



Hello,

Thank you for your interest in offering a peer support group for students who are grieving. Based on our Jessica's House School Groups model, we hope this packet can provide a foundation for the group you facilitate on your campus.

The information below includes suggestions for how to structure and facilitate your group. Please reach out to us if you have any questions. We are here to help.

Basic Information:

Eligible students are those who have experienced the death of a person in their life. Losses could include a family member, caregiver, or friend. This person may have been a part of their daily life or impacted their lives. We always allow the student to teach us about the person who died and the connection they shared with them.

Groups meet once a week for 45-60 minutes for eight weeks. The students involved can be a mixture of ages and types of loss. We find that a small peer group of 8-10 students is an ideal size. We also recommend at least two adults facilitate the group, depending on the number of students.

Provide a quiet, safe space for students to gather. The room might be an empty classroom or a counselor's office. Please leave a note on the door requesting privacy to minimize distractions. Students should be called to the room or reminded to attend weekly group sessions.

Group Format:

Students arrive at the group and "sign in" on a sheet of paper. The sign-in sheet helps track students who participated in the group that day. Prepare the room ahead of time with fidgets or a game they can play while everyone arrives for the first few minutes. A blank sheet of paper for them to draw on or a journal is also a great alternative.

Review the group guidelines 'This is How We Roll' every week. Students will use the Check-In Sheet to tell the group the following information:

1. Their name
2. Their age
3. Who died
4. How they are feeling today
5. Question of the day. This question might or might not be related to the loss of their person. Questions can be general, such as their favorite type of ice cream, or share a memory of their favorite activity to do with the person who died.



A simple game you can play with the students or a movement activity such as a dance party or light stretching after check-in is essential for moving emotions through bodies. Please see the packet for more ideas.

Depending on the age, students may wish to read a book together and discuss feelings and thoughts surrounding their grief, fear, worries, etc. Please see the packet for a list of great books you can incorporate.

After the book, students transition into an art invitation. Art is kept simple in this packet. We recommend giving the students the freedom to express themselves uniquely. Individual expression allows for authentic grief work. We have included samples of the art projects so you can offer a visual idea if the student prefers.

After the art invitation, invite participants to share the expressive activity with their group if they wish. We honor the 'I Pass' rule and never require anyone to share. We include discussion questions at the end of each activity. Offer the choice for them to take their art home to share with family or leave it behind.

We end groups standing in a circle with a closing question: "What are you most looking forward to between now and the next time we see you?" Asking this question helps the students return to a lighter mood and prepares them emotionally to return to their classes.

We then pass a hand squeeze, do the wave, or give an air high-five across the group. Group then ends, and students go back to class. We work to ensure students feel safe as they return to class so they can transition into learning. If you have concerns about a student's well-being, please follow your school's safety procedures regarding reporting and supporting the student. These resources are provided for use and at your discretion. Jessica's House assumes no responsibility for the use of these resources within your schools.

Families are welcome to participate in free services at Jessica's House for additional support. Please provide any interested families with our contact information: Main line: (209) 250-5395 or E-mail: info@jessicashouse.org

We hope you find these resources helpful, and please don't hesitate to contact us if you have any questions about facilitating your school grief support group.

Sincerely,

Melissa Ahlem

School Group Coordinator

(209)250-5395

www.jessicashouse.org



Content Included in This Packet

Introduction Letter

Supply List

Week 1 – My Safe Place

Art Sample

Week 2 – Where do You Feel?

Art Sample

Week 3 – Iceberg Art

Art Sample

Week 4 – Colors of My Heart

Art Sample

Week 5 – Film Strip

Art Sample

Week 6 – Wishing Flags

Art Sample

Week 7 – Family Shield

Art Sample

Week 8 – Remembering Luminaries

Art Sample

Additional Resources

Today I Feel

This is How We Roll

M&M Game Sheet Directions

Recommended Books List



Supply List

(Some supplies used for multiple activities)

- Pencils
- Colored pencils
- Pens
- Crayons
- Sharpies-thin and regular
- Oil pastels
- Scissors
- White paper
- Colored paper
- Legal-size white paper
- White cardstock paper (cut into a large heart)
- Magazines, stickers, or cut-outs of words and images
- White paper lunch bags
- Variety of stickers
- Battery-operated tea lights
- Gingerbread person templates
- Filmstrip handout
- Blank white canvas cut into flags (optional, can also use a blank piece of paper)
- Fabric markers (optional, can also use regular markers with regular paper)



Art Invitation

My Safe Place

Materials:

- Paper, art supplies such as markers, crayons and colored pencils.

