GRIEF AND BEREAVEMENT
/ LE CHAGRIN ET LE DEUIL

Kaitlin Atkinson Family Resource Library / Bibliothèque de ressources familiales Kaitlin Atkinson

Resource List / Ressources

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General Resources for Parents / Liste de ressources pour les parents

35 ways to help a grieving child -- Portland, OR: The Dougy Center, 1999.
Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays.
FAM BF 575 .G7 T55

After the darkest hour, the sun will shine again: a parent's guide to coping with the loss of a child / Mehren, Elizabeth -- New York: Fireside, 1997.
This inspiring guide to coping with the loss of a child combines the author's own story with the experiences and wisdom of others who have gone through this tragedy.
FAM BF 575 .G7 M44

This book examines the continued love parents feel for their child and the many poignant and ingenious ways they devise to preserve the bond. Through detailed profiles of parents, Ann Finkbeiner shows how new activities and changed relationships with their spouse, friends, and other children can all help parents preserve a bond with the lost child.
FAM BF 575 .G7 F55 1998

Inspired by traditional Buddhist teachings, this is a source for all those who are charged with a dying person’s care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process. The author’s teachings affirm that we can open and contact our inner strength, and that we can help others who are suffering to do the same.
FAM BF 575 .G7 H35 2008

This book provides specific ideas and techniques to work with children in various areas of complicated grief. It presents words and methods to help initiate discussions of these delicate topics, as well as tools to help children understand and separate complicated grief into parts.
FAM BF 575 .G7 G64 2001

Children die too: for parents who are experiencing the death of a child / Johnson, Joy -- Omaha, NE: Centering Corporation, 2004.
This brief booklet offers comforting insights and information about the feelings that are often experienced by parents after the death of a child. It also offers advice on how to talk to siblings and ways in which they may deal with their grief.
FAM BF 575 .G7 J646 2004

Dear parents: letters to bereaved parents -- Omaha, NE: Centering Corporation, 2003.
This is a support group in book form. It is a collection of letters from bereaved parents to bereaved parents. Each page will tell you what other bereaved parents and siblings went through and what you can to do try and cope.
FAM BF 575 .G7 D43 2003

This book provides suggestions on how to help those who are dealing with serious illness in a loved one or themselves. It is a combination of thought, ideas, suggestions and reflections.
FAM R 726.8 L37 1998

C'est une ressource complète qui aborde le large éventail de questions et de défis parents de jeunes enfants peuvent rencontrer quand un parent est diagnostiqué avec le cancer du sein. En fournissant des informations pertinentes, accessibles et pratiques pour répondre aux besoins complexes des parents et des enfants, il vise à aider les familles à faire face au cancer du sein ainsi que.
FAM BF 575 .G7 C614 2006

This book covers the physical, emotional, spiritual and information needs of patients, families and other care providers who care for those in hospice.
FAM R 726.8 .V33 1999

Grandparents are often overlooked when a grandchild dies, yet they carry a double burden--the loss of their grandchild and the sorrow of their own grieving children. Author Kolf offers support and hope in brief chapters that do not overwhelm the bereaved.
FAM BF 575 .G7 K634

This resource helps people complete the grieving process and move toward recovery and happiness. It illustrates how it is possible to recover from grief and regain energy and spontaneity.
FAM BF 575 .G7 J36

This book examines parental grief after the death of a baby through miscarriage or perinatal death. It shows the many different ways parents have found to express their feelings and remember their baby. There is also a section for siblings and grandparents.
FAM BF 575 .G7 G74

This book offers suggestions for communicating with medical caregivers, offering support to their partner, telling the news to other children, making funeral arrangements and taking care of themselves in a time of crisis. It discusses effective communications during the weeks and months following the loss, going to a support group, returning to the workplace, and the issues surrounding a subsequent pregnancy.
FAM BF 575 .G7 N44 2004

This caring and compassionate guide offers expert advice during difficult days to help a child grieve the death of a parent or sibling. Based on their experience as counselors and as parents of grieving children, the authors help readers to understand the many ways children grieve, changes in family dynamics after death, ways to communicate with children about death and
grief, how to cope with the intense sorrow triggered by holidays, the signs grief has turned to depression and where to find help.
FAM BF 575 .G7 E57

**Helping teens cope with death** -- Portland, OR: The Dougy Center, 1999.
This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them.
FAM BF 575 .G7 H44

An experienced bereavement specialist tells parents how to explain the concept of death in ways that will be understandable to children. She helps parents anticipate children's responses and needs, shows how to cope with funeral rites in meaningful ways, and points out the importance of incorporating the loss into a positive sense of personal memories.
FAM BF 575 .G7 J64

This is a sensitive guide to communicating with a dying person and understanding their needs. Two of the four chapters are written by others - one is a therapist who discusses the interpretation of pictures drawn by dying people. The other is by a parent of a dying child and her experiences and feelings during the period that her child was seriously ill.
FAM BF 575 .G7 K88 1997

Ce livre offre des pistes de réflexion et des stratégies d'intervention afin de guider les professionnels de la santé dans leurs interactions avec les familles endeuillées. Principaux points abordés: la mort du fœtus, du nourrisson, du jeune enfant d'âge préscolaire et scolaire, de l'adolescent, l'intervention infirmière.
FAM BF 575 .G7 D45

**Losing a baby** / Yarwood, Anne -- Ottawa: Canadian Institute of Child Health, 2002.
With sensitivity and understanding, this booklet deals with the feelings, reactions and decisions facing newly bereaved parents. It includes the experiences of others who have faced the death of an infant.
FAM BF 575 .G7 Y37

In warm, simple language, Dr. Kübler-Ross speaks directly to the fears, doubts, anger, confusion, and anguish of parents confronting the terminal illness or sudden death of a child.
FAM BF 575 .G7 K82 1997

**Parenting with wit and wisdom in times of chaos and loss** / Coloroso, Barbara -- Toronto: Viking, 1999.
Author Barbara Coloroso tackles the question of how to parent when life is not smooth, when tragedy or trauma invades daily life, whether it's a small crisis or a major disaster. Barbara looks at how we as parents can best comfort and nurture our children, and ourselves, as we navigate through the inevitable suffering, adversity, chaos, and losses in our lives.
FAM BF 575 .G7 C64
Contrairement aux croyances généralement véhiculées dans notre société, perdre un bébé attendu et aimé est une tragédie pour les parents. Ils voient tous leurs beaux rêves s'envoler. Cet ouvrage a été conçu dans le but d'offrir aux parents un soutien efficace ainsi que des suggestions pour les aider à faire face aux moments difficiles, quelle que soit la perte perinatale qu'ils subissent: fausse couche précoce ou tardive, interruption médicale de la grossesse, accouchement d'un enfant mort-né, décès, du nouveau-né dans les heures ou semaines suivant sa naissance.
FAM BF 575 .G7 F75 2005

Provides support for parents coping with the psychological and spiritual hardships of caring for a child with a life-threatening illness.
FAM BF 723 .P25 H54

Cette collection expose des idées et des concepts philosophiques adaptés aux jeunes de 8 à 13 ans.
FAM BF 575 .G7 L32

This is a comprehensive resource that addresses the broad range of issues and challenges parents with young children may encounter when a parent is diagnosed with breast cancer. By providing relevant, accessible and practical information to address the complex needs of parents and children, it aims to help families cope with breast cancer together.
FAM BF 575 .G7 C6 2006

What about the kids? understanding their needs in funeral planning and services / Dougy Center for Grieving Children -- Portland, OR: The Dougy Center for Grieving Children, 1999.
This book addresses the best practices for funeral and memorial services with children and teens. Learn how to include children in these rituals and creative ways to involve them in the process. You will find suggestions from children and teens about what was helpful and unhelpful about the funeral or memorial service they attended.
FAM BF 575 .G7 D68

This was written to help families heal and provide support to healthcare professionals. It covers individual stories of pregnancy and perinatal loss. There are specific chapters on miscarriage, ectopic pregnancy, stillbirth, newborn death and loss in a multiple gestation pregnancy. Working from the fact that grief is normal, the book also addresses the family issues that occur as each person grieves differently. Additional chapters address the roles of individual healthcare professionals and include checklists which are helpful in caring for bereaved families.
FAM BF 575 .G7 L67 1993

Addresses the signs of grieving children, their relationships with their pets, and how caring adults can be helpful. It provides practical interventions in helping the child's grief process.
FAM BF 575 .G7 T89 2007

**When a parent is sick: helping parents explain serious illness to children** / Hamilton, Joan --
This book provides parents and other care givers with suggestions on how to approach children with the information that their parent is seriously ill.
FAM BF 723 .P25 H36

**When children grieve: for adults to help children deal with death, divorce, pet loss, moving, and other losses** / James, John W. -- New York, Quill, 2002.
There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. No matter the reason or degree of severity, if a child you love is grieving, the guidelines examined in this thoughtful book can make a difference.
FAM BF 575 .G7 J35 2002

**Why are the casseroles always tuna? a loving look at the lighter side of grief** / Sims, Darcie D. --
After the death of her child, Darcie Sims decided to write this book to help others who have lost loved ones. She uses humour as a way of dealing with grief.
FAM BF 575 .G7 S56 1999

**Resources for Kids and Teens / Liste de ressources pour les enfants et les adolescents**

**After you lose someone you love: advice and insight from the diaries of three kids who’ve been there** / Dennison, Amy -- Minneapolis, MN: Free Spirit Publishing Inc. 2005.
Three children, a boy of 4 and twin 8 year old girls deal with their father's death. The diary entries begin with finding out their father has died, and cover the 2 years following his death.
FAM BF 575 .G7 D46 2005

**La caresse du papillon** / Voltz, Christian.: Rouergue, 2005.
Moment d'intimité entre deux générations, La Caresse du papillon est une réflexion poétique sur le cycle de la vie, avec le naturel et la subtilité que l'on connaît à Christian Voltz.
FAM BF 575 .G7 V65 2005

Using clear language, the author provides readers with information about adolescent development to form the back story to comprehend the impact of death and bereavement in an adolescent's life. It also examines interventions that assist adolescents coping with death and grief.
FAM BF 575 .G7 B26 2014

**Le deuil: y'a pas de mal à être triste** / Mundy, Michaelene -- Strasbourg: Éditions du Signe, 2003.
Rempli de conseils positif affirmation de la vie pour vivre avec la perte comme un enfant, ce guide explique aux enfants ce qu'ils doivent savoir, après une perte - que le monde est toujours sûr, la vie est bonne, et les cœurs ne blesser réparer. Écrit par un conseiller scolaire, ce livre aide les enfants de confort face de la pire et la plus difficile de la réalité.
FAM BF 575 .G7 M8714
L'enfant, naturellement curieux cherche des réponses simples à des questions compliquées. L'adulte est souvent confronté à de grandes difficultés lorsqu'il s'agit de trouver les mots et les images que l'enfant peut comprendre. Présente un point de vue multicultural sur les thèmes de la mort et du deuil, auxquels l'enfant est inévitablement confronté et dont l'acceptation est une étape fondamentale de son développement.  
FAM BF 575 .G7 B7014 2001

A guide for children on dealing with feelings of grief when people or pets die or when friends move away.  
FAM BF 575 .G7 M68

Une histoire pour les enfants de 5 à 15 ans qui permettra, je le souhaite, de "détabouter" la mort et le deuil dans les foyers. Un livre écrit pour les enfants avec les vrais mots et les vraies émotions. Un outil pour les parents, grands-parents, professeurs et tous ceux qui désirent aider l'enfant à mieux comprendre des concepts intangibles et faciliter la discussion.  
FAM BF 575 .G7 P56 2011

This book helps children deal with the grief they are feeling after the death of a loved one. It helps them to mourn so that they eventually feel better. Appropriate for ages 4-10 years.  
FAM BF 575 .G7 W645

A guide for adolescents on the loss of a loved one and dealing with grief. Appropriate for ages 12-17 years.  
FAM BF 575 .G7 H57

When teens experience the death of a loved one, their already unsettled lives are often further complicated by intense emotions, fluctuating hormones, and changing relationships. This book is a valuable resource for adults who are interested in offering teen grief groups, a comforting and effective approach to grief that has helped countless teens cope with their losses.  
FAM BF 575 .G7 P47 2004

Explores the difficult issue of death for young children. Feelings and questions about this sensitive subject are looked at in a simple but realistic way. Written by a psychotherapist and counselor this book helps children to understand their loss and to come to terms with their feelings.  
FAM BF 575 .G7 T56 2001

Explains death as a natural part of life for all living things. Appropriate for ages 4-8 years.
**Mon chien gruyère** / Nadon, Yves – Montréal, PQ: Les 400 coups, 2006.

*Un enfant se souvient de son chien et de tous ce qu'ils ont fait ensemble. Pour les enfants de 4 - 10 ans.*

FAM BF 575 .G7 N32 2006


*This book provides a comforting message of hope and a gift of compassion for the bereaved.*

FAM BF 575 .G7 H36


*Histoire sur la perte d'un être cher, en l'occurrence un père, qui relate la douleur d'une petite fille dont le souvenir de l'être disparu est encore omniprésent. Elle se confie à un arbre qui seul peut comprendre sa douleur puisque lui aussi se retrouve seul sans ses amies corneilles parties au loin.*

FAM BF 575 .G7 J35 2007

**Sad isn't bad: a good-grief guidebook for kids dealing with loss** / Mundy, Michaelene -- St. Meinrad, IN: Abbey press, 1998.

*Filled with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss that the world is still safe; life is good; and hurting hearts do mend. Written by a school counselor, this book helps comfort children facing of the worst and hardest kind of reality.*

FAM BF 575 .G7 M87


*With the help of her mother and her neighbor Mrs. Cooper, Samantha Jane is able to talk about how sad she is since her father died and to find ways to remember him, and then she begins to feel better. Appropriate for ages 4-8 years.*

FAM BF 575 .G7 K36 2007


*After Clare's father is killed in a car accident, she becomes frightened, lonely, and angry. Clare’s mother and grandfather help her through the grieving process. Appropriate for ages: 4-8 years.*

FAM BF 575 .G7 V67


*This book helps explain the different healing processes people go through following a loss. It follows Grandy as she copes with the grief she is feeling by making her "tear soup".*

FAM BF 575 .G7 S38


*Après le déménagement de son amie Annie pour un autre quartier, un garçonnet se retrouve seul et triste. Sa copine lui manque. Son grand-père aussi vit un deuil puisque sa compagne est morte. Présentation simple de la peine, du vide causé par l'absence d'un être aimé. Peu de texte.*

FAM BF 575 .G7 V4714

The author presents the concept of death to children with examples of customs and beliefs from various religions and cultures. Appropriate for ages 4-11 years.
FAM BF 575 .G7 B67 2000

A girl asks her mother questions about heaven after her great-grandmother passes away
Appropriate for Ages: 4-8 years
FAM BF 575 .G7 S54

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.
FAM BF 575 .G7 B77

Quelquefois, dans la vie, des événements tristes surviennent, telle l'histoire de Zoé, une petite chenille, qui a un gros chagrin. Raconté de façon allégorique, ce conte parle de la mort d'un proche; il explique aux enfants la perte d'un être cher.
FAM BF 575 .G7 B54 2012

Web Sites / Sites internet

Compassionate Friends of Canada
http://tcfcanada.net/

Compassionate Friends of Canada – Ottawa Valley / Outaouais Chapter
http://tcfottawa.wordpress.com/

Les amis compatissants du Québec
http://www.amiscompatissants.org/

Compassionate Friends
http://www.compassionatefriends.org/home.aspx

Bereaved Families of Ontario – Ottawa Region
http://www.bfo-ottawa.org/

Roger's House / La maison de Roger
http://www.rogershouse.ca/en/

Grief & Loss - BC Children's Hospital
http://www.bcchildrens.ca/health-info/coping-support/grief-loss

Dougy Centre for Grieving Children & Families
http://www.dougy.org

Children and Grief – American Academy of Child and Adolescent Psychiatry
Talking to Children about Death

Grief – American Hospice Foundation
http://americanhospice.org/grief-landing/

Grief – Health Link BC
http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw164282

Apps

Grief Support Network
● From Good From Apps
● English
● Free
● Last updated Oct 2014
● From Google Play: A free proximity-based social network connecting & supporting people grieving or who have grieved with the objective of creating a global community of Grief Angels that can be there for each other during one of life's most difficult time. Subscribers to the app are known as "Grief Angels" that know that the people they may be helping now or in the future may be themselves, their families or friends.
● Available through Google Play and iTunes

Local Contacts / Liaison régionales

Bereaved Families of Ontario – Ottawa
211 Bronson Ave, Suite 303
Ottawa, ON K1R 6H5
613-567-4278
office@bfo-ottawa.org
http://www.bfo-ottawa.org/

Bereavement Support & Education – Ottawa
613-858-3113
http://www.griefsupportottawa.ca/

The Compassionate Friends - Ottawa Valley / Outaouais Chapter
31 Maplehill Way
Nepean, ON K2C 3H1
http://tcfottawa.wordpress.com/
tcfOttawa@rogers.com

Les amis compatissants du Québec
257 rue Sherbrooke
Beaconsfield, QC H9W 5S4
514-933-5791
aide@amiscompatissants.org
http://www.amiscompatissants.org/
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