


AGES 14 TO 17

A WALK IN THE SUN

Michelle Zink. New York: HarperTeen, 2016, 328 p.

Rose Darrow never wanted to spend her life working on her family's farm. But when her family is rocked by an unexpected tragedy she has no choice but to put her plans for the future—and dreams of escaping her small town—on hold. Bodhi Lowell left home as a kid and hasn't looked back. Years of working farm jobs have given him the one thing he wants most: freedom to travel without answering to anyone. He's already looking past his job at Darrow Farm and plans on leaving in September—until he meets Rose.



AGES 14 TO 17

A WORLD WITHOUT YOU

Beth Revis. New York: Razorbill, 2016, 370 p.

After the unexpected loss of his girlfriend, a teenage boy suffering from delusions is convinced that he can travel through time to save her.

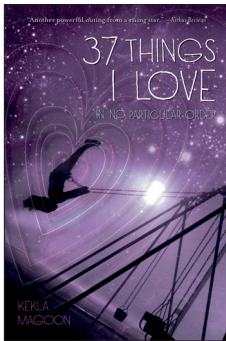


AGES 14 TO 17

THE LAST TIME WE SAY GOODBYE

Cynthia Hand. New York: HarperTeen, 2015, 390 p.

After her younger brother, Tyler, commits suicide, Lex struggles to work through her grief in the face of a family that has fallen apart, the sudden distance between her and her friends, and memories of Tyler that still feel all too real.

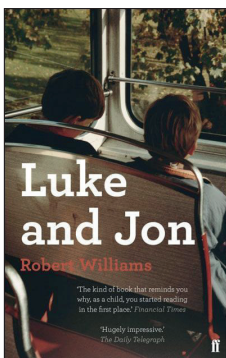


AGES 14 TO 17

37 THINGS I LOVE (IN NO PARTICULAR ORDER)

Kekla Magoon. New York: Henry Holt, 2012, 218 p.

Fifteen-year-old Ellis recalls her favorite things as her mother's desire to turn off the machines that have kept Ellis's father alive for two years fill the last four days of her sophomore year with major changes in herself and her relationships.

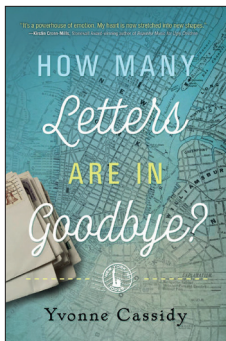


AGES 15 TO 17

LUKE AND JON

Robert Williams. London: Faber and Faber, 2011, 178 p.

Luke's mum is dead. He finds himself in a small, scruffy northern hill town, with a near silent father, who he fears might be trying to drink himself to death. Then he meets Jon. Jon is massively strange. He wears 1950s clothes, has a side-parting and a twitch. The kids at school call him "Slackjaw". When Luke discovers his secret, Jon changes his life in more ways than he can imagine. Luke and Jon is a coming of age novel about family, bereavement and how lives can change forever in a single second.

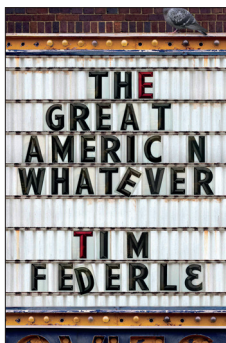


AGES 15 TO 18

HOW MANY LETTERS ARE IN GOODBYE?

Yvonne Cassidy. Woodbury: Flux, 2016, 427 p.

It's been almost eleven years since Rhea Farrell last wrote to her mother. Now about to turn eighteen, Rhea finds herself alone on the streets of New York with nobody to talk to about the future, or the past. So, just like she used to do as a little girl, she begins a letter with the words "Dear Mum" and tells her mother the things she can't tell anyone else. In the city where Allison Farrell was born, her daughter begins to delve into her past. And as she uncovers more about who her mother truly was, Rhea starts to figure out exactly who she herself wants to be. And that sometimes it takes longer than you think to say goodbye.

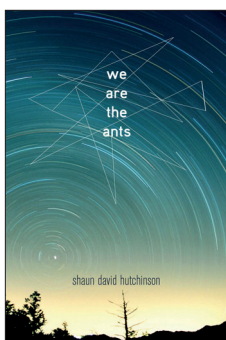


AGES 15 TO 18

THE GREAT AMERICAN WHATEVER

Tim Federle. New York: Simon & Schuster, 2016, 278 p.

Quinn Roberts is a sixteen-year-old smart aleck and Hollywood hopeful whose only worry used to be writing convincing dialogue for the movies he made with his sister Annabeth. Of course, that was all before—before Quinn stopped going to school, before his mom started sleeping on the sofa...and before Annabeth was killed in a car accident.

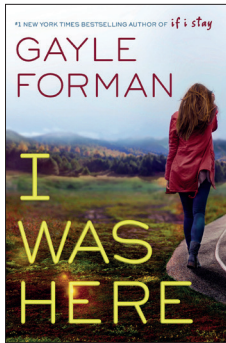


AGES 15 TO 18

WE ARE THE ANTS

Shaun David Hutchinson. New York: Simon Pulse, 2016, 451 p.

After the suicide of his boyfriend, Henry deals with depression and family issues, all while wondering if he was really abducted and told he has 144 days to decide whether or not the world is worth saving.



AGES 15 TO 18

I WAS HERE

Gayle Forman. New York: Viking, 2015, 270 p.

When her best friend Meg drinks a bottle of industrial-strength cleaner alone in a motel room, Cody is understandably shocked and devastated. She and Meg shared everything—so how was there no warning? But when Cody travels to Meg’s college town to pack up the belongings left behind, she discovers that there’s a lot that Meg never told her.

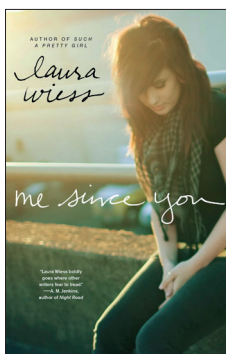


AGES 15 TO 18

NOT AFTER EVERYTHING

Michelle Levy. New York: Dial Books, 2015, 330 p.

Tyler has a football scholarship to Stanford, a hot girlfriend, and a reliable army of friends to party with. Then his mom kills herself. And Tyler lets it all go. Now he needs to dodge what his dad is offering (verbal tirades and abuse) and earn what his dad isn’t (money). Tyler finds a job that crashes him into Jordyn, his former childhood friend turned angry-loner goth-girl. She brings Tyler an unexpected reprieve from the never-ending pity party his life has become. How could he not fall for her? But with his dad more brutally unpredictable than ever, Tyler knows he can’t risk bringing Jordyn too deeply into the chaos. So when violence rocks his world again, will it be Jordyn who shows him the way to a hopeful future? Or after everything, will Tyler have to find it in himself?



AGES 15 TO 18

ME SINCE YOU

Laura Wiess. London: Gallery Books, 2014, 352 p.

A heart-wrenching novel about a girl dealing with her father’s suicide, and the only boy who understands her grief.

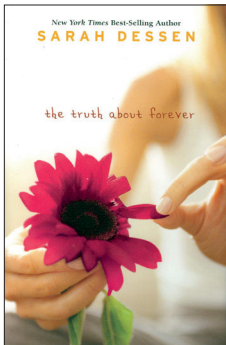


AGES 15 TO 18

FALL FOR ANYTHING

Courtney Summers. New York: St. Martin's Griffin, 2011, 230 p.

When Eddie Reeves's father commits suicide, her life is consumed by the nagging question of why? Why when he was a legendary photographer and a brilliant teacher? When she meets Culler Evans, former student of her father's and a photographer himself, an instant and dangerous attraction begins.



AGES 15 TO 18

THE TRUTH ABOUT FOREVER

Sarah Dessen. New York: Viking, 2004, 374 p.

The summer following her father's death, Macy plans to work at the library and wait for her brainy boyfriend to return from camp, but instead she goes to work at a catering business where she makes new friends and finally faces her grief.

FILM, SERIES AND PROGRAM SUGGESTIONS

DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF
DVDS AND BLU-RAYS THAT CAN BE BORROWED.
THEY ALSO OFFER ONLINE ACCESS TO MOVIES,
SERIES AND PROGRAMS. CHECK WITH YOUR
LOCAL LIBRARY.



FICTION



13+

A GHOST STORY**David Lowery.** 2017, 92 min.

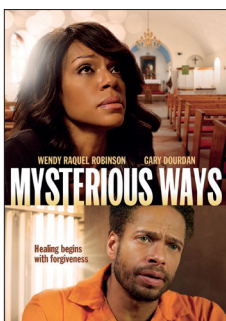
Drama (United States). In this singular exploration of legacy, love, loss, and the enormity of existence, a recently deceased, white-sheeted ghost returns to his suburban home to try to reconnect with his bereft wife.



13+

DEMOLITION**Jean-Marc Vallée.** 2016, 100 min.

Drama (United States). A successful investment banker struggles after losing his wife in a tragic car crash. With the help of a customer service rep and her young son, he starts to rebuild, beginning with the demolition of the life he once knew.



G

MYSTERIOUS WAYS**Dan Garcia.** 2015, 79 min.

Drama (United States). Marilyn Rowe is a strong, intelligent, fiery choir director at her Baptist church. Once a lively person, her life is now consumed by her continued sense of loss and grief over the hit-and-run death of her son, eight-year-old Cody.



G

MONSIEUR LAZHAR

Philippe Falardeau. 2011, 95 min.

Drama (Quebec). When an elementary school teacher commits suicide one night after class, the school's overworked principal has a hard time finding a replacement. Bachir Lazhar, a middle-aged Algerian immigrant seeking political refuge in Quebec, applies for the job, saying he has experience as a grade school teacher in his home country.



G

I WILL FOLLOW

Ava DuVernay. 2010, 80 min.

Drama (United States). Chronicles a day in the life of a grieving woman, and the twelve visitors who help her move forward.



G

RABBIT HOLE

John Cameron Mitchell. 2010, 91 min.

Drama (United States). Becca and Howie Corbett are returning to their everyday existence in the wake of a shocking, sudden loss. The journey is an intimate glimpse into two people learning to re-engage with each other and a world that has been tilted off its axis.



G

MORNING

Leland Orser. 2009, 95 min.

Drama (United States). Leland Orser and Jeanne Tripplehorn star as a married couple reeling from the tragic death of their only child. For each of them, grief is a private torment that threatens to destroy their individual worlds. But for both, there is a way back that could bring them together to love again.

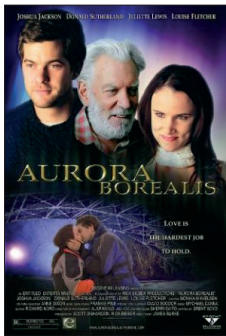


G

P.S. I LOVE YOU

Richard Lagravenese. 2007, 127 min.

Comedy-drama (United States). A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life.



13+

AURORA BOREALIS

James Burke. 2005, 110 min.

Drama (United States). A troubled young man struggling to right himself after the premature death of his father.

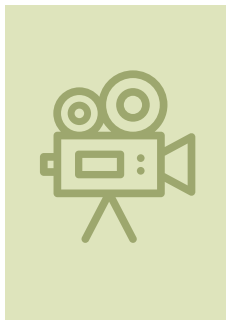
DOCUMENTARIES



ONE LAST HUG: THREE DAYS AT GRIEF CAMP

Irene Taylor Brodsky, HBO. 2014, 37 min.

One in 7 American children will experience the death of a loved one before the age of 20. Sadly, few are prepared to deal with the grief that follows. From profound sadness and heartbreak to confusion and anger, a child's grief can be devastating. It can also be lonely. At a time in life when fitting in is important, grief can make kids feel different and isolated from their peers. Fortunately, there's a place where grieving children can go to be understood.



KIDS TALKIN'ABOUT DEATH

Sue Huff, National Film Board of Canada. 2005, 19 min.

Kids Talkin' About Death is an insightful look into how kids see and interpret death, from the loss of a parent to helping a grieving friend. Candid, charming and astute, the kids bring death out into the open in a positive way. The taboo of death and the afterlife is explored through honest and at times playful conversations and animation.

BETTER INFORMED TO BETTER HELP[©]



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