Directions:

- Priming:
 - Think of an animal that lives in the wild. What does your animal need to feel safe?
 - What kinds of habitats help animals to feel safe?
 - What helps you feel safe? What helps you feel calm?
 - Lie on your back and on your belly place an item such as a stuffed animal, pillow, or book. Breathe deeply in and out as you watch the item go up and down. As you breathe in, the item moves up; as you breathe out, the moves back down.
- Activity:
 - With a sharpie or marker, draw your safe place on the paper.
 - When was the last time you felt safe and calm?
 - What did you see? What did you hear? What did you feel? What did you smell? Who was there? What was the weather like?
 - If you can't think of a time when you felt safe or calm, draw a place you would most likely feel safe or calm.
 - This person, place or thing is what helps you feel safe and calm. Now write your strengths and good memories or hopes.
 - Remember to think about or go to your safe place to feel better. Just like an animal, this is your safe "habitat" that can help you find calm.

Questions for Group Discussion or Journal Prompts:

1. Tell about the last time you felt safe or calm.
2. What made that feel safe or calm for you?
3. What else helps you feel safe or calm?



FAMILY ♡

is my



Place

Safe



Art Invitation

Where do You Feel?

Materials:

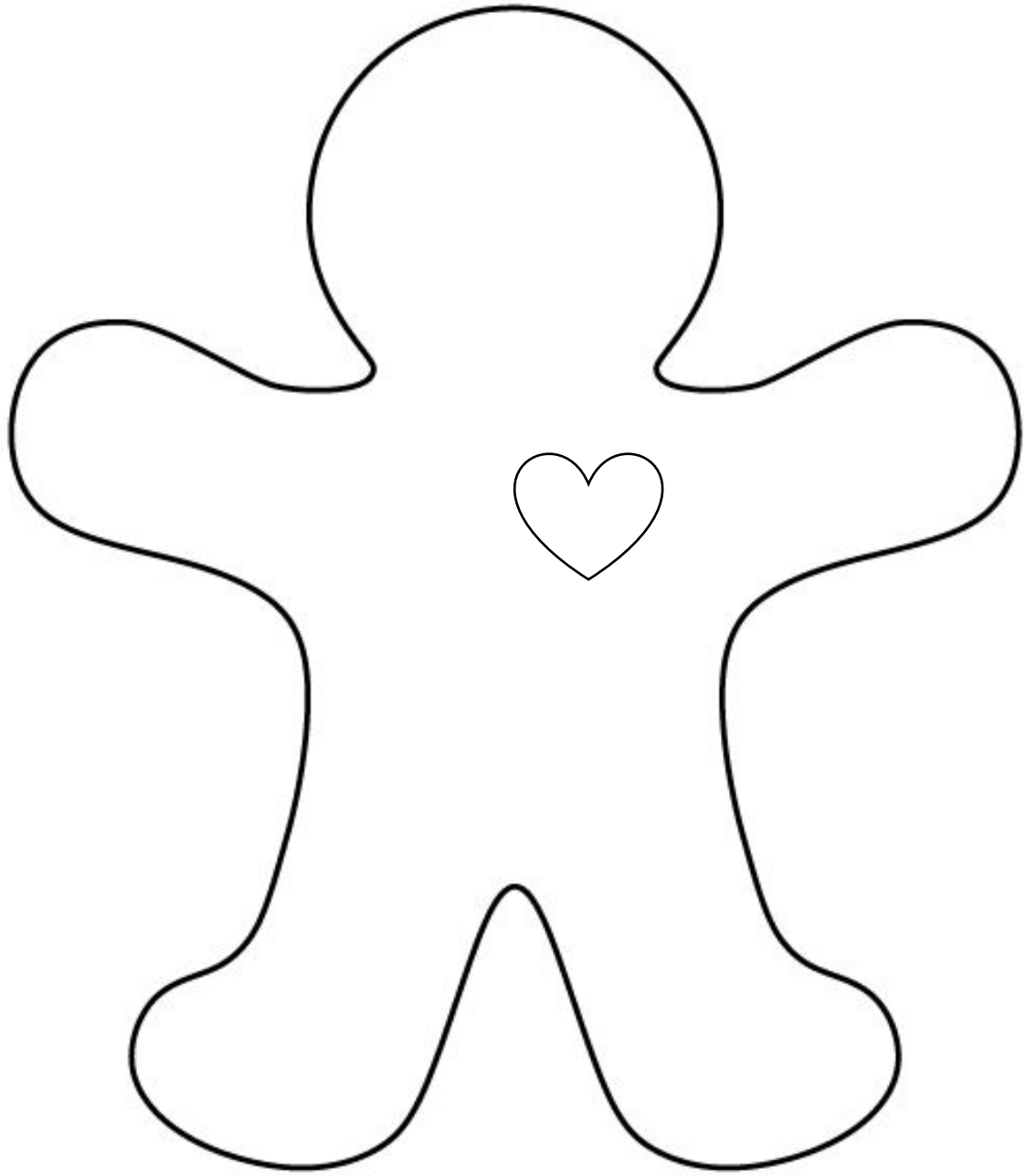
- Two Gingerbread person templates per student, Crayons, markers, colored pencils, music – “I like to Move it Move it!”

