



2023  
EDITION

# BEREAVEMENT

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QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES

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 **Biblio-  
Santé**



Better informed to live better.

## **ABOUT**

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 660 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-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. 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-Santé booklets and additional information.

**[bibliosante.ca](http://bibliosante.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 2023 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-Santé 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 health system users and 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-Santé, please visit [bibliosante.ca/criteria](http://bibliosante.ca/criteria)



### CAREGIVERS

#### **CAREGIVERS BOOKLET**

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

## OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S  
DISEASE**



**AUTISM SPECTRUM  
DISORDER**



**BEREAVEMENT**



**CANCER**



**CHRONIC  
PAIN**



**DIABETES**



**END-OF-LIFE  
CARE**



**HEART DISEASE  
AND STROKE**



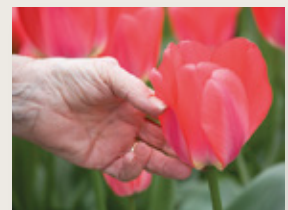
**INTELLECTUAL  
DISABILITY**



**MENTAL  
HEALTH**



**MULTIPLE  
SCLEROSIS**



**PARKINSON'S  
DISEASE**



**PHYSICAL  
DISABILITY**



**PULMONARY  
DISEASE**



**SENIORS  
AND AGING**

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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## General

### FÉDÉRATION DES COOPÉRATIVES FUNÉRAIRES DU QUÉBEC (FCFQ)

**Telephone** 819 566-6303  
**Website** [www.fcfq.coop](http://www.fcfq.coop)

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. Website in French.

### FONDATION MONBOURQUETTE

**Telephone** 514 894-8981  
**Website** [www.maisonmonbourquette.com](http://www.maisonmonbourquette.com)

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.

### TEL-ÉCOUTE – TEL-AÎNÉS

**Telephone** 1 888 LE DEUIL (1 888 533-3845)  
**Website** <https://racorsm.org/membre/tel-ecoute-tel-aines>

This center offers an anonymous, confidential and free help line for people in the region of Montreal.

### THE COMPASSIONATE FRIENDS OF CANADA – QUEBEC CHAPTER

**Telephone** 438 257-0881  
**Toll-free** 1 866 823-0141  
**Website** <https://tcfcanada.net/chapters/quebec/>

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.

# INTERNET RESOURCES

## 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?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

## General

### **CANADIAN PSYCHOLOGICAL ASSOCIATION – GRIEF IN ADULTS**

[www.cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_GriefInAdults.pdf](http://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.

### **CANADIAN VIRTUAL HOSPICE – MYGRIEF.CA**

[www.mygrief.ca](http://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.

### **CENTRE FOR ADDICTION AND MENTAL HEALTH – WHEN A PARENT DIES BY SUICIDE: WHAT KIDS WANT TO KNOW**

[www.camh.ca/en/health-info/guides-and-publications/when-a-parent-dies-by-suicide](http://www.camh.ca/en/health-info/guides-and-publications/when-a-parent-dies-by-suicide)

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.

### **ÉDUCALOI – WILLS AND ESTATES**

[www.educaloi.qc.ca/en/categories/death-and-wills](http://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.

## **ÉDUCALOI – MANAGING SOMEONE’S FINAL AFFAIRS**

[www.educaloi.qc.ca/en/categories/managing-final-affairs](http://www.educaloi.qc.ca/en/categories/managing-final-affairs)

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 page provides an overview of the steps that you have to take with government departments and agencies following a death.

## **GOVERNMENT OF ALBERTA – GRIEVING IN THE WORKPLACE: COPE WITH LOSS**

<https://alis.alberta.ca/succeed-at-work/manage-challenges/grieving-in-the-workplace-cope-with-loss/#:~:text=The%20stages%20of%20grief%20are>

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.

## **HEALGRIEF**

<https://healgrief.org/>

Healgrief is a social support network that provides the tools and resources to guide one’s journey with grief into a healthy personal growth. Under the “Explore Grief” tab, you will find numerous information concerning different aspects of grief.

## **HEALTHLINK BC – GRIEF & GRIEVING**

<https://www.healthlinkbc.ca/health-topics/grief-and-grieving>

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.

## **HEALTHYCHILDREN.ORG – 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](http://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.

## **HELPGUIDE – GRIEF AND LOSS**

<https://www.helpguide.org/home-pages/grief.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.

## **HOSPICE OF THE WESTERN RESERVE – SIBLING GRIEF**

[www.hospicewr.org/Western-Reserve-CareLink/May-2016/Sibling-Grief](http://www.hospicewr.org/Western-Reserve-CareLink/May-2016/Sibling-Grief)

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.

## **KIDSHEALTH – WHEN A LOVED ONE DIES: HOW TO HELP YOUR CHILD**

<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.

## **SANDS**

### **Early pregnancy loss**

[www.sands.org.au/Handlers/Download.ashx?IDMF=aad9ce16-05f5-4326-9a1f-ed8d13bf3ce6](http://www.sands.org.au/Handlers/Download.ashx?IDMF=aad9ce16-05f5-4326-9a1f-ed8d13bf3ce6)

This valuable booklet is intended to support parents who are grieving the death of their baby through miscarriage. 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.

### **Stillbirth and Newborn Death**

<https://www.sands.org.au/Handlers/Download.ashx?IDMF=1d2fcc3a-ed32-4f4a-9198-3090cd2701bf>

This booklet is intended to support parents who are grieving the death of their baby through stillbirth and newborn death.

### **Terminating Pregnancy for Medical Reasons**

<https://www.sands.org.au/Handlers/Download.ashx?IDMF=ac77488b-46eb-4257-b798-9eff92e814d0>

This booklet is intended to support parents who are grieving the death of their baby through termination for terminal reason.

## **SESAME STREET: GRIEF**

[https://prod.drupal.aws.sesamestreet.org/sites/default/files/media\\_folders/Media%20Root/Grief\\_CaregiverGuide.pdf?\\_ga=2.20479288.140514520.1650983312-1893831426.1650983312](https://prod.drupal.aws.sesamestreet.org/sites/default/files/media_folders/Media%20Root/Grief_CaregiverGuide.pdf?_ga=2.20479288.140514520.1650983312-1893831426.1650983312)

Sesame Street offers parents a toolkit for talking about grief with children.

# HEALTH INFORMATION PORTALS

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

## GOVERNMENT OF CANADA – HEALTH

[www.canada.ca/en/services/health.html](http://www.canada.ca/en/services/health.html)

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

## GOVERNEMENT DU QUÉBEC – HEALTH

[www.quebec.ca/en/health/](http://www.quebec.ca/en/health/)

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

## MAYO CLINIC

[www.mayoclinic.org/patient-care-and-health-information](http://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.medlineplus.gov](http://www.medlineplus.gov)

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

# 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](http://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](http://www.banq.qc.ca/formulaires/abonnement)**

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

## **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.

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# READING SUGGESTIONS

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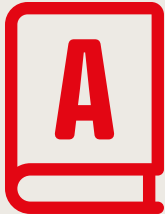
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THE DOCUMENT YOU WOULD LIKE  
FROM ANOTHER LIBRARY.

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### **LARGE PRINT BOOKS**

Large print books are designed to optimize reading comfort for the visually impaired, the sick, people with eye strain and young dyslexics. You will find many of them in public libraries.



### **AUDIO AND DIGITAL AUDIO BOOKS**

Audio and digital audio books are voice recordings of the text of a book made by a narrator. These books are read by recognized interpreters. They are recommended for both beginning readers and people with visual impairments.

Audio books are recorded on CD or MP3 CD and can be found on the shelves of libraries that offer them.


Digital audio books are available on the [prenumerique.ca](http://prenumerique.ca) platform. They can be listened to on all devices using a recent version of a web browser and a reliable Internet connection. This does not require the installation of a reader application.



## DIGITAL BOOKS

Digital books are available via the [pretnumerique.ca](http://pretnumerique.ca) platform.

On the [pretnumerique.ca](http://pretnumerique.ca) website of libraries participating in the Biblio-Santé program, you will find the **digital Biblio-Santé collection**. Each book suggested in the booklets that is available in digital format is identified by the following mention:

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

These digital books are chronodegradable, that is to say that they deactivate automatically at the end of the loan period. Downloaded books can be read on different devices: e-readers, tablets, computers, smartphones, etc. The service is accessible anytime and anywhere, as long as you have access to an Internet connection.

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For help borrowing an eBook, visit the [Aide en ligne Prêt Numérique](#) page.

\*The supply of books in different formats varies from one library to another.

**Find out what your library has to offer!**

# NON-FICTION

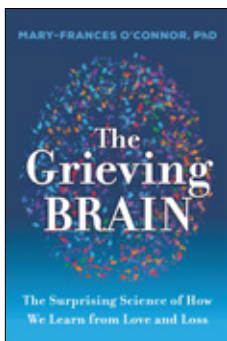
## General works



### **THE ART OF GRIEVING: GENTLE SELF-CARE PRACTICES TO HEAL A BROKEN HEART**

**Corinne Laan.** Summer Hill, NSW: Rockpool, 2022, 193 p.

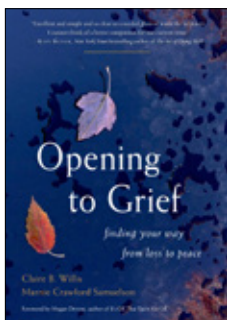
The book is a gentle self-help guide filled with practical self-care practices and rituals which engage the griever into embracing and expressing their grief. Each practice described in the book has been carefully chosen to shine light on areas that are likely to arise as the grieving and healing journey unfolds, and have been organized to make it easy for the reader to choose a path they feel drawn to at any particular moment.



### **THE GRIEVING BRAIN: THE SURPRISING SCIENCE OF HOW WE LEARN FROM LOVE AND LOSS**

**Mary-Frances O'Connor.** New York, NY: HarperOne, an imprint of HarperCollinsPublishers, 2022, 236 p.

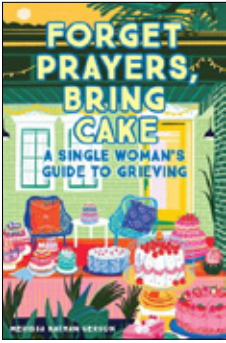
Based on O'Connor's own neuroimaging work, research in the field, and her real-life stories, *The Grieving Brain* does what the best popular science books do, combining storytelling, accessible science, and practical knowledge that will help us better understand what happens when we grieve and how to navigate loss with more ease and grace.



### **OPENING TO GRIEF: FINDING YOUR WAY FROM LOSS TO PEACE**

**Claire B. Willis and Marnie Crawford Samuelson.** Newburyport, MA: Dharma Spring, 2022, 144 p.

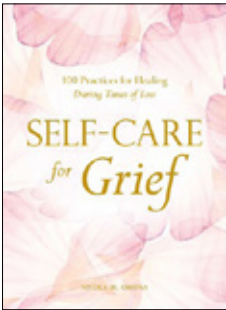
With the demeanor and tone of a loving friend, the authors offer an invitation to grieve fully, to turn toward your emotions and experiences however they arise, and to follow your own path toward healing. The book explores the deep truth that grief and love are richly intertwined. Because we love, we grieve. And when we fully feel our sorrow, we open to loving ourselves and other beings more deeply.



## FORGET PRAYERS, BRING CAKE: A SINGLE WOMAN'S GUIDE TO GRIEVING

**Marissa Nathan Gerson.** San Rafael: Mandala, 2021, 179 p.

This heartrending, relatable account of one woman's reckoning with loss is a guide to the world of self-recovery, self-love, and the skills necessary to meeting one's own needs in times of pain – especially when that pain is suffered alone. Grief is all around us. In the world of today it has become common and layered, no longer only an occasional weight. A book needed now more than ever, *Forget Prayers, Bring Cake* is for people of all ages and orientations dealing with grief of any sort—professional, personal, romantic, familial, or even the sadness of the modern day.

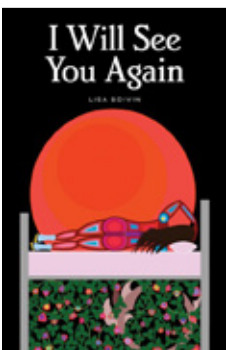


## SELF-CARE FOR GRIEF: 100 PRACTICES FOR HEALING DURING TIMES OF LOSS

**Nneka M. Okona.** New York: Adams Media, 2021, 192 p.

When faced with loss or trauma, the grief can oftentimes feel overwhelming. It can feel difficult, if not impossible, to focus your attention elsewhere. And yet, during hard times is the perfect time to look inwards for support and practice self-care. Tuning in to your personal needs and taking the time to create a thoughtful self-care practice can make all the difference in moving forward in a healthy way. In *Self-Care for Grief*, you'll find 100 self-care activities that are specifically designed to help you protect your mental health, even while grieving.

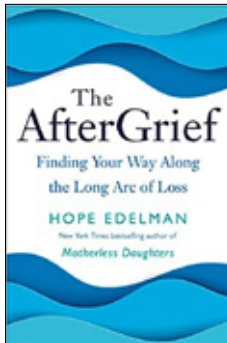
 Also available on [pretnumerique.ca](https://pretnumerique.ca)



## I WILL SEE YOU AGAIN

**Lisa Boivin.** Winnipeg, Manitoba: HighWater Press, 2020, 56 p.

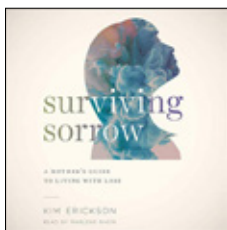
When the author learns of the death of her brother overseas, she embarks on a journey to bring him home. Through memories and dreams of all they shared together, she follows Dene teachings to find comfort and strength. The lyrical art and story leave readers with a universal message of hope and love.



## THE AFTERGRIEF: FINDING YOUR WAY ALONG THE LONG ARC OF LOSS

**Hope Edelman.** New York: Ballantine Books, 2020, 320 p.

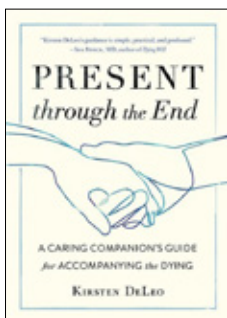
A validating new approach to the long-term grieving process that explains why we feel “stuck,” why that’s normal, and how shifting a perception of grief can help us grow. In *The AfterGrief*, Hope Edelman offers a new and reality-affirming paradigm: grief is not an emotion to pass through on the way to “feeling better,” but a state that we repeatedly return to as we experience important life transitions and new crises.



## SURVIVING SORROW: A MOTHER'S GUIDE TO LIVING WITH LOSS

**Kim Erickson.** Chicago: Moody Publishers, 2020, 192 p.

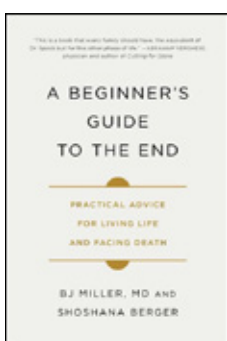
Practical advice from one grieving mom to other grieving moms When Kim's three-year-old son died, she found plenty of resources on grieving. She says what she really needed, though, “was someone who would give me advice for living, not just grieving... How do I get through the grocery store without crying? What do I do with my son’s things? When will my mind stop replaying the emergency room scene?”



## PRESENT THROUGH THE END: A CARING COMPANION'S GUIDE FOR ACCOMPANYING THE DYING

**Kisten DeLeo.** Boulder: Shambhala, 2019, 180 p.

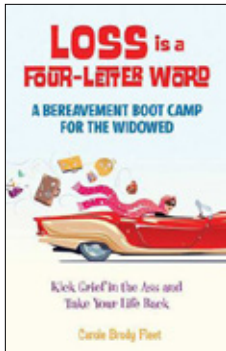
A trusted companion and go-to resource for everyone supporting someone at the end of life--from the moment we first learn that someone is dying through the time of death and beyond.



## A BEGINNER'S GUIDE TO THE END: PRACTICAL ADVICE FOR LIVING LIFE AND FACING DEATH

**Bruce J. Miller, Shoshana Berger and Marina Luz (ill.).** New York: Simon & Schuster, 2019, 520 p.

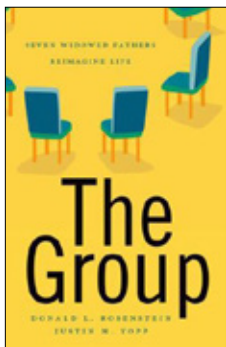
This book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor, like whether or not sex is still okay when you're sick. You'll be walked through how to break the news to your employer, whether to share old secrets with your family, how to face friends who might not be as empathetic as you'd hoped, and to how to talk to your children about your will.



## **LOSS IS A FOUR-LETTER WORD: A BEREAVEMENT BOOT CAMP FOR THE WIDOWED: KICK GRIEF IN THE ASS AND TAKE YOUR LIFE BACK**

**Carole Brody Fleet.** Deerfield Beach: Health Communications, Inc., 2018, 294 p.

For the loved one left behind, the loss of a spouse or partner is frightening, and the ensuing grief can be all-consuming. Regardless of the circumstances, spousal loss devastates on numerous levels and in countless ways. In *Loss is a Four-Letter Word*, award-winning author Carole Brody Fleet, who herself experienced the numbing pain and grief as a young widow and mother, shows readers a way out, a way to move forward not “get over” their most profound loss in positive ways.



## **THE GROUP: SEVEN WIDOWED FATHERS REIMAGINE LIFE**

**Donald L. Rosenstein and Justin M. Yopp.** New York: Oxford University Press, 2018, 175 p.

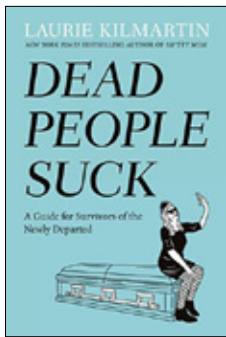
The book chronicles the challenges and triumphs of seven men who were left to raise young children after their wives died. For four years, the men took part in an innovative support group that the authors led at the University of North Carolina at Chapel Hill. The men encouraged each other through painful setbacks and celebrated increasingly frequent successes as they learned to parent on their own and embrace life anew.



## **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.

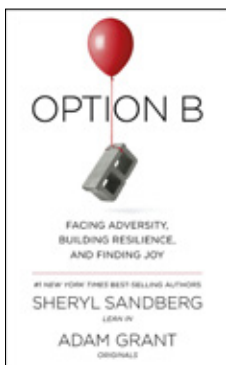
*There Is No Good Card for This* isn't a spiritual treatise on how to make you a better person or a scientific argument about why compassion matters. It is a helpful illustrated guide to effective compassion that takes you, step by step by step, past the paralysis of thinking about someone in a difficult 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.

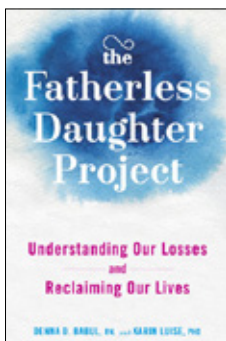
Death is not for the faint of heart, and sometimes the best way to cope is through humor. No one knows this better than comedian Laurie Kilmartin. *Dead People Suck* is her guide to surviving (sometimes) death, dying, and grief without losing your mind.



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

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

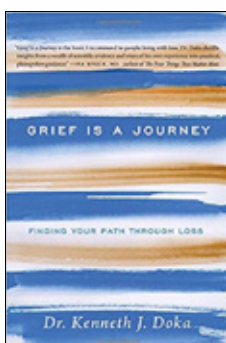
After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with 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.

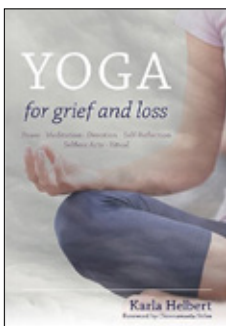
In this book, Dr. Kenneth Doka, a licensed mental health counselor and preeminent expert in grief, explores a new, compassionate way to grieve, explaining that grief is not an illness to get over but an individual and ongoing journey and that there is no "one-size-fits-all" way to cope with loss. He 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.

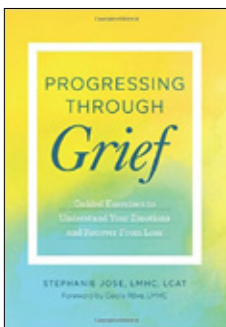
When a loved one dies, it is hard to balance meaningful ways of keeping their memory alive without holding on to mementos and belonging that create emotional and physical clutter. Gilbert offers inspiring ways to celebrate family and friends into your year-round life, keeping them in your heart and mind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

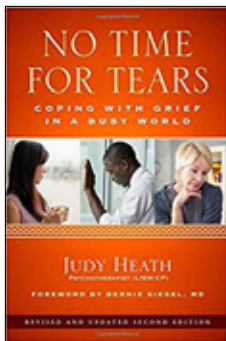
Written by a licensed professional counselor, this book explains how the six branches of yoga offer guidance and coping methods to those who have suffered bereavement or loss. Looking at the emotional, spiritual, philosophical elements, as well as the physical postures of yoga, the book shows how to 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.

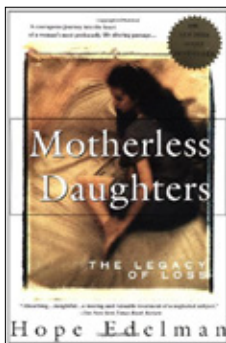
Written by a licensed mental health counselor and intended to help you progress through your grief and into healing, *Progressing Through Grief* is divided into three sections: understanding why grieving is important, and how grief affects your body; identifying complicated feelings and learning skills 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.

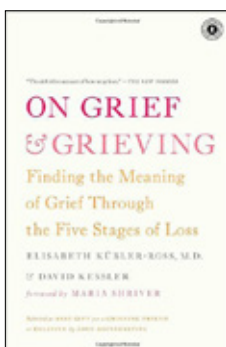
Psychotherapist Judy Heath draws on extensive experience as a grief specialist in private practice to help those struggling with the anguish of loss. Addressing the myths and misinformation about mourning that still abound today, Heath gently coaches readers to understand that coping with loss is a natural 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.



## MOTHERLESS DAUGHTERS: THE LEGACY OF LOSS

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

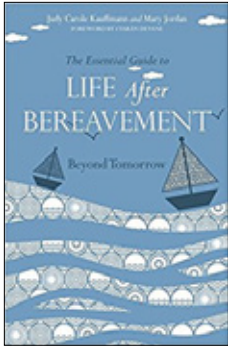
This book explores the myriad ways that losing a mother can affect almost every aspect and passage of a woman’s life. First published two decades ago, it is still the book that motherless daughters of all ages look to for understanding and comfort and that they press into each other’s hands. Building 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.



## 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.

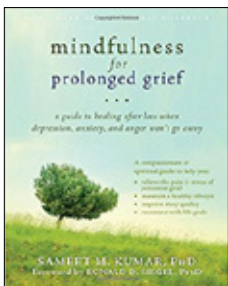
Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors’ own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Looking at the way we experience the process 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.



## **THE ESSENTIAL GUIDE TO LIFE AFTER BEREAVEMENT: BEYOND TOMORROW**

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

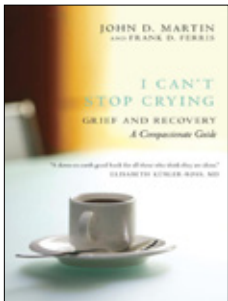
The period following the death of a loved one can be a time of great turmoil. This book acts as a helpful and supportive road map through the initial period of loss, and the weeks and months that follow. As well as the emotional and spiritual aspects of bereavement, it covers important practical considerations,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

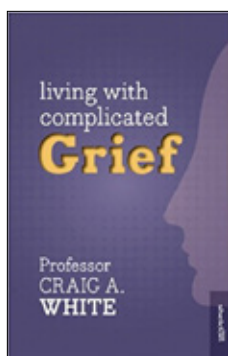
For some people, grief resolves on its own; but for many others, grief can lead to feelings of depression, anxiety, anger, and an intense and inconsolable yearning for the deceased. This workbook offers mindfulness exercises, guided meditations, and healthy lifestyle changes to help you process your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

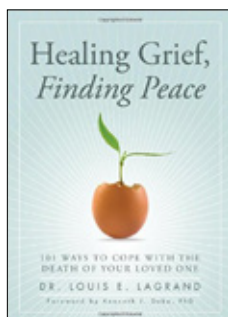
The death of someone close can result in feelings of overwhelming grief, but society expects people to recover from loss as quickly as possible. Martin and Ferris reveal grief as a painful but necessary process to go through in order, ultimately, to recover from the loss of a loved one.



## LIVING WITH COMPLICATED GRIEF

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

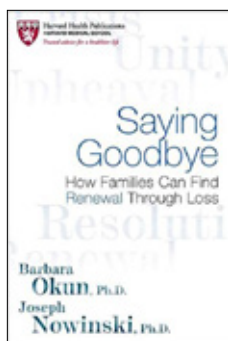
This book, written by a consultant clinical psychologist, looks at how to cope with this kind of reaction to bereavement, so that it becomes possible to accept the death and master its impact. Topics include: the difference between normal and complicated grief; links with other conditions such as post-traumatic 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.

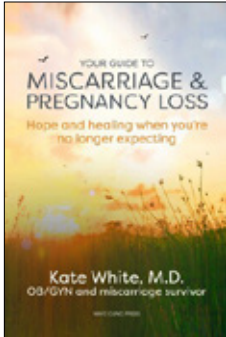


## SAYING GOODBYE: HOW FAMILIES CAN FIND RENEWAL THROUGH LOSS

**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.

## Perinatal death



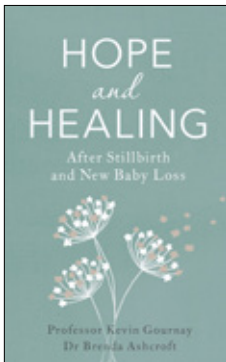
### **YOUR GUIDE TO MISCARRIAGE & PREGNANCY LOSS: HOPE AND HEALING WHEN YOU'RE NO LONGER EXPECTING**

**Kate White.** Rochester, MN: Mayo Clinic Press, 2021, 384 p.

More than a quarter of pregnancies end in miscarriage. Experiencing this loss, you may wonder why it happened, what happens next and what it means for your future. You may also feel incredibly alone. For more than 20 years, Dr. Kate White has taken care of those navigating the physical and emotional pain of pregnancy loss. After experiencing two miscarriages of her own, she wrote this book to offer others the same compassionate conversation she has with her patients.



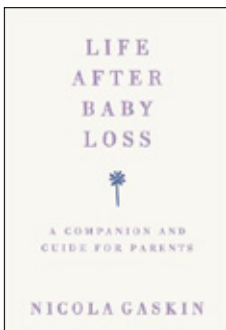
Also available on [pretnumerique.ca](http://pretnumerique.ca)



### **HOPE AND HEALING AFTER STILLBIRTH AND NEW BABY LOSS**

**Brenda Ashcroft and Kevin Gournay.** London: Sheldon Press, 2019, 224 p.

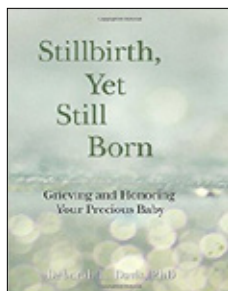
In this book, Professor Kevin Gournay – who himself lost a child to stillbirth – and distinguished midwife Dr Brenda Ashcroft offer understanding of what it means to go through this bereavement, and healing advice on how to make sense of it. They give important information about parents' rights, and cover such difficult topics as post mortems and inquests. The book considers parents' reactions, not least feelings of anger, as well as offering help for, and insight into, the relationship difficulties that often follow the loss of a baby.



### **LIFE AFTER BABY LOSS: A COMPANION AND GUIDE FOR PARENTS**

**Nicola Gaskin.** London: Vermilion, 2018, 183 p.

It is often said that losing a child is one of the most devastating events that humans can go through, and yet, losing your child when they are a baby – particularly before they are even born – remains a taboo topic, often misunderstood. In this very gentle guide, Nicola Gaskin, who has had one neonatal death, two miscarriages and a rainbow baby, is set to change this, opening up the conversation around baby loss with her raw, honest and deeply empathetic insights.

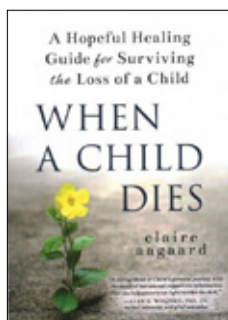


## STILLBIRTH, YET STILL BORN: GRIEVING AND HONORING YOUR PRECIOUS BABY

**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.

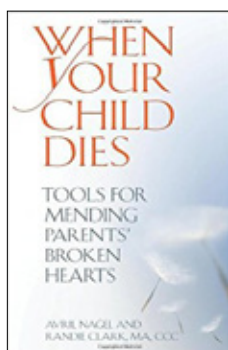
## Loss of a child



## WHEN A CHILD DIES: A HOPEFUL HEALING GUIDE FOR SURVIVING THE LOSS OF A CHILD

**Claire Aagaard.** Naperville, Illinois: Sourcebooks, 2022, 162 p.

Parents who suffer the death of a child are overwhelmed, often immobilized by the depth and scope of their grief. *When a Child Dies* is written in a simple, straightforward manner, offering information, comfort and hope for those who believe that none is possible. Claire Aagaard has written this book from a unique perspective—that of a professional grief counselor and as a parent with her own history of child loss.

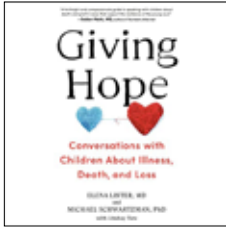


## WHEN YOUR CHILD DIES: TOOLS FOR MENDING PARENTS' BROKEN HEARTS

**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



### **GIVING HOPE: CONVERSATIONS WITH CHILDREN ABOUT ILLNESS, DEATH, AND LOSS**

**Elena Lister and Michael Schwartzman with Lindsey Tate.** New York, NY: Avery, 2022, 275 p.

Just as death is inevitable, talking about death is an inevitable part of parenting. Dr. Elena Lister and Dr. Michael Schwartzman offer us the way to have conversations with children that are as much about life as they are about death – conversations that anyone who parents, teaches, or counsels children can have.



### **WHEN A FRIEND DIES: A BOOK FOR TEENS ABOUT GRIEVING & HEALING**

**Marilyn Gootman.** Minneapolis: Free Spirit, 2019, 26 p.

The death of a friend is a wrenching event for anyone at any age and can spark feelings that range from sadness to guilt to anxiety. Teenagers especially need help coping with grief and loss. This sensitive book answers questions grieving teens often have, like “How should I be acting?” “How long will this last?” and “What if I can’t handle my grief on my own?” The book also addresses the complicated emotions that can accompany the death of an acquaintance, as opposed to a close friend.



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

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

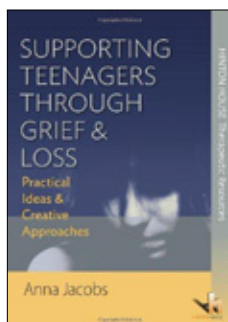
The author outlines strategic approaches to managing the physical aspects of grief and loss, explaining how painful emotions affect the body and how to develop beneficial coping and healing skills.



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

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

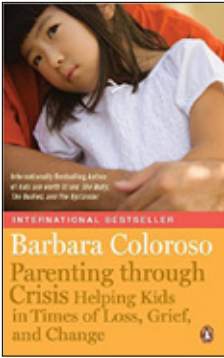
This book contains a wealth of helpful advice, worksheets and suggestions to support young people in their experience of loss in its many forms. Teenagers perceive and experience loss differently from younger children and need support and understanding at home and in school. This resource explores how 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.

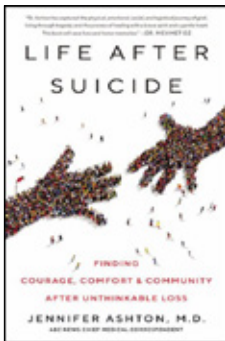


## PARENTING THROUGH CRISIS: HELPING KIDS IN TIMES OF LOSS, GRIEF, AND CHANGE

**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?

## Bereavement following suicide

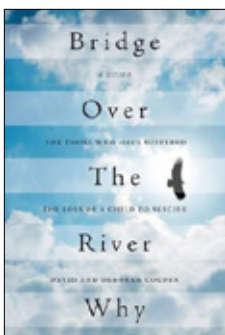


## LIFE AFTER SUICIDE: FINDING COURAGE, COMFORT & COMMUNITY AFTER UNTHINKABLE LOSS

**Jennifer Ashton.** New York: William Morrow, 2019, 276 p.

Shares the author's experiences after the suicide of her ex-husband, as well as the most recent insights into suicide from the medical community.

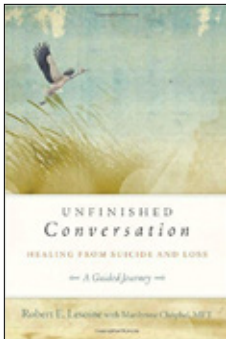
 Also available on [prenumerique.ca](https://prenumerique.ca)



## BRIDGE OVER THE RIVER WHY: A GUIDE FOR THOSE WHO HAVE SUFFERED THE LOSS OF A CHILD TO SUICIDE

**David and Deborah Cooper.** Victoria: FriesenPress, 2018, 72 p.

In this book, the Coopers have succeeded in a dual task documenting their own journey through the grief of losing their son Eli by suicide, while at the same time providing a valuable resource for anyone who has had to face the same tragedy.



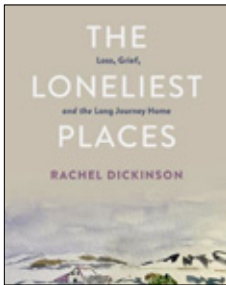
## **UNFINISHED CONVERSATION: HEALING FROM SUICIDE AND LOSS A GUIDED JOURNEY**

**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

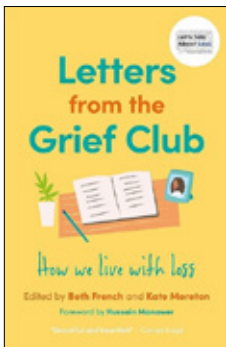
## General Works



### THE LONELIEST PLACES: LOSS, GRIEF, AND THE LONG JOURNEY HOME

**Rachel Dickinson.** Ithaca: Three Hills, an imprint of Cornell University Press, 2022, 232 p.

The essays of *The Loneliest Places* began as a chronicle of Rachel Dickinson's life after her son's suicide. The pieces became much more. Dickinson writes the unimaginable and terrifying facts of heartbreaking loss. In *The Loneliest Places* she tells stories from her months on the run, fleeing her grief and herself, as she escapes to Iceland and the Falkland Islands – as far as possible from the memories of her dead son, Jack.



### LETTERS FROM THE GRIEF CLUB: HOW WE LIVE WITH LOSS

**Beth French and Kate Moreton.** London; Jessica Kingsley Publishers, 2022, 176 p.

When someone you love dies, it may seem impossible to know what will happen next and how you will cope. Losing someone in early adulthood, you may feel even more alone, when no-one around you seems to have had the same experience. Our letters don't have all the answers, but they do have some – because we've been through it ourselves.

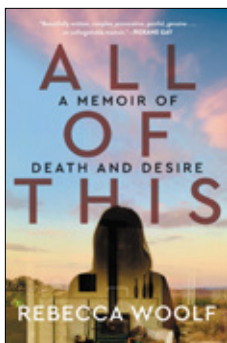


### THE BOOK OF GRIEF AND HAMBURGERS

**Stuart Ross.** Toronto: ECW Press, 2022, 152 p.

In this hybrid essay/memoir/poetic meditation, Ross wrestles with what it means to grieve the people one loves and what it means to go on living in the face of an enormous accumulation of loss. Written during the second wave of the COVID-19 pandemic, shortly after the sudden death of his brother left him the last living member of his family and as a catastrophic diagnosis meant anticipating the death of his closest friend, this meditation on mortality is a kind of literary shiva.

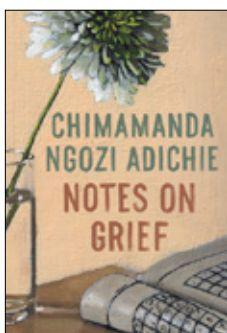
 Also available on [prenumerique.ca](https://prenumerique.ca)



## ALL OF THIS: A MEMOIR OF DEATH AND DESIRE

**Rebecca Woolf.** New York, NY: HarperOne, an imprint of HarperCollins Publishers, 2022, 256 p.

After years of struggling in a tumultuous marriage, writer Rebecca Woolf was finally ready to leave her husband. Two weeks after telling him she wanted a divorce, he was diagnosed with stage four pancreatic cancer. Four months later, at the age of forty-four, he died. In *All of This*, Woolf chronicles the months before her husband's death – and her rebirth after he was gone. She reflects on the end of her marriage: how her husband's illness finally gave her the space to make peace with his humanity and her own.



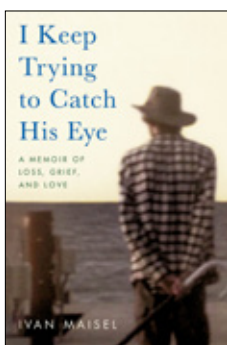
## NOTES ON GRIEF

**Chimamanda Ngozi Adichie.** Toronto: Alfred A. Knopf Canada, 2021, 67 p.

*Notes On Grief* is a work of meditation, remembrance, and hope, written in the wake of Chimamanda Ngozi Adichie's father's death in the summer of 2020. As the COVID-19 pandemic raged around the world, keeping Adichie and her family separated, her father succumbed unexpectedly to complications of kidney disease. In this extended essay, Adichie shares how this loss shook her to her core. She writes about being one of the millions of people grieving this year; about the familial and cultural dimensions of grief; and also about the loneliness and anger that are unavoidable in it.



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



## I KEEP TRYING TO CATCH HIS EYE: A MEMOIR OF LOSS, GRIEF, AND LOVE

**Ivan Maisel.** New York: Hachette Books, 2021, 225 p.

In February 2015, Ivan Maisel received a call that would alter his life forever: his son Max's car was found abandoned next to Lake Ontario. Two months later, Max's body was found in the lake. *I Keep Trying to Catch His Eye* is the story of Maisel's love for a son who was so different from him, but who he loved so deeply. Navigating the moments of their complicated relationship, Maisel explores the bridges he tried to build to his son and the grief that engulfed him and his family after Max's suicide.



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



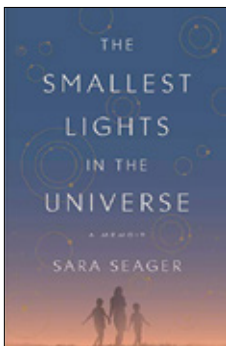
## **BLACK WIDOW: A SAD-FUNNY JOURNEY THROUGH GRIEF FOR PEOPLE WHO NORMALLY AVOID BOOKS WITH WORDS LIKE “JOURNEY” IN THE TITLE**

Leslie Gray Streeter. New York: Little, Brown and Company, 2020, 262 p.

Leslie Gray Streeter is not cut out for widowhood. She’s not ready for hushed rooms and pitying looks. She is not ready to stand graveside, dabbing her eyes in a classy black hat. If she had her way she’d wear her favorite curve-hugging leopard print dress to Scott’s funeral; he loved her in that dress! But, here she is, having lost her soulmate to a sudden heart attack, totally unsure of how to navigate her new widow lifestyle.



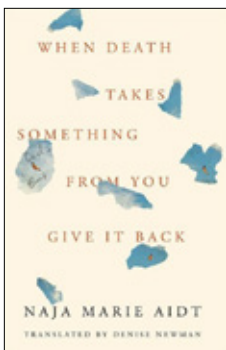
Also available on [prenumerique.ca](https://prenumerique.ca)



## **THE SMALLEST LIGHTS IN THE UNIVERSE: A MEMOIR**

Sara Seager. Toronto: Doubleday Canada, 2020, 320 p.

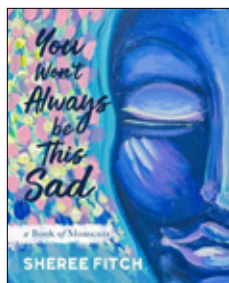
Sara Seager has made it her life’s work to peer into the spaces around stars – looking for exoplanets outside our solar system, hoping to find the one-in-a-billion world enough like ours to sustain life. But with the unexpected death of her husband, her life became an empty, lightless space. In this probing, invigoratingly honest memoir, Seager tells the story of how, as she stumblingly navigated the world of grief, she also kept looking for other worlds.



## **WHEN DEATH TAKES SOMETHING FROM YOU GIVE IT BACK: CARL'S BOOK**

Naja Marie Aidt. Minneapolis: Coffee House Press, 2019, 133 p.

In March 2015, Naja Marie Aidt’s son Carl died at twenty-five years old in a tragic accident. When Death Takes Something from You, Give It Back describes the first year after that devastating phone call, until the shock slowly wears off. It is at once a sober account of life after losing a child--showing how grief transforms your relationship to reality, your loved ones, and time--and a book about the language of poetry, loss, and love. How do you approach the impossible to write about your deceased child? The book’s complex form enacts the rupture and process of assembling the pieces. There are short prose sections addressed to Carl and intense lyric passages. There are fragments from the present that merge with flashbacks and journal entries from the past. Quotes appear throughout from an array of literary voices, woven together with Naja Marie Aidt’s own voice. This multifarious book defies genre or any singular description.



## YOU WON'T ALWAYS BE THIS SAD: A BOOK OF MOMENTS

**Sheree Fitch.** Halifax: Nimbus Publishing, 2019, 136 p.

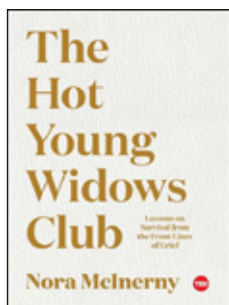
'You won't always be this sad,' her mother, who also lost a son, reassures her, while a close friend encourages her to pick up the pen and write it all down. Capturing her own struggles as she emerges from shock in the wake of her son's unexpected death at age thirty-seven, author and storyteller Sheree Fitch writes lyrically and unabashedly, with deep sorrow, unexpected rage, and boundless love. She discovers that she "dwells in a thin place now," that she has crossed a threshold only to find herself in "the quicksand that is grief."



## ONCE MORE WE SAW STARS: A MEMOIR

**Jayson Greene.** New York: Alfred A. Knopf, 2019, 243 p.

As the book opens: two-year-old Greta Greene is sitting with her grandmother on a park bench on the Upper West Side of Manhattan. A brick crumbles from a windowsill overhead, striking her unconscious, and she is immediately rushed to the hospital. But although it begins with this event and with the anguish Jayson and his wife, Stacy, confront in the wake of their daughter's trauma and the hours leading up to her death, *Once More We Saw Stars* quickly becomes a narrative that is as much about hope and healing as it is about grief and loss.

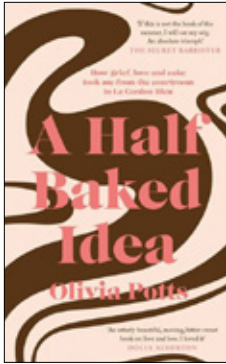


## THE HOT YOUNG WIDOWS CLUB: LESSONS ON SURVIVAL FROM THE FRONT LINES OF GRIEF

**Nora McInerney.** New York: TED Books, Simon & Schuster, 2019, 91 p.

Welcome to The Hot Young Widows Club, Nora's response to the toughest questions about life's biggest struggles. The Hot Young Widows Club isn't just for people who have lost a spouse, but an essential tool for anyone who has gone through a major life struggle. Based on her own experiences and those of the listeners dedicated to her podcast, *Terrible, Thanks for Asking*, Nora offers wise, heartfelt, and often humorous advice to anyone navigating a painful period in their lives.

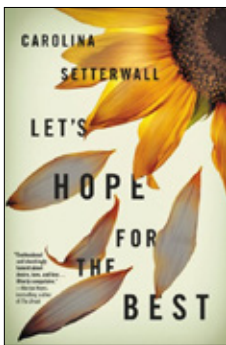
 Also available on [prenumerique.ca](https://prenumerique.ca)



## A HALF BAKED IDEA: HOW GRIEF, LOVE AND CAKE TOOK ME FROM THE COURTROOM TO LE CORDON BLEU

**Olivia Potts.** London: Fig Tree, 2019, 357 p.

Interspersed with recipes ranging from passionfruit pavlova to her mother's shepherd's pie, this is a heart-breaking, hilarious, life-affirming memoir about dealing with grief, falling in love and learning how to bake a really, really good cake.



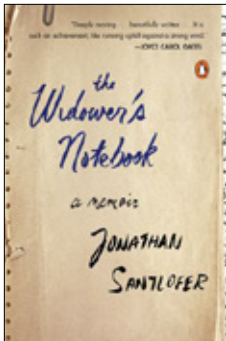
## LET'S HOPE FOR THE BEST

**Carolina Setterwall.** New York: Little, Brown and Company, 2019, 328 p.

Perhaps to impose some order on the chaos, Carolina devotedly chronicles the months after Aksel's passing like a ship's log. She unpacks with forensic intensity the small details of life before tragedy, eager to find some explanation for the bad hand she's been dealt. When new romance rushes in, Carolina finds herself assuming the reticent role Aksel once played. She's been given the gift of love again. But can she make it work?



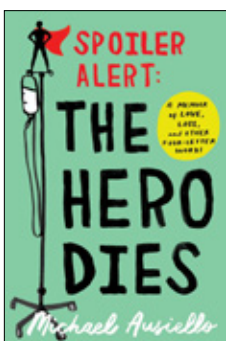
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## THE WIDOWER'S NOTEBOOK: A MEMOIR

**Jonathan Santlofer.** New York: Penguin Books, 2018, 260 p.

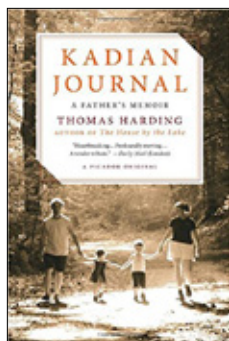
On a summer day in New York Jonathan Santlofer discovers his wife, Joy, gasping for breath on their living room couch. After a frenzied 911 call, an ambulance race across Manhattan, and hours pacing in a hospital waiting room, a doctor finally delivers the fateful news. Consumed by grief, Jonathan desperately tries to pursue life as he always had but finds it nearly impossible to admit his deep feelings of loss to anyone, not even his to beloved daughter, Doria, or to himself. As Jonathan grieves and heals, he tries to unravel what happened to Joy, a journey that will take him nearly two years.



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

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

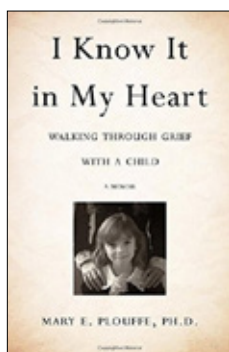
Television industry journalist Michael Ausiello remembers his late husband, and the lessons, love, and laughter that they shared throughout their fourteen years together.



## KADIAN JOURNAL: A FATHER'S MEMOIR

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

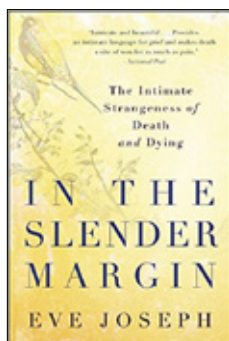
In July 2012 Thomas Harding's fourteen-year-old son Kadian was killed in a bicycle accident. Shortly afterwards Thomas began to write. This book is the result. Beginning on the day of Kadian's death, and continuing to the one-year anniversary, and beyond, *Kadian Journal* is a record of grief, and of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

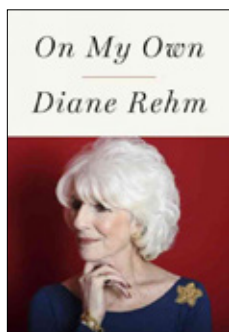
A three-week adventure becomes a tragic dilemma for a loving sister, a motherless child, and a terrified father facing unimaginable loss together and using their relationships with one another to survive. *I Know It In My Heart: Walking through Grief with a Child* explores the impact of early parental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

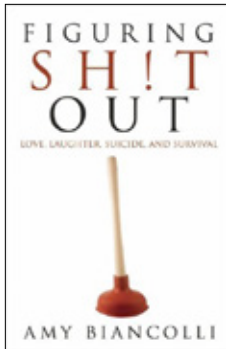
Eve Joseph is an award-winning poet who worked for twenty years as a palliative care counselor in a hospice. When she was a young girl, she lost a much older brother, and her experience as a grown woman helping others face death, dying, and grief opens the path for her to recollect and understand his 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.

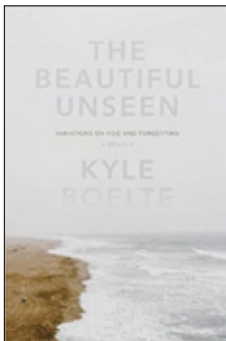
The beloved NPR radio host speaks out about the long-drawn-out death (from Parkinson's) of her husband of fifty-four years, and of her struggle to reconstruct her life without him.



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

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

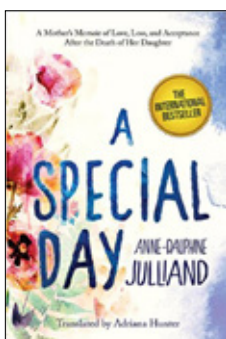
Amy Biancolli's life went off script more dramatically than most after her husband of twenty years jumped off the roof of a parking garage. Left with three children, a three-story house, and a pile of knotty psychological complications, Amy realizes the flooding dishwasher, dead car battery, rapidly 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.

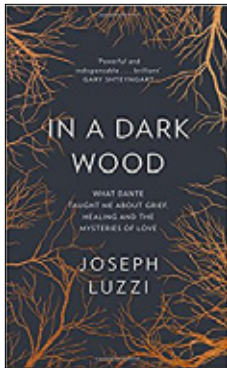
At age thirty, Kyle Boelte finds himself living in San Francisco, where the summer fog blows inland off the ocean and the landscape changes moment to moment. Amidst this ever-changing sea of fog, Boelte struggles to remember his brother Kris, who committed suicide in the family's Denver home when Boelte 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.



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

**Anne-Dauphine Julliand.** 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 Thais – author Anne-Dauphine Julliand'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.

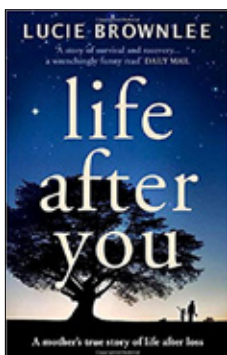
In the aftermath of a heartbreaking tragedy, a scholar and writer uses Dante's *Divine Comedy* to shepherd him through the dark wood of grief and mourning – a rich and emotionally resonant memoir of suffering, hope, love, and the power of literature to inspire and heal the most devastating loss. Where 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.

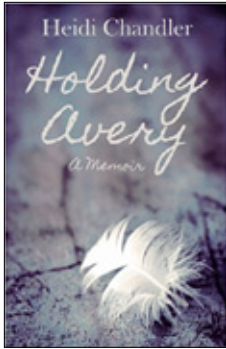
When Helen Macdonald’s father died suddenly on a London street, she was devastated. An experienced falconer, she’d never before been tempted to train one of the most vicious predators, the goshawk. But in her grief, she saw that the goshawk’s fierce and feral temperament mirrored her own. She adopted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



## LIFE AFTER YOU

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

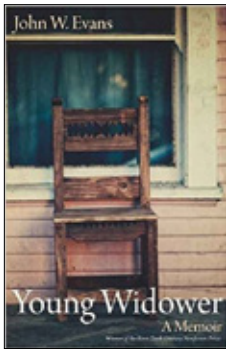
Lucie is 37. She is the mother of a young daughter. And she is a widow. Her husband, Mark, died suddenly at the age of just 37. There wasn’t even time to say goodbye. This book, inspired by her award-winning blog *Wife After Death*, is the story of her grief, and how she is (and isn’t) coming to terms 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.



## HOLDING AVERY: A MEMOIR

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

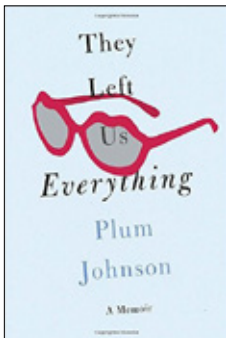
When her otherwise healthy, even idyllic, first pregnancy ends in the sudden and terrible stillbirth of daughter Avery, Heidi Chandler and her husband are left at a total loss. Looking into Avery's perfect face, one that never cooed or cried, Heidi realizes how much her life has changed. *Holding Avery*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



## THEY LEFT US EVERYTHING: A MEMOIR

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

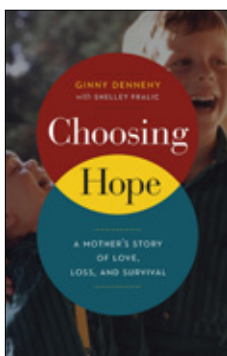
After the death of the author's senile father and cantankerous ninety-three-year-old mother, she and her three younger brothers must empty and sell the beloved family home. Twenty-three rooms full of history, antiques, and oxygen tanks. The author remembers her loving but difficult parents who could 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.

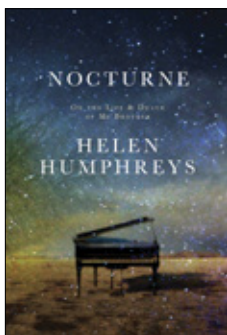
Involuntarily single. That's the true story of where Catherine Tidd finds herself just three weeks after turning thirty-one. Widowed with three children under six years old, a rusty resume, no fix-it skills, and no clue how to live life as a widow, Catherine can't help but be a little exasperated with 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, Kelty, 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.

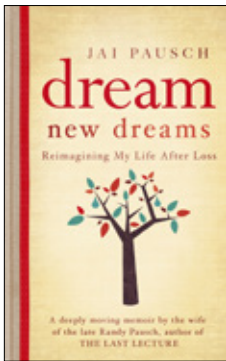
Helen Humphreys' younger brother was gone before she could come to terms with the fact that he was terminally ill. Diagnosed with stage 4B pancreatic cancer at the age of forty-five, he died four months later, leaving behind a grieving family. The two siblings, though often living far apart, were bonded 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.

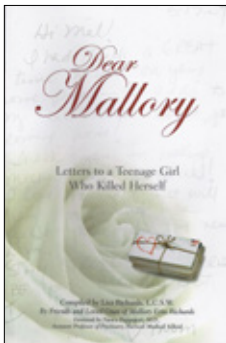
What is it like to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. She began to create a record of her interior life as a 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.

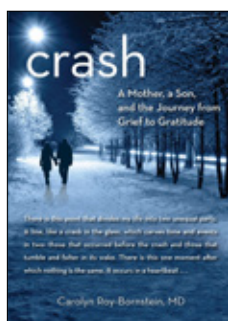
This book comprises a collection of letters from Lisa Richards to her daughter Mallory, starting in the days after her suicide and throughout the first year as well as letters from other family, friends and acquaintances written about a year after her suicide.



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

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

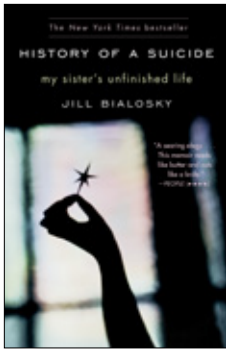
In his earlier book *Making Toast*, Roger Rosenblatt shared the story of his family in the days and months after the death of his thirty-eight-year-old daughter, Amy. Now, in *Kayak Morning*, he offers a personal meditation on grief itself. “Everybody grieves,” he writes. From that terse, melancholy 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.

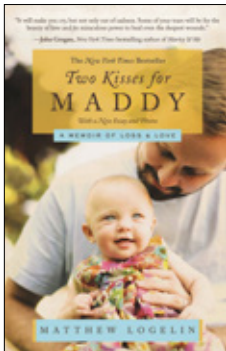
After 25 years of caring for children, first as a nurse, then as a pediatrician, Carolyn Roy-Bornstein finds herself on the other side of the stretcher when her 17-year-old son Neil is hit by a drunk teenage driver while walking his girlfriend Trista home after a study date. Trista did not survive her 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.

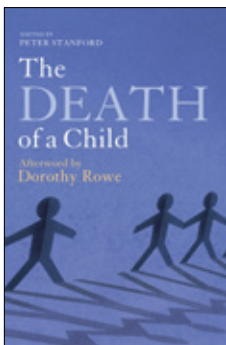
For twenty years, the author has lived with the grief, guilt, questions, and confusion unleashed by her sister Kim's suicide. In this memoir, she re-creates with unsparing honesty her sister's inner life, the events and emotions that led her to take her life. In doing so, she opens a window on the nature 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.

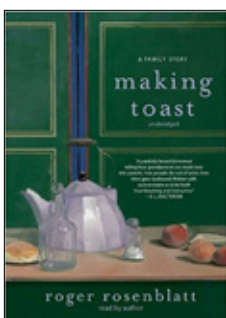
This book recounts memoir the first year of the author's life following the birth of his daughter and the death of his wife.



## THE DEATH OF A CHILD

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

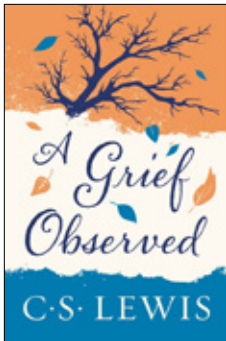
This book offers a collection essays in which parents and siblings tell their own stories of losing a child, brother or sister, and of how they have coped with bereavement and grief. It ends with a reflection by a celebrated psychotherapist on surviving the loss of a child.



## 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.



## A GRIEF OBSERVED

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

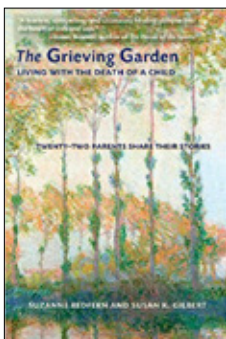
The author recounts his grief over the death of his wife, and explains how he re-examined his religious beliefs.



## THE YOUNG WIDOW'S BOOK OF HOME IMPROVEMENT

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

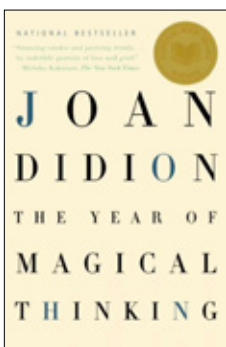
Single at 32, married at 33, and widowed at 34. Virginia Lloyd finally meets the man she wants to spend the rest of her life with, only to discover he is dying from cancer. After John dies, Virginia must battle the chronic rising damp in the house they had shared. And so in her first year as a young 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.

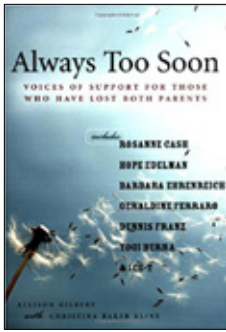
Twenty-two parents share their stories of how they coped with the loss of a child. Discusses the many questions parents may have after a child's death.



## 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.

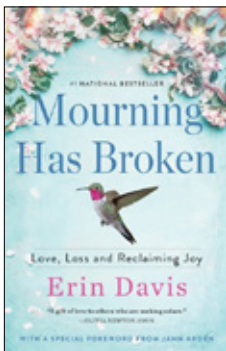


## ALWAYS TOO SOON: VOICES OF SUPPORT FOR THOSE WHO HAVE LOST BOTH PARENTS

**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.

## Perinatal death



## MOURNING HAS BROKEN: LOVE, LOSS AND RECLAIMING JOY

**Erin Davis.** Toronto: HarperCollins Canada, 2019, 368 p.

On the morning of May 11, 2015, Erin Davis, one of Canada's most beloved radio personalities, suffered a devastating blow when her daughter Lauren, who had marked a joyous Mother's Day with her husband and young son only hours before, failed to awaken to her baby's cries. Thus began Erin's journey of grieving out loud with her family, friends and listeners, and of demonstrating by example how to pick up and keep going after suffering the worst loss a parent can endure. For months after Lauren's heart stopped beating, the reason for which the coroner said might never be known, Erin would awaken from a restless night's sleep and look at the clock wondering, Is this the time she died? How could a mother sleep through the night when a part of herself had been torn from this life? How did my heart not stop too? she wondered.



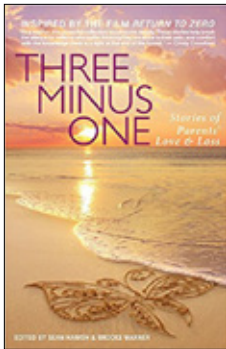
Also available on [pretnumerique.ca](http://pretnumerique.ca)



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

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

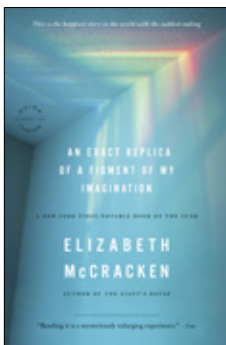
After her son, Zachary, dies in her arms at birth, visual artist and author Alexis Marie Chute disappears into her "Year of Distraction." She cannot paint or write or tap into the heart of who she used to be, mourning not only for Zachary, but also for the future they might have had together. It is only 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.



## 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.



## 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.

## NOVELS

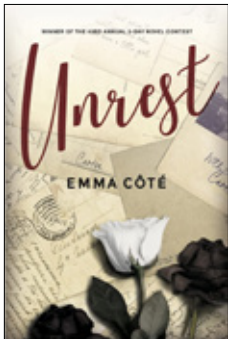
**THE GHOST OF SUZUKO**

**Vincent Brault.** Montreal: QC Fiction, 2022, 214 p.

Vincent returns from Montreal to Tokyo, where his lover has passed away in tragic circumstances. So begins a sensual and disturbing tale of love and grief, of foxes, artists, and taxidermy, somewhere between the Sumida River, the Tsukiji fish market, and a contemporary art gallery. Brault flirts with magical realism and ghostly Japanese tropes beneath the bright city lights, as Vincent loses his bearings to the Tokyo tremors and goes in search of the ghost of Suzuko.



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

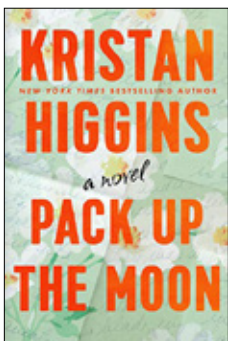
**UNREST**

**Emma Côté.** Vancouver: Anvil Press, 2022, 128 p.

Mortician Mylène Andrews spends her days dealing with death, but has never quite figured out how to live. After her estranged mother passes away, adult-orphaned Mylène sets out in her hearse to see the graveyards her mother visited before her death, guided by a collection of unsent postcards and the residual wake of a tragedy long-considered buried.

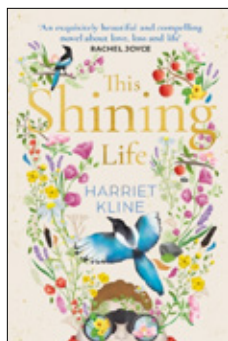


Also available on [prenumerique.ca](https://prenumerique.ca)

**PACK UP THE MOON**

**Kristan Higgins.** New York: Berkley, 2021, 448 p.

Being a widower is not something Joshua Park ever expected. Given his solitary job, small circle of friends and family, and the social awkwardness he's always suffered from, Josh has no idea how to negotiate this new, unwanted phase of life. But Lauren had a plan to keep him moving forward. A plan hidden in the letters she leaves him, giving him a task for every month in the year after her death. A plan that leads Joshua with a loving hand on a journey through grief, anger, and denial.



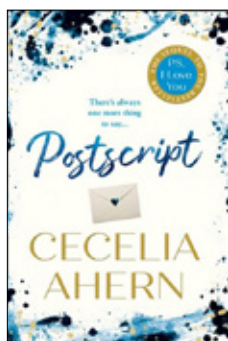
## THIS SHINING LIFE

**Harriet Kline.** New York: The Dial Press, 2021, 318 p.

When eleven-year-old Ollie's father, Rich, dies of brain cancer, his mother, Ruth, has no idea how to keep living, and the entire family is thrown into disarray. The only thing that makes sense to Ollie is the puzzle he's convinced his father left behind: one gift for each member of the family. If Ollie can find the connection between a pink vase and an old pair of binoculars, then somehow he'll discover the secret he believes Rich wanted to share with them all. Interweaving the voices of each character in turn, this novel paints the portrait of a family learning to come together through the darkest times.



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



## POSTSCRIPT: THE SEQUEL TO PS, I LOVE YOU

**Cecelia Ahern.** London: HarperCollins Publishers, 2019, 357 p.

It's been seven years since Holly Kennedy's husband died – six since she read his final letter, urging Holly to find the courage to forge a new life. She's proud of all the ways in which she has grown and evolved. But when a group inspired by Gerry's letters, calling themselves the PS, I Love You Club, approaches Holly asking for help, she finds herself drawn back into a world that she worked so hard to leave behind. Reluctantly, Holly begins a relationship with the club, even as their friendship threatens to destroy the peace she believes she has achieved. As each of these people calls upon Holly to help them leave something meaningful behind for their loved ones, Holly will embark on a remarkable journey – one that will challenge her to ask whether embracing the future means betraying the past, and what it means to love someone forever...



## FALLING

**Kris Bryant.** Valley Falls: Bold Strokes Books, 2019, 232 p.

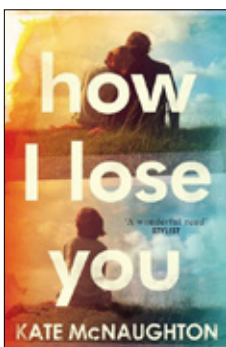
Shaylie Beck just wanted to go home. She managed to snag the last seat on a late flight from New York to Denver. No one thought anything would go wrong. Nobody expected the unimaginable to happen. When the plane crashes, Shaylie fights for her life and is one of only eleven survivors. Piper Cole wants answers. Why did her fiancée's plane crash? She lost everything that night, and the investigation is taking too long. To help cope with losing the woman she loved, Piper attends a support group for survivors. The friendship Piper and Shaylie develop helps each to heal, but as their feelings turn to love, Shaylie's torn. She can follow her heart to the woman she loves, or she can come clean about what really happened right before the plane crashed and risk losing Piper forever.



## AFTER MELANIE

**Gloria Goldreich.** London: Severn House Publishers, 2019, 280p.

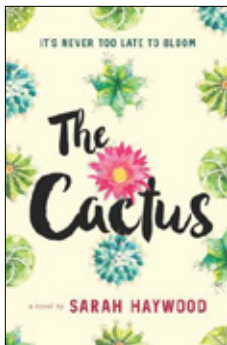
Can they start again, or will they lose one another forever? David and Judith's fragile marriage is threatened by the sudden death of their beloved thirteen-year-old daughter, Melanie. As they struggle to cope with their loss, they confront bewildering challenges.



## HOW I LOSE YOU

**Kate McNaughton.** London: Black Swan, 2019, 387 p.

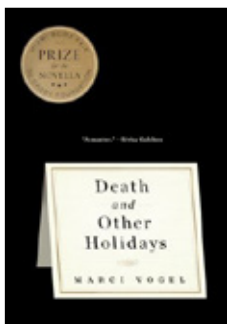
When Eva and Adam fall into bed one Friday night, tired and happy after drinks with friends, they have their whole lives ahead of them. But their story ends on page twelve. That's no reason to stop reading though, because *How I Lose You* is a story told backwards – and it's all the more warm, tender and moving because we know it is going to be interrupted. It's a story Eva thought she knew – but as you and she will discover, it's not just the ending of the story that she got wrong.



## THE CACTUS

**Sarah Haywood.** Toronto: Park Row Books, 2018, 362 p.

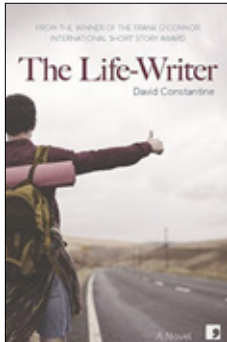
For Susan Green, messy emotions don't fit into the equation of her perfectly ordered life. She has a flat that is ideal for one, a job that suits her passion for logic and an 'interpersonal arrangement' that provides cultural and other, more intimate, benefits. But suddenly confronted with the loss of her mother and the news that she is about to become a mother herself, Susan's greatest fear is realized. She is losing control.



## DEATH AND OTHER HOLIDAYS

**Marci Vogel.** Brooklyn: Melville House, 2018, 126 p.

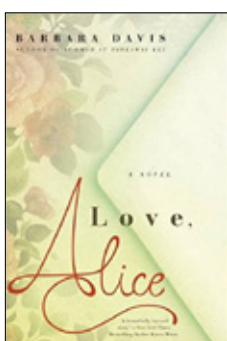
Death & Other Holidays is a year in the life of a young woman coming to terms with the death of her beloved stepfather, while attempting to find love in L.A. We are introduced to her friends and family, as she struggles to launch herself out into the world, to take the risks of love – the one constancy in all the change.



## THE LIFE-WRITER

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

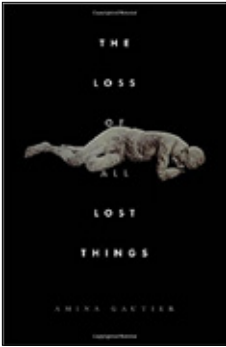
After the death of her beloved husband, Katrin, a literary biographer, copes with the loss by writing his personal history. While researching the letters and journals he left behind, however, she comes to the devastating conclusion that his life before their marriage was far richer than the one they 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.

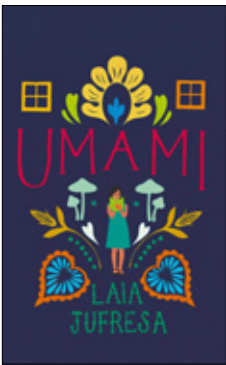
A year ago, Dovie Larkin's life was shattered when her fiancé committed suicide just weeks before their wedding. Now, plagued by guilt, she has become a fixture at the cemetery where William is buried, visiting his grave daily, waiting for answers she knows will never come. One day, she sees an old woman 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.

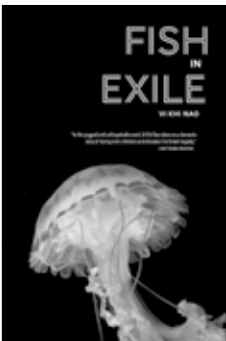
The fifteen stories in *The Loss of All Lost Things* explore the unpredictable ways in which characters negotiate, experience, and manage various forms of loss. These characters lose loved ones; they lose their security and self-worth; they lose children; they lose their ability to hide and shield their 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.

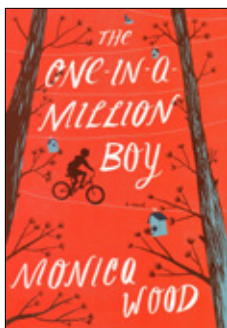
Deep in the heart of Mexico City, where five houses cluster around a sun-drenched courtyard, lives Ana, a precocious twelve-year-old who spends her days buried in Agatha Christie novels to forget the mysterious death of her little sister years earlier. Over the summer she decides to plant a milpa in 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.

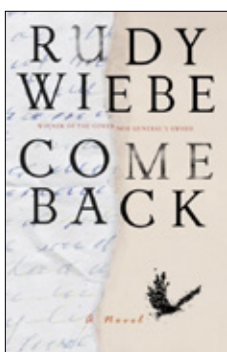
After his eleven-year-old son dies, guitarist Quinn Porter does yard work for an aged Lithuanian immigrant, Ona Vitkus, whom his son had often visited and comes to a resolution about his son's death as Ona discusses his son's capacity to listen and learn.



## GRIEF IS THE THING WITH FEATHERS

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

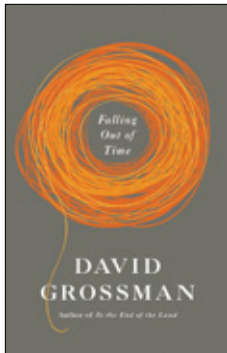
In a London flat, two young boys face the unbearable sadness of their mother's sudden death. Their father, a Ted Hughes scholar and scruffy romantic, imagines a future of well-meaning visitors and emptiness. In this moment of despair they are visited by Crow – antagonist, trickster, healer, babysitter. 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.

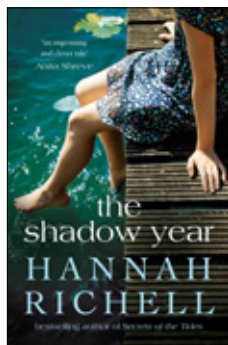
 Also available on [prenumerique.ca](http://prenumerique.ca)



## EVERYTHING I NEVER TOLD YOU

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

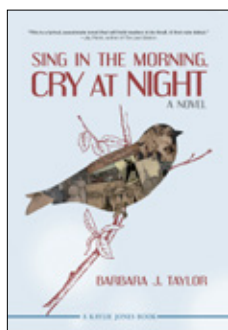
Lydia is the favorite child of Marilyn and James Lee; their middle daughter, a girl who inherited her mother's bright blue eyes and her father's jet-black hair. Her parents are determined that Lydia will fulfill the dreams they were unable to pursue – in Marilyn's case that her daughter become a doctor 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.

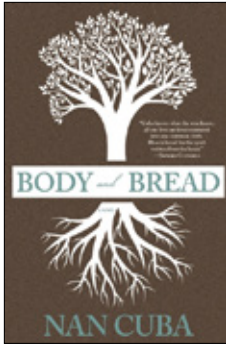
Still grieving the death of her prematurely delivered infant, Lila finds a welcome distraction in renovating a country house she's recently inherited. Surrounded by blueprints and plaster dust, though, she finds herself drawn into the story of a group of idealistic university grads from thirty years 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.

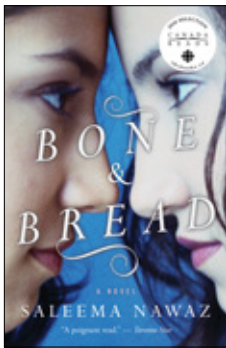
In early 20th century Pennsylvania, a few months after her sister's mysterious death, eight-year-old Violet befriends a motherless schoolmate, Stanley, who works as a breaker boy in the mines. Meanwhile, Violet's father and mother find other ways to cope with their grief.



## 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.

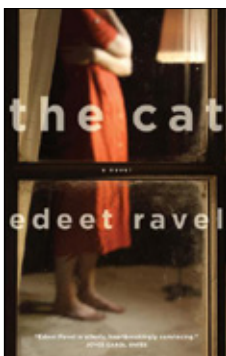
When sisters Beena and Sadhana are orphaned as teenagers and sent to live with their Sikh uncle in Montreal's Hasidic community, their lives take divergent courses as they deal with their grief in different ways.



## FLEA CIRCUS: A BRIEF BESTIARY OF GRIEF

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

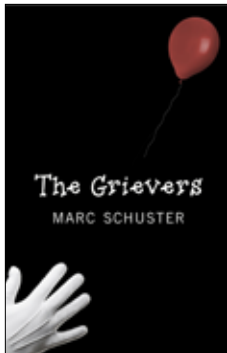
Pascal's Wager and performing fleas. The Haunted Mansion of Long Branch and an old dockside bar. Raceway Park and a pristine 1971 Plymouth Road Runner. A cat named Altamont. These are all that stand between a young mathematician and madness as she attempts to make sense of her lover's suicide. Narrow 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.

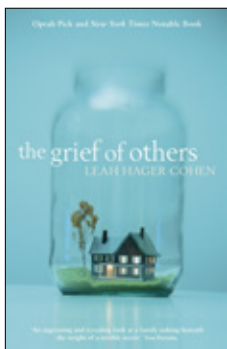
Single mother Elise is completely devoted to her eleven-year-old son; he is her whole world. But that world is destroyed in one terrifying moment when her son is killed in a car accident just outside their home. Suddenly alone, surrounded by memories, Elise faces a future that feels unspeakably bleak – 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.

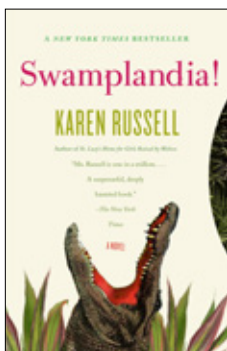
When Charley Schwartz learns that an old high school pal has killed himself, he agrees to help his alma mater organize a memorial service to honor his fallen comrade. Soon, however, devastation turns to disgust as Charley discovers that his friend's passing means less to the school than the bottom line. 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.

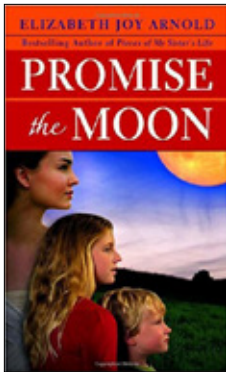
The Ryries have suffered a loss: the death of a baby just fifty-seven hours after his birth. Without words to express their grief, the parents, John and Ricky, try to return to their previous lives. Struggling to regain a semblance of normalcy for themselves and for their two older children, they find 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.

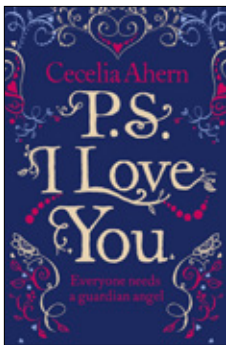
This novel takes us to the swamps of the Florida Everglades, and introduces us to Ava Bigtree, an unforgettable young heroine. Ava's mother, the park's indomitable headliner, has just died; her sister, Ossie, has fallen in love with a spooky character known as the Dredgeman, who may or may not be an 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.

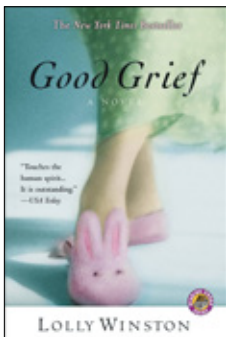
Natalie tries to bring solace to her children by secretly writing letters – ostensibly from their dead father Josh in heaven – that offer them comfort and wisdom, until her daughter announces that her father’s spirit has been speaking to her.



## 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.

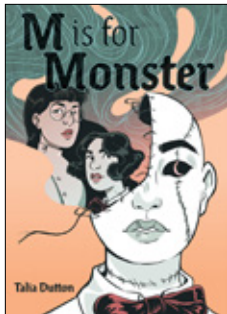


## GOOD GRIEF

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

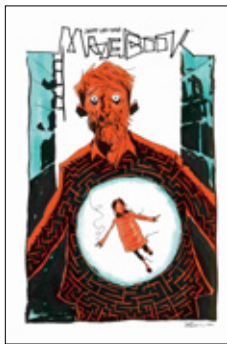
A funny and heartwarming story about a young woman who stumbles, then fights to build a new life after the death of her husband. The perfect book for anyone who has ever been heartbroken, lost someone they loved, or eaten too many Oreos.

## COMICS

**M IS FOR MONSTER**

**Talia Dutton.** [United States]: Abrams, 2022, 224 p.

A scientist attempts to bring her younger sister back to life with unexpected results in this Frankenstein-inspired graphic novel about ghosts, identity, and family.

**MAZEBOOK**

**Jeff Lemire.** Milwaukie, Oregon: Dark Horse Books, 2022, 256 p.

A lonely building inspector still grieving the loss of his puzzle-loving daughter receives a mysterious phone call one night from a girl claiming it's her and that she's trapped in the middle of a labyrinth. Convinced that this child is contacting him from beyond this world, he uses an unfinished maze from one of her journals and a map of the city to trace an intricate path through a different plane of reality on an intense and melancholy adventure to bring his daughter back home.

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

**ISH**

**Adam de Souza.** [United States]: Silver Sprocket, 2022, 56 p.

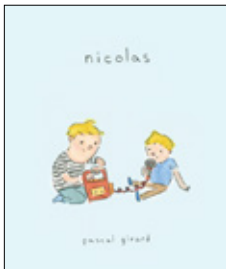
A collection of short comics from Canadian cartoonist Adam de Souza, *ish* explores the complicated nature of grief through a series of loosely connected vignettes. Each brief glimpse brings another layer to the nuances of healing, from the deep muck of despair to unexpected joys.



## WHAT TO DO WHEN I'M GONE: A MOTHER'S WISDOM TO HER DAUGHTER

**Suzy Hopkins and Hallie Bateman** (ill.). New York: Bloomsbury, 2018, 137 p.

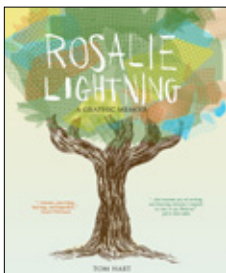
When Bateman came the realization that someday Hopkins, her mother, would die, it became a catalyst to begin recording step-by-step instructions to take her through the days, months, and years of life after loss. The project became a way for mother and daughter to connect with humor, honesty, and gratitude. Now this illustrated manual will leave readers laughing, teary-eyed, and considering their own mother/daughter relationships.



## 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.

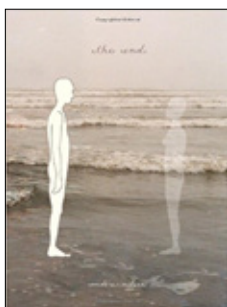
Yumiko was born in Japan but has made a life in London, losing herself in its cosmopolitan bustle. She has a gallery show of her art, a good job, and a good guy she plans to marry. The culture she grew up in seems very far away – until her brother phones with the news that their father has died. Yumiko 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.

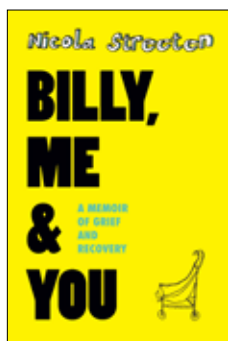
It is the summer after Milo's mother and father were involved in a fatal accident and his cousins are visiting at his Grandparents crowded house in the Cote d'Azur. Despite the warm, familial setting, Milo cannot escape the grim spectre of death that seems to loom everywhere, he is morbidly fascinated 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

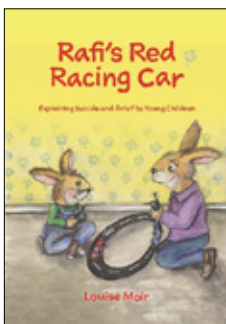


AGES 3 TO 5

## SITTING SHIVA

**Erin Silver and Michelle Theodore** (ill.). Victoria, British Columbia: Orca Book Publishers, 2022, 32 p.

A little girl grieves the loss of her mother, but she can't grieve alone. When her friends and family arrive at her house to sit shiva, laden with cakes and stories, she refuses to come downstairs. But the laughter and memories gradually bring her into the fold, where she is comforted by her community. By the end of the book, she feels stronger and more nourished, and she understands the beautiful tradition. Then, when she sees her father sitting alone, she is able to comfort him in his time of need.

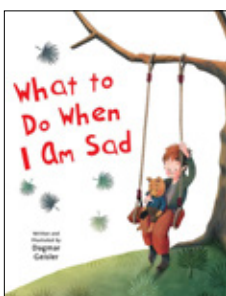


AGES 3 TO 5

## 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.

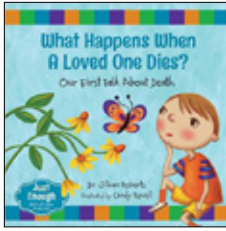


AGES 3 TO 6

## WHAT TO DO WHEN I AM SAD

**Dagmar Geisler**. New York: Sky Pony Press, 2020, 32 p.

Have you ever been sad? Did you want to cry all day? Maybe you wanted to hide under blankets or be left alone. We all feel sadness, and we all experience this emotion differently – and that's okay... What should you do if you feel sad?



AGES 3 TO 6

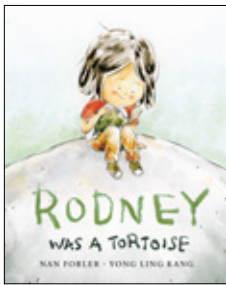
## WHAT HAPPENS WHEN A LOVED ONE DIES?: OUR FIRST TALK ABOUT DEATH

**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 [pretnumerique.ca](http://pretnumerique.ca)



AGES 3 TO 7

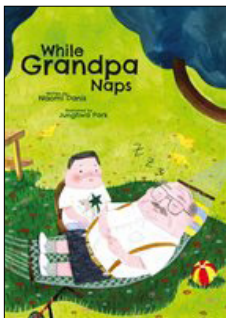
## RODNEY WAS A TORTOISE

**Nan Forler and Yong Ling Kang** (ill.). Toronto: Tundra Books, 2022, 40 p.

This comforting and gently humorous picture book about bereavement and the strength of friendship shows how a child overcomes the sadness of her beloved pet's death. *Rodney Was a Tortoise* is a moving story about friendship and loss. It shows the importance of expressing kindness and empathy, especially in life's most difficult moments.



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

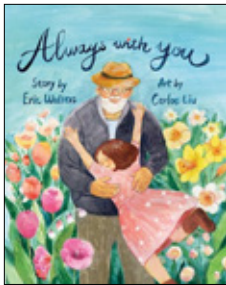


AGES 3 TO 7

## WHILE GRANDPA NAPS

**Naomi Danis and Junghwa Park** (ill.). Brooklyn: POW!, 2019, 32 p.

Gilbert spends a sunny summer afternoon obediently keeping watch over his napping grandpa to shoo the pesky flies away. Unsure of exactly how long he's really supposed to sit there, watching for non-existent bugs, he passes time contemplating his ever-changing family: His grandma Sarah recently died, a new baby is on the way, his siblings and cousins race in and out. While the temptations to abandon his post beckon, Gilbert's loyalty to his grandpa stays true, and his quiet dedication finds a sweet reward.

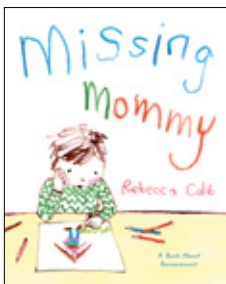


**AGES 3 TO 7**

## ALWAYS WITH YOU

**Eric Walters and Carløe Liu** (ill.). Halifax: Nimbus Publishing, 2019, 32 p.

In this poignant story, we follow young Emily who has recently lost her grandfather. As she grows, she discovers a series of letters he left behind for her, offering grandfatherly advice at life's most pivotal moments: first day of high school, graduation day, wedding, and ending with the birth of her own child. With gentle watercolours and fold-out letters for sharing with loved ones, Always With You is a timeless story about grief, growing up, and finding that those we love never truly leave us.

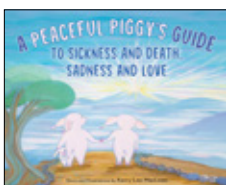


**AGES 3 TO 8**

## 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.

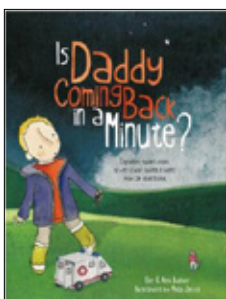


**AGES 3 TO 10**

## A PEACEFUL PIGGY'S GUIDE TO SICKNESS AND DEATH, SADNESS AND LOVE

**Kerry Lee MacLean**. Somerville, MA: Wisdom Publications, 2022, 32 p.

Experiencing a loved one's illness or death is challenging for both children and their grownups. With three distinct sections to choose from – when someone we love is sick, dying, or has died – this guide will help you easily find soothing and practical mindfulness activities focused on what your young one needs in order to guide them through their big emotions and questions.



**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.

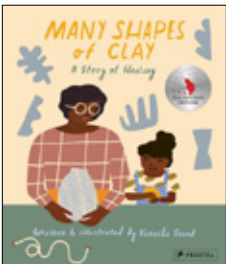


**AGES 3+**

## 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.

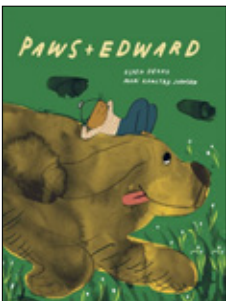


**AGES 4 TO 6**

## MANY SHAPES OF CLAY

**Kenisha Sneed.** Munich; London; New York: Prestel, 2021, 44 p.

Eisha lives with her mother, a ceramic artist, who helps her make a special shape out of a piece of clay. The shape reminds Eisha of her father, who she has recently lost, of the ocean, of a lemon. The piece of clay hardens and then shatters into pieces when Eisha taps it. In poignant and powerful words and pictures, Kenisha Sneed shows how Eisha learns to live with the sense of loss and of the joyful power of making something new out of what is left behind.



**AGES 4 TO 7**

## PAWS+EDWARD

**Espen Dekko and Mari Kanstad Johnsen** (ill.). Toronto: Kids Can Press, 2019, 34 p.

*Paws+Edward* is a dog-and-his-boy story, told from Paws' perspective. Paws is an old dog whose rabbit-chasing is limited to his dreams nowadays. When Paws dies, Edward is lost without his loyal companion, but finds solace and even happiness in his own memories and dreams of Paws. A light-touch look at the death of a pet, *Paws+Edward* is gently heartbreaking and heart-healing, hitting a perfect note for children and their grown-ups, too, who might be dealing with loss.



AGES 4 TO 7

## AUNT PEARL

**Monica Kulling and Irene Luxbacher** (ill.). Toronto: Groundwood Books, 2019, 32 p.

Aunt Pearl arrives one day pushing a shopping cart full of her worldly goods. Her sister Rose has invited her to come live with her family. Six-year-old Marta is happy to meet her aunt, who takes her out to look for treasure on garbage day, and who shows her camp group how to decorate a coffee table with bottle caps. But almost immediately, Pearl and Rose start to clash--over Pearl's belongings crammed into the house, and over Rose's household rules. As the weeks pass, Pearl grows quieter and more withdrawn, until, one morning, she is gone. Acclaimed author Monica Kulling brings sensitivity to this story about homelessness, family and love, beautifully illustrated in Irene Luxbacher's rich collage style.



AGES 4 TO 7

## THE FUNERAL

**Matt James.** Toronto: Groundwood Books/House of Anansi Press, 2018, 40 p.

Norma and her parents are going to her great-uncle Frank's funeral, and Norma is more excited than sad. She is looking forward to playing with her favorite cousin, Ray, but when she arrives at the church, she is confronted with rituals and ideas that have never occurred to her before. While not all questions can be answered, when the day is over Norma is certain of one thing: Uncle Frank would have enjoyed his funeral.



AGES 4 TO 7

## GRANDMOTHER'S VISIT

**Betty Quan and Carmen Mok** (ill.). Toronto: Groundwood Books, 2018, 32 p.

Grandmother lives with Grace's family. She teaches her how to measure water for rice. She tells her stories about growing up in China and together they savor the flavors of her childhood. Grandmother says goodbye when she drops Grace off at school every morning and hello when she picks her up at the end of the day. Then, Grandmother stops walking Grace to and from school, and the door to her room stays closed. Father comes home early to make dinner, but the rice bowls stay full. One day, Grandmother's room is empty. And one day, Grandmother is buried. After the funeral, Grace's mom turns on all the outside lights so that Grandmother's spirit can find its way home for one final goodbye.



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

## A GARDEN OF CREATURES

**Sheila Heti and Esmé Shapiro** (ill.). Toronto: Tundra Books, 2022, 40 p.

Two bunnies and a cat live happily together in a beautiful garden. But when the big bunny passes away, the little bunny is unsure how to fill the void she left behind. A strange dream prompts her to begin asking questions: Why do the creatures we love have to die, and where do we go when we die? How come life works this way? With the wisdom of the cat to guide her, the little bunny learns that missing someone is a way of keeping them close. And together they discover that the big bunny is a part of everything around them – the grass, the air, the leaves – for the world is a garden of creatures.



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

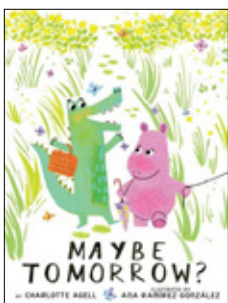


AGES 4 TO 8

## CALLING THE WIND: A STORY OF HEALING AND HOPE

**Trudy Ludwig and Kathryn Otoshi** (ill.). New York: Alfred A. Knopf, 2022, 48 p.

Inspired by Itaru Sasaki's Wind Telephone, which brought healing to the people of Japan in the wake of an Earthquake and tsunami this story explores grief and loss, and how we move forward by finding meaningful ways to connect with the family and friends we've lost, as well as those who are still with us.



AGES 4 TO 8

## MAYBE TOMORROW?

**Charlotte Agell and Ana Ramirez Gonzalez** (ill.). New York: Scholastic Press, 2019, unpagged.

Elba carries the black block of grief and sadness wherever she goes--until Norris comes along and helps her to let go of the block and enjoy life again.

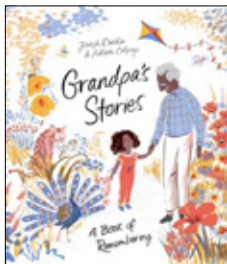


**AGES 4 TO 8**

## WHERE ARE YOU NOW?

**Tyler Clark Burke.** Toronto: Owlkids Book, 2019, 32 p.

Told in simple but powerful prose, and illustrated by the author in a wash of brilliant watercolor, Tyler Clark Burke's *Where Are You Now?* is a beautiful small book about change, death and transformation. As the tenth anniversary of her mother's death approached, Tyler Clark Burke set about creating a picture book to share her mother's memory--and more poignantly, her death--with her two young children. The result is a picture book that communicates a powerful underlying idea--that death catalyzes powerful growth, contemplation, and regeneration in its wake.



**AGES 4 TO 8**

## GRANDPA'S STORIES

**Joseph Coelho and Allison Colpoys** (ill.). New York: Abrams Books for Young Readers, 2019, 32 p.

A young girl reflects on a year of exploring and laughing with her beloved Grandpa, remembering many special moments as she seeks a way to honor him after his death.

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



**AGES 4 TO 8**

## SMALL IN THE CITY

**Sydney Smith.** Toronto: Groundwood Books/House of Anansi Press, 2019, 40 p.

The first picture book that the award-winning Sydney Smith has both written and illustrated is a story about feeling small in the city--and finding your way home. On a snowy day in a big city, a little boy hops off a streetcar and walks through downtown, between office buildings, through parks and down busy streets. Along the way, he provides helpful tips about which alleys make good shortcuts, which trees to climb and where to find a friendly face. All the while, the boy searches for what he has lost...

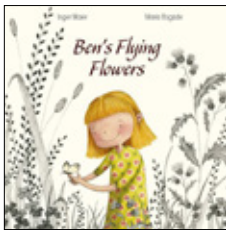


**AGES 4 TO 8**

## 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.

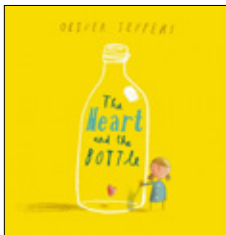


**AGES 4 TO 8**

## 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.

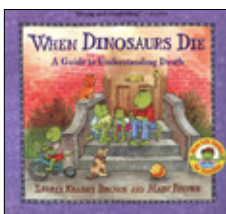


**AGES 4 TO 8**

## 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

**Laurene 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 4 TO 12

## A LAST GOODBYE

**Elin Kelsey and Soyeon Kim.** Toronto: Owlkids Books, 2020, 32 p.

From elephants to killer whales, parrots to bonobos, lemurs to humans, many animals have rituals to commemorate their loved ones and to help them through difficult times. This book broaches a difficult and scary topic through a gentle and heartfelt exploration of the natural stages of life and loss.



AGES 5 TO 7

## THE IMMORTAL JELLYFISH

**Sang Miao.** London: Flying Eye Books, 2019, unpagged.

When a young boy's grandfather dies suddenly, he feels overwhelmed and confused. They will never see each other again. To his delight, they meet again in a dream, where his grandfather takes him to Transfer City, where our departed loved ones live on through our memories. In this modern, Eastern telling of the afterlife, death is not an ending, but a new start to life, just like the Immortal Jellyfish which is constantly maturing and then regressing, staying as present as our deceased loved ones do in our memories.

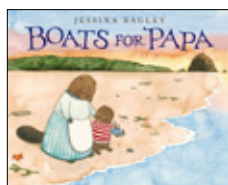


AGES 5 TO 7

## 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.

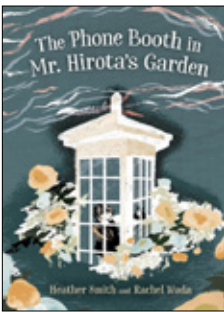


AGES 5 TO 8

## BON VOYAGE, MISTER RODRIGUEZ

**Christiane Duchesne and Francois Thisdale** (ill.). Toronto: Pajama Press, 2019, 32 p.

Every day, the children in the village wait to watch the mysterious Mr. Rodriguez go by. His odd but charming ways are eventually revealed to be part of his preparation for the afterlife in this moving intergenerational tale.

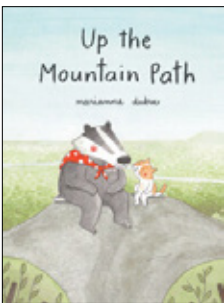


AGES 5 TO 8

## THE PHONE BOOTH IN MR. HIROTA'S GARDEN

**Heather Smith and Rachel Wada** (ill.). Victoria: Orca Book Publishers, 2019, 32 p.

This gorgeously illustrated picture book tells the story of a young Japanese boy who loses his dad in a tsunami.



AGES 5 TO 8

## UP THE MOUNTAIN PATH

**Marianne Dubuc**. Chronicle Books, 2018, 76 p.

Mrs. Badger, an avid collector and naturalist, takes a weekly journey up to Sugarloaf Peak, greeting her friends on the way and sharing her discoveries with them. One day she meets Lulu, a very small cat, who wants to go with her to the top of the mountain. On the way, Lulu learns to take care of the natural world, help those in need, and listen to her intuition. Rich in wisdom and beautifully illustrated, *Up the Mountain Path* offers a profound story full of lessons about love, generosity, and following one's heart.



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.

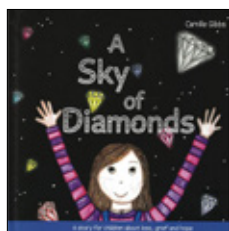


**AGES 5 TO 9**

## MAYBE DYING IS LIKE BECOMING A BUTTERFLY

**Pimm van Hest and Lisa Brandenburg (ill.).** New York: Clavis Publishing, 2019, unpagged.

“Are you going to die, Grandpa?” “Someday, sweetheart. But I hope not too soon.” Their simple exchange covers a lot of philosophical ground. Grandpa allows that “no one really knows” what happens after death, but he tells Christopher that some people think of heaven (“a place without sadness or war”), others of rebirth (“each time, you get wiser”), and others of “nothing” (“the same as before you were born”). The pair discusses the whys of death (“dying is part of life”), birth (“to learn all sorts of things”), and feelings of fear or comfort about dying.

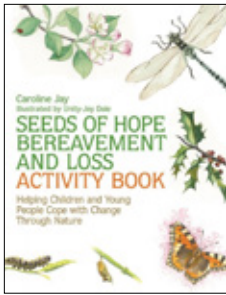


**AGES 5 TO 9**

## 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 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.

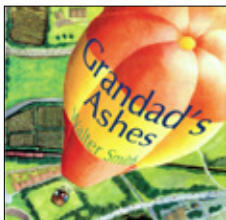


**AGES 6 TO 9**

## **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**

## **GRANDAD'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

## WHAT COMES NEXT

**Rob Buyea.** New York: Delacorte Press, 2021, 182 p.

Twelve-year-old Thea and her family are moving to a new town for a fresh start, but to Thea, it feels like running away. She lost her best friend, Charlie, in a tragic accident, and in the painful aftermath, she has gone mute. Her two younger sisters, however, are excited about moving, especially after their dad promises that the family will get a rescue puppy. This doesn't change Thea's mind, though, until Jack-Jack bounds into her life and makes it clear that he is no ordinary dog. As she bonds with Jack-Jack, Thea opens up to the possibility of new friendships and forgiveness.



Also available on [pretnumerique.ca](https://pretnumerique.ca)



AGES 8 TO 12

## GLITTER GETS EVERYWHERE

**Yvette Clark.** New York: Harper, an imprint of HarperCollins Publishers, 2021, 308 p.

After her mother dies, all Kitty wants is for her life to go back to “normal” – whatever that will mean without her mum. Instead, her dad announces that he, Kitty, and her sister are moving from their home in London to New York City, and Kitty will need to say goodbye to the places and people that help keep her mother's memory alive. As Kitty adjusts to life in New York and befriends a blue-haired boy, she starts to wonder if her memories of her mum don't need to stay in one place – if there's a way for them to be with Kitty every day, everywhere.



Also available on [pretnumerique.ca](https://pretnumerique.ca)



AGES 8 TO 12

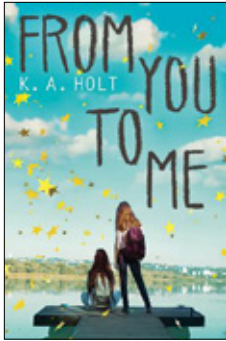
## FINDING ORION

**John David Anderson.** New York: Walden Pond Press, 2019, 354 p.

When Rion and his family learn of Papa Kwirk's death and pile into the car to attend his funeral and pay their respects, Rion can't help but feel that that's not the end of his story. That there's so much more to Papa Kwirk to discover. He doesn't know how right he is.



Also available on [pretnumerique.ca](https://pretnumerique.ca)



AGES 8 TO 12

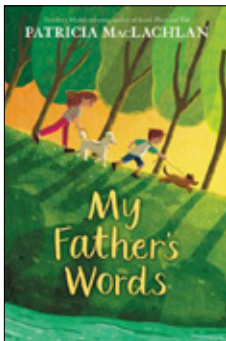
## FROM YOU TO ME

**K.A. Holt.** New York: Scholastic Press, 2018, 196 p.

On the first day of eighth grade Amelia finds a letter that her older sister Clara wrote to herself before she drowned, and it contains a list of the things Clara planned to do in her own eighth grade year--so Amelia, with the help of her best friend Taylor, resolves to complete the list, in the hope that it will bring some closure and ease her still raw emotions.



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



AGES 8 TO 12

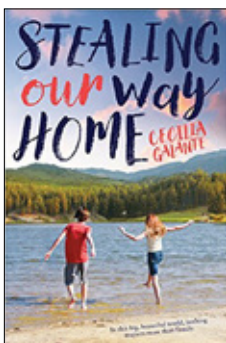
## MY FATHER'S WORDS

**Patricia MacLachlan.** New York: Katherine Tegen Books, an imprint of HarperCollins Publishers, 2018, 135 p.

Declan O'Brien always had a gentle word to share, odd phrases he liked to repeat, and songs to sing while he played basketball. His family loved him deeply and always knew they were loved in return. But a terrible accident changed their lives forever, and Fiona and Finn O'Brien are left without a father. Their mother is at a loss. What words are there to guide them through such overwhelming grief... Perhaps with time, patience, and their father's gentle words in their hearts, hope will spark once more.



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

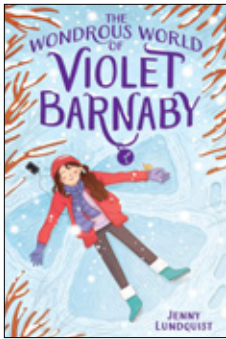


AGES 8 TO 12

## 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.

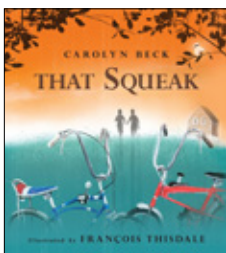


**AGES 8 TO 12**

## 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.

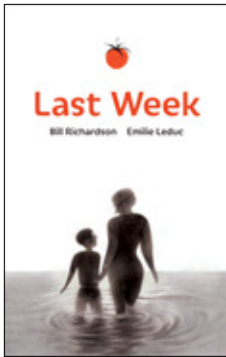


AGES 9 TO 11

## 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.

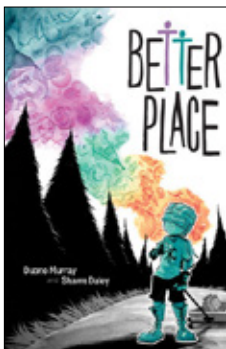


AGES 9 TO 12

## LAST WEEK

**Bill Richardson and Emilie Leduc** (ill.). Toronto: Groundwood Books, House of Anansi Press, 2022, 64 p.

A child cherishes every second of their grandmother's last week of life in this sensitive portrayal of medical assistance in dying (MAiD).

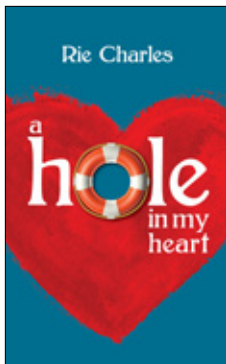


AGES 9 TO 12

## BETTER PLACE

**Duane Murray and Shawn Daley** (ill.). San Diego: Top Shelf Productions, 2021, 159 p.

Dylan just moved to a new house, with no friends, and a mother who doesn't have time for him. Luckily, he has his grandad. Together, they are Red Rocket and Kid Cosmo, who save the universe every day with the power of imagination! But one day, Dylan learns that his grandad is suddenly gone... to a «better place.» Now, Kid Cosmo will have to save the day, all by himself.



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.

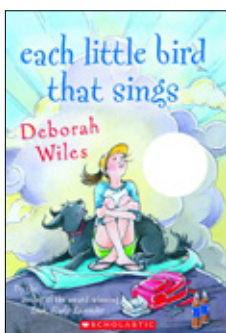


AGES 9 TO 12

## 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.

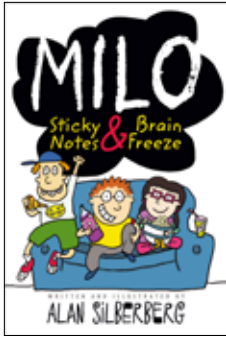


AGES 9 TO 12

## 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 Silverberg.** 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.

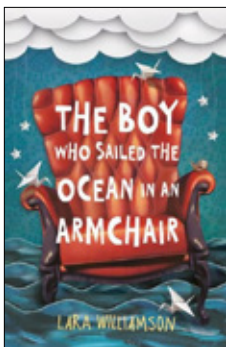


**AGES 9 TO 14**

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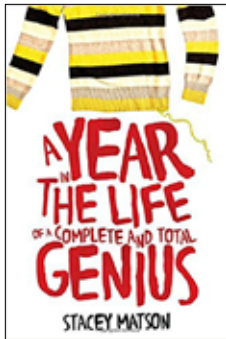


**AGES 9+**

## **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 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.

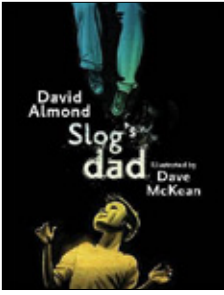


AGES 10 TO 14

## 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.

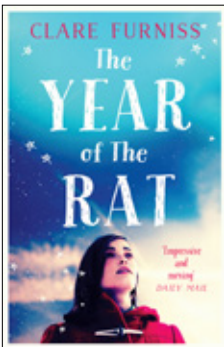


AGES 10+

## 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.

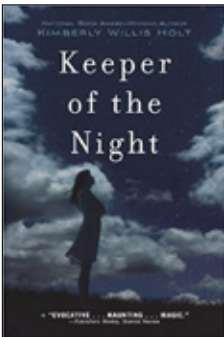


AGES 11+

## 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 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?

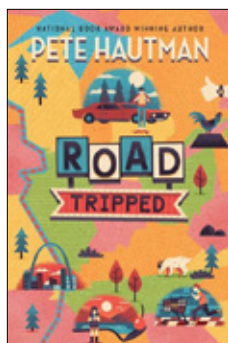


**AGES 12 TO 16**

## 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 17**

## ROAD TRIPPED

**Pete Hautman.** New York: Simon & Schuster Books for Young Readers, 2019, 330 p.

Seventeen-year-old Steven "Stiggy" Gabel tries to cope with his father's suicide, his mother's depression, and his girlfriend's departure by taking off down the Great River Road from Minnesota to Louisiana.

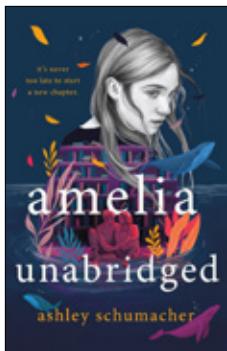


**AGES 12 TO 18**

## GRIEF: INSIGHTS AND TIPS FOR TEENAGERS

**Joe Jansen.** Lanham: Rowman & Littlefield Publishers, 2021, 208 p.

*Grief: Insights and Tips for Teenagers* is a compassionate guide to help you and those you care about navigate the difficult path of grief. Filled with the words of other young adults who have walked this road themselves, you will find that you are not alone—and that things do get better. You will learn: how to honor the memory of those you have lost; what movies, writers, musicians, and philosophers can teach us about grief; what has helped other teenagers work through their grief; the many resources available to you, including websites, videos, music, podcasts, and more.



**AGES 12 TO 18**

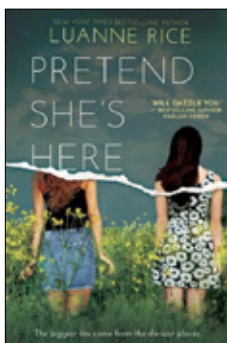
## AMELIA UNABRIDGED

**Ashley Schumacher.** New York: Wednesday Books, 2021, 293 p.

Eighteen-year-old Amelia is obsessed with the famous *Orman Chronicles*, written by the young and reclusive prodigy N. E. Endsley. So when she and her best friend Jenna get the opportunity to attend a book festival with Endsley in attendance, Amelia is ecstatic. In a heartbeat, everything goes horribly wrong. When Jenna gets to meet the author and Amelia doesn't, the two have a huge fight. And before they can mend things, Jenna is killed in a car accident. Grief-stricken, Amelia questions everything she had planned for the future. When a mysterious, rare edition of the *Orman Chronicles* arrives, Amelia is convinced that it somehow came from Jenna. Tracking it to an obscure bookstore, Amelia finds herself face-to-face with N. E. Endsley himself, the reason for her fight with Jenna and perhaps the clue to what Jenna wanted to tell her all along.



Also available on [pretnumerique.ca](https://pretnumerique.ca)



**AGES 12 TO 18**

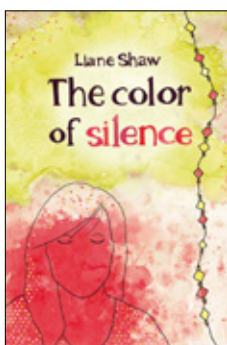
## PRETEND SHE'S HERE

**Luanne Rice.** New York: Scholastic Press, 2019, 337 p.

Fifteen-year-old Emily has six siblings, but she was also close to her best friend, Lizzie Porter, who died nearly a year ago, and she is still grieving; but Lizzie's family are also grieving, so much so, that they use Lizzie's younger sister, Chloë, as a lure and kidnap Emily, forcing her to dress, talk, and act like Lizzie, and threatening to go after Emily's family if she does not become the replacement for the daughter they lost--and Emily is caught between fear for herself and her family, and concern for Chloë, who she sees is also a victim of Mrs. Porter's madness.



Also available on [pretnumerique.ca](https://pretnumerique.ca)



**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.

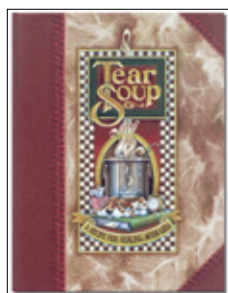


AGES 12+

## DANCING AT THE PITY PARTY: A DEAD MOM GRAPHIC MEMOIR

**Tyler Feder.** New York: Dial Books, 2022, 201 p.

Tyler Feder had just white-knuckled her way through her first year of college when her super cool mom was diagnosed with late-stage cancer. Now, with a decade of grief and nervous laughter under her belt, Tyler shares the story of that gut-wrenching, heart-pounding, extremely awkward time in her life – from her mom's first oncology appointment to her funeral through the beginning of facing reality as a motherless daughter.

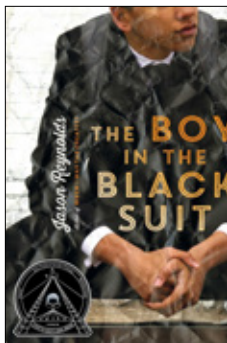


AGES 12+

## 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 [pretnumerique.ca](http://pretnumerique.ca)

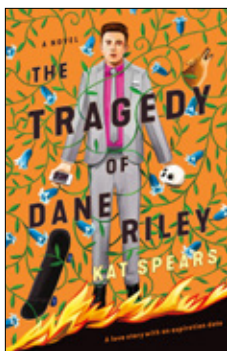


AGES 12+

## 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 13 TO 18**

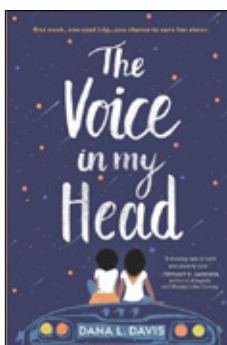
## THE TRAGEDY OF DANE RILEY

**Kat Spears.** New York: Wednesday Books, 2021, 307 p.

Dane Riley's grasp on reality is slipping, and he's not sure that he cares. While his mother has moved on after his father's death, Dane desperately misses the man who made Dane feel okay to be himself. He can't stand his mother's boyfriend, or his son, whose favorite pastime is tormenting Dane. Then there's the girl next door: Dane can't quite define their relationship, and he doesn't know if he's got the courage to leave the friend zone. An emotional novel about mental health, dealing with grief and growing up.



Also available on [pretnumerique.ca](https://pretnumerique.ca)



**AGES 13 TO 18**

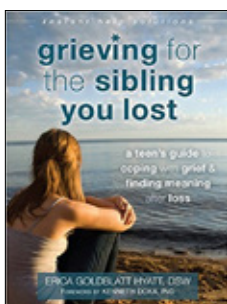
## THE VOICE IN MY HEAD

**Dana L. Davis.** Toronto, Ontario: Inkyard Press, 2019, 308 p.

For Indigo Phillips, life has always been about basking in the shadow of her identical twin, Violet – the perfectly dressed, gentle, popular sister. The only problem the girls had in their lives was the occasional chaos that came with being part of the Phillips family brood. But when Violet becomes terminally ill and plans to die on her own terms via medically assisted death, Indigo spirals into desperation in her efforts to cope. That's when she begins to hear a mysterious voice – a voice claiming to be God. The Voice insists that if she takes Violet to a remote rock formation in the Arizona desert, her sister will live.



Also available on [pretnumerique.ca](https://pretnumerique.ca)

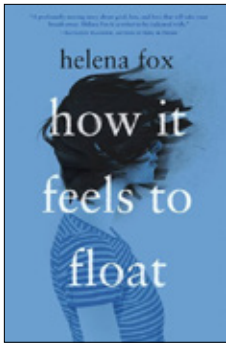


**AGES 13 TO 19**

## 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 TO 17**

## HOW IT FEELS TO FLOAT

**Helena Fox.** New York: Dial Books, 2019, 370 p.

Sixteen-year-old Biz sees her father every day, though he died when she was seven, but when Biz's almost-normal life turns upside-down and her father disappears again, she tumbles into a disaster-land of grief and depression from which she must find her way back.

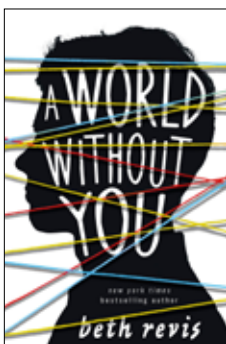


**AGES 14 TO 17**

## 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.

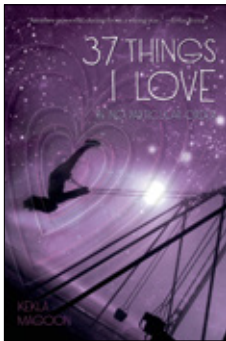


**AGES 14 TO 17**

## 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 14 TO 18**

## DARE TO FALL

**Estelle Maskame.** Naperville: Sourcebooks Fire, 2019, 329p.

Still dealing with the repercussions of her own family's tragedy, Mackenzie Rivers abandons her almost boyfriend, Jaden, and his twin sister, Dani, after their parents are killed in a car accident.

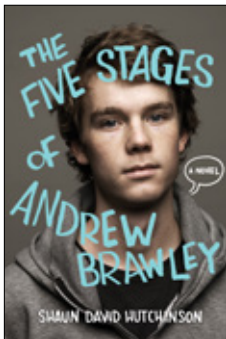


AGES 14 +

## 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.

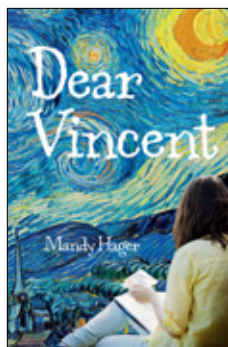


AGES 14+

## 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.

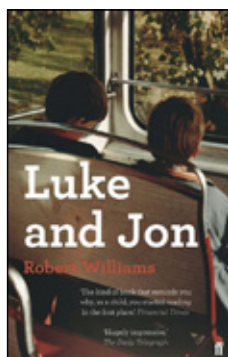


**AGES 14+**

## 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.

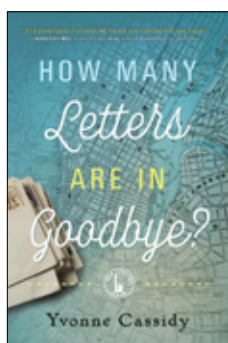


**AGES 15 TO 17**

## 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.

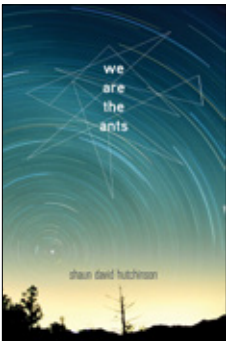


AGES 15 TO 18

## 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.

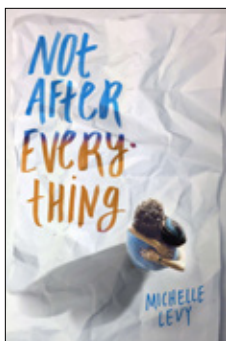


AGES 15 TO 18

## 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.



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# FILM, SERIES AND PROGRAM SUGGESTIONS

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## 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+

## DRIVE MY CAR

**Ryusuke Hamaguchi.** 2022, 179 min.

Drama (Japan). Two years after his wife's unexpected death, Yusuke Kafuku arrives in Hiroshima to direct a production of Uncle Vanya for a theater festival and, through relationships with an actor with whom he shares a tangled history and a chauffeur with whom he develops a surprising rapport, finds himself facing up to his emotional scars. This quietly mesmerizing tale of love, art, grief, and healing is ultimately a cathartic exploration of what it means to go on living when there seems to be no road ahead.



G

## THE FAREWELL

**Lulu Wang.** 2019, 100 min.

Drama (United States). A Chinese family discovers their grandmother has only a short while left to live and decide to keep her in the dark, scheduling a wedding to gather before she dies.



G

## COCO

**Adrian Molina and Lee Unkrich.** 2017, 109 min.

Animation (United States). Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.



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.



G

## A MONSTER CALLS

**J.A. Bayona.** 2016, 128 min.

Dark fantasy drama (Spain). A boy seeks the help of a tree monster to cope with his single mother's terminal illness.



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.



## 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.

**G**



## 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.

**13+**

# DOCUMENTARIES

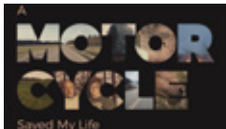
## General



### **UNDERTAKER FOR LIFE!**

**Georges Hannan.** 2022, 52 min.

Documentary (Canada). The director tackles a taboo subject and lifts the veil on an under-appreciated world: that of the artisans of bereavement. By providing behind-the-scenes access to the funeral industry, he demystifies a profession we tend to view as grim.



### **A MOTORCYCLE SAVED MY LIFE**

**Lori Lozinski.** 2022, 12 min.

Documentary (Canada). The open road presents a point of departure for director Lori Lozinski to process deep-seated grief. Revisiting the formative experiences that drove her ambition, Lozinski examines the influence of her parents in the present light of day. It is in unpacking these recollections at full throttle that the ordering of memory becomes justified.



### **THE MAGNITUDE OF ALL THINGS**

**Jennifer Abbott.** 2020, 86 min.

Online: <https://www.nfb.ca/film/magnitude-of-all-things/>

Documentary (Canada). When Jennifer Abbott lost her sister to cancer, her sorrow opened her up to the profound gravity of climate breakdown. Abbott's new documentary *The Magnitude of All Things* draws intimate parallels between the experiences of grief – both personal and planetary.

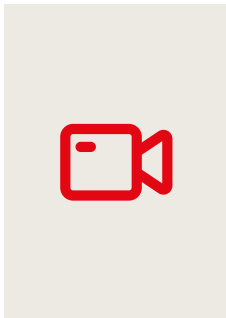


## UNMOTHERED

**Marie-France Guerrette.** 2018, 75 min.

Online: <https://www.nfb.ca/film/unmothered/>

On August 31, 1995, tragedy struck the Guerrette family when Mona, a mother of two, died from breast cancer at age 42, leaving behind a husband and their daughters, Mylène and Marie-France. But she also left behind a stirring farewell message that would serve as a testament to her life.



## TOMMY TINKER FOREVER: A MOTHER'S JOURNEY OF GRIEF AND LOVE

**Estelle Thomson.** CBC Nova Scotia. 2018. 30 min 38 s.

Online: [https://www.youtube.com/watch?v=vD783K\\_2InY&feature=emb\\_title](https://www.youtube.com/watch?v=vD783K_2InY&feature=emb_title)

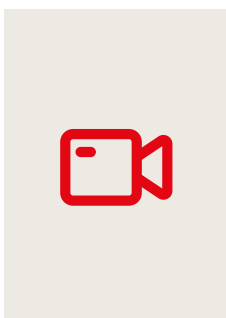
Estelle Thomson is a yoga teacher & visual artist who lives in Cow Bay, outside Halifax. Her second son, Thomas Knox Thomson was born on June 16, 2012 at 26 weeks and 5 days gestation. He survived global sepsis, a perforated bowel, intracranial bleeding. He underwent brain surgeries and blood transfusions. But after 2 and a half years Tommy died. Over the next 4 weeks Estelle will explore her personal journey of grief through a series of videos we're calling Tommy Tinker Forever. In this segment Estelle explains how her son's birth and death were both gateways to wonder.



## 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.

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# TAKING PART IN ONE'S HEALTH CARE

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This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

## **WHAT DOES PATIENT-AS-PARTNER MEAN?**

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

# ORGANIZATIONS AND ASSOCIATIONS

## General

### **CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)**

**Phone** 514 890-8000, ext. 15488  
**Website** <https://ceppp.ca/en/>

The CEPPP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

### **HEALTHCARE EXCELLENCE CANADA**

**Toll free** 1-866-421-6933  
**Website** <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

## Legal information

### **CHAMBRE DES NOTAIRES DU QUÉBEC**

**Phone** 514 879-1793  
**Toll free** 1 800 263-1793  
**Website** [www.cnq.org/en/home.html](http://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.

## COMMUNITY JUSTICE CENTERS

**Website** [www.justicedeproximite.qc.ca/en/](http://www.justicedeproximite.qc.ca/en/)

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

## CONSEIL POUR LA PROTECTION DES MALADES

**Phone** 514 861-5922  
**Toll free** 1 877 276-2433  
**Website** <http://cpm.qc.ca/en/home/>

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

## CURATEUR PUBLIC DU QUÉBEC

**Phone** 514 873-4074  
**Toll free** 1 844 532-8728  
**Website** [quebec.ca/en/government/departments-and-agencies/curateur-public](http://quebec.ca/en/government/departments-and-agencies/curateur-public)

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

## **FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES**

**Toll free** 1 877 767-2227  
**Website** <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

## **JURISTES À DOMICILE**

**Phone** 514 944-9929  
**Website** [www.juristesadomicile.com](http://www.juristesadomicile.com)

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

## **PROTECTEUR DU CITOYEN**

**Toll free** 1 800 463-5070  
**Website** <https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

## **REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)**

**Phone** 514 436-3744  
**Website** [www.rpcu.qc.ca/en/](http://www.rpcu.qc.ca/en/)

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

# INTERNET RESOURCES

## General

### **CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE**

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

### **CHOOSING WISELY CANADA**

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the "Patient Resources" tab.

### **COLLÈGE DES MÉDECINS DU QUÉBEC**

<http://www.cmq.org/hub/en/services-au-public.aspx>

The "Services for the public" section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

### **GOVERNMENT OF CANADA**

#### **How older adults can use social media safely**

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

This blog post gives tips on how to navigate social media safely.

## GOVERNEMENT DU QUÉBEC

### **Coping with a loss of independence**

<https://www.quebec.ca/en/family-and-support-for-individuals/loss-of-independence/loss-of-independence>

This guide provides comprehensive information on government programs and services for individuals experiencing a loss of autonomy and their caregivers. Topics covered include health and social services, housing, home care services, tax credits, justice, work and employment, and transportation. Note also that the forms necessary to obtain the aforementioned services and programs are available on this site.

### **Info-Santé 811**

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

### **Service Organization**

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

## HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

## HEALTHCARE EXCELLENCE CANADA

### **Engaging Patients in Patient Safety – a Canadian Guide**

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

## **Patient, Family and Caregiver Engagement and Partnerships**

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

## **Shift to Safety**

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

## **HEALTH CHARITIES COALITION OF CANADA – “HOW TO” HEALTH GUIDE**

[www.healthcharities.ca/resources/how-to-health-guide.aspx](http://www.healthcharities.ca/resources/how-to-health-guide.aspx)

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

## **HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR HEALTH CARE**

[https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?\\_](https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_)

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

## **INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA – SAFEMEDICATIONUSE.CA**

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

## **MCGILL UNIVERSITY HEALTH CENTER**

### **Patient Safety and Physical Restraints: What You Need to Know**

[http://www.muhcpatienteducation.ca/DATA/GUIDE/349\\_en~v~patient-safety-and-physical-restraint.pdf](http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf)

This booklet aims to help you understand physical restraints.

## **MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE**

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

## **ORDRE DES PHARMACIENS DU QUÉBEC – PROTECTION DU PUBLIC**

<https://www.opq.org/protection-du-public/que-fait-lordre-pour-me-proteger/>

The “Protection du public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

## **OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS**

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

## **RÉGIE DE L'ASSURANCE MALADIE – CITIZENS**

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

## **SANTÉ ET SERVICES SOCIAUX QUÉBEC**

**Quick Reference: I'm taking care of my Health**

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

## **SENIORS' GUIDE TO STAYING CYBER SAFE DURING COVID-19**

<https://www.getcybersafe.gc.ca/en/resources/seniors-guide-staying-cyber-safe-during-covid-19>

This guide helps seniors protect their identity by helping them create strong passwords, enable multi-factor authentication, and warn them about phishing attempts.

## HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

## WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

## HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

## CANADIAN DEPRESCRIBING NETWORK

[www.deprescribingnetwork.ca](http://www.deprescribingnetwork.ca)

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

## Legal information

### **COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSIBILITIES**

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

### **ÉDUCALOI**

#### **Caregivers: Practical Legal Tools**

[www.educaloi.qc.ca/en/caregivers-practical-legal-tools](http://www.educaloi.qc.ca/en/caregivers-practical-legal-tools)

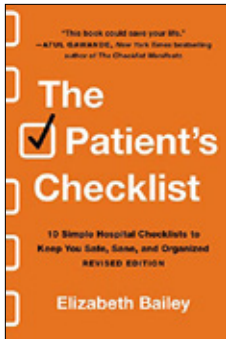
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

#### **Health Topics**

[www.educaloi.qc.ca/en/categories/health](http://www.educaloi.qc.ca/en/categories/health)

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

# READING SUGGESTIONS



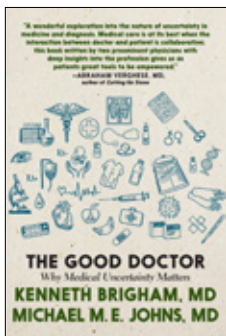
## THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

**Elizabeth Bailey.** New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



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



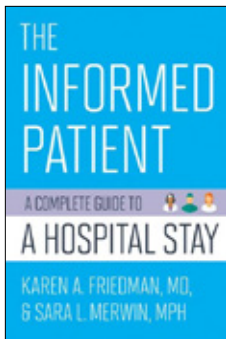
## THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

**Kenneth Brigham and Michael M.E. Johns.** New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Brigham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



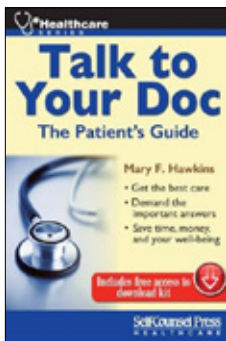
Also available on [prenumerique.ca](https://prenumerique.ca)



## THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

**Karen A. Friedman and Sara L. Merwin.** Ithaca: ILR Press, 2017, 228 p.

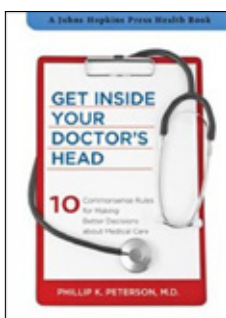
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



## TALK TO YOUR DOC: THE PATIENT'S GUIDE

**Mary Hawkins.** North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



## GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

**Phillip K. Peterson.** Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.







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