Directions:

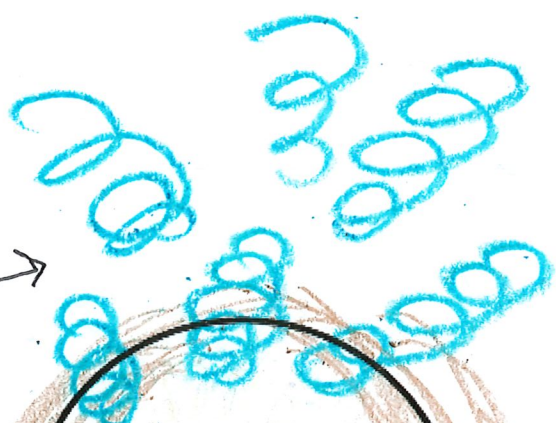
- Priming:
 - What are the different feelings you have in your body right now?
 - Examples, stomachache, tight shoulders, thirsty, lots of worries on our minds, etc.
 - What places in our body do we feel those different feelings?
 - How do these feelings change when we use our coping skills?
- Activity:
 - Using cardboard person shape have participants draw/express where in their body they feel their emotions.
 - After drawing where they notice what their body feels like now, have a DANCE PARTY!
 - Discuss how your body changed after the dance party.
 - Draw how you feel now on the other side of your gingerbread person.

Questions for Group Discussion or Journal Prompts:

1. What did your body feel like before the dance party?
2. What does it feel like now?
3. What else helps you feel better? (sports, walking, balloon volleyball, laughing with a friend, eating a snack, music, etc.)



Thoughts swirling in my head.



tight shoulders

sad heart



Shaking my legs when anxious



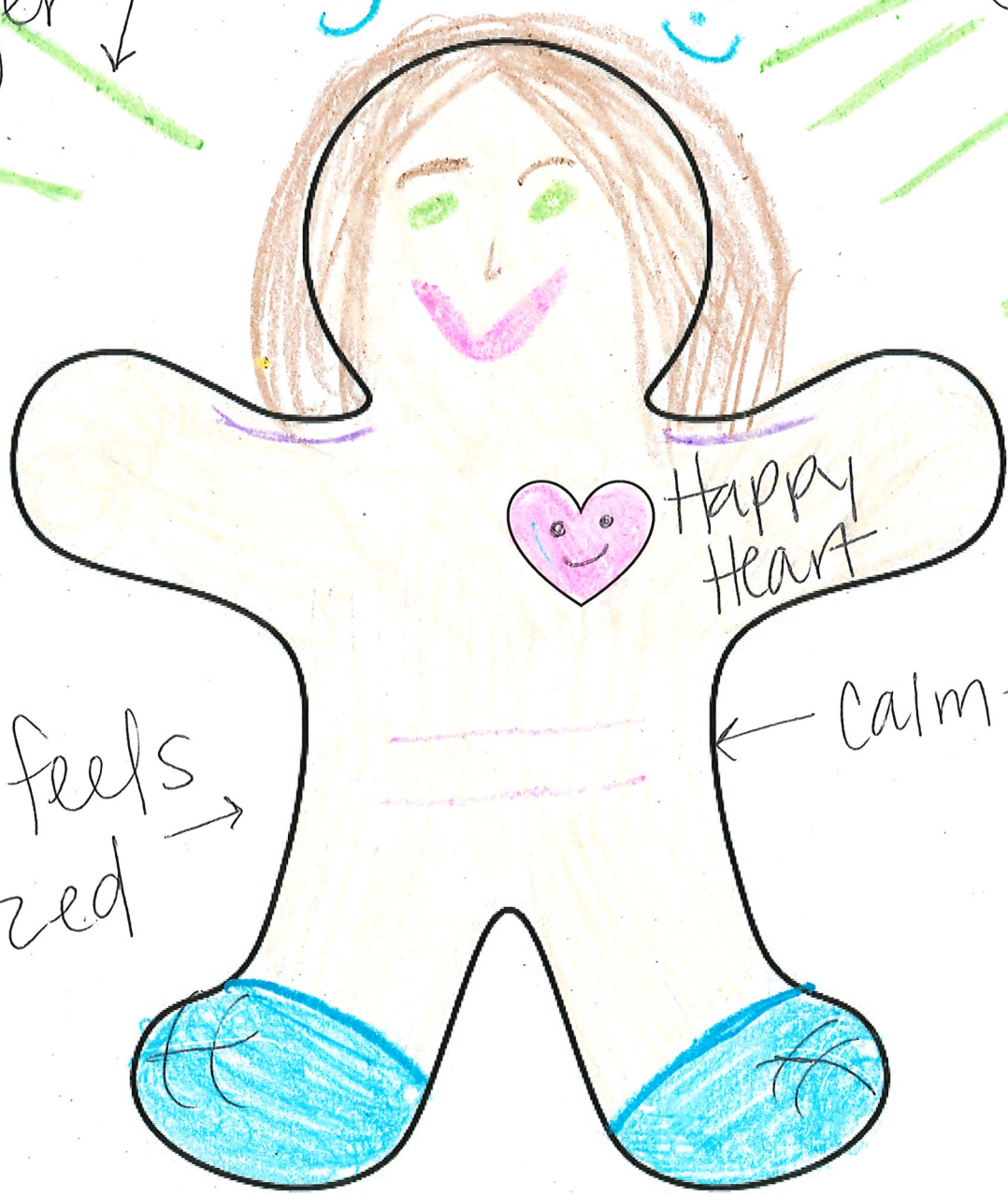
nervous tummy



— Before —

Body feels bigger ↓

Mind isn't as focused on thoughts



Body feels energized →

- After -



Art Invitation

Iceberg Art

Materials:

- Paper, skinny Sharpie markers, pen, crayons, colored pencils

Directions:

- Priming:
 - Everyone has parts about them that many people know, and then there are parts that only those closest to us know and even some parts of us that no one knows.
 - What are the things that everyone knows about you?
 - What are the things that only a few people know about you?
 - What are the things that no one knows about you?
- Activity:
 - Draw an iceberg with part of the iceberg above the water and part of the iceberg below the water. The iceberg will have three layers. Use colors that represent your answers to color in the iceberg.
 - Top of the iceberg – What everyone knows about you/the feelings I am showing.
 - Under the surface of ice – This is what very few people know about me and how I really feel.
 - Bottom of the iceberg – This is what nobody else knows about me. These are emotions that are hard for me to express.
 - It often helps to talk to someone you trust about what you wish they knew about you. Expressing what's underneath your iceberg can give you some relief and help you feel better.

Questions for Group Discussion or Journal Prompts:

1. What is easiest for you to show to others?
2. What are parts of you that are more difficult for you to show?
3. What did you learn about yourself from this activity?





Art Invitation

Colors of my Heart

Materials:

- Heart cutout and oil pastels

Directions:

- Priming:
 - Discuss how we can feel a lot of different feelings at the same time and sometimes it's hard to understand them all.
 - How have your feelings changed since the person died?
 - What types of feelings do you feel now that you didn't feel before they died?
 - What types of feelings do you still feel that you did feel before they died?
- Activity:
 - Use pastels to color your heart in with all your different feelings.
 - You can create a color grid explaining what each color represents.
 - Discuss what different emotions you indicated on your heart. Discuss different ways you can cope with these emotions.

Questions for Group Discussion or Journal Prompts:

1. What are different ways you express all these feelings inside?
2. What is the most powerful feeling you have going on inside today/this week?
3. Tell us about a time when you have felt several different colors of your heart at the same time.



Angry
Grateful
Calm
Happy
Numb
SAD



Art Invitation

Film Strip

Materials:

- Filmstrip handout, colored pencils, oil pastels, fine tip Sharpies

Directions:

Priming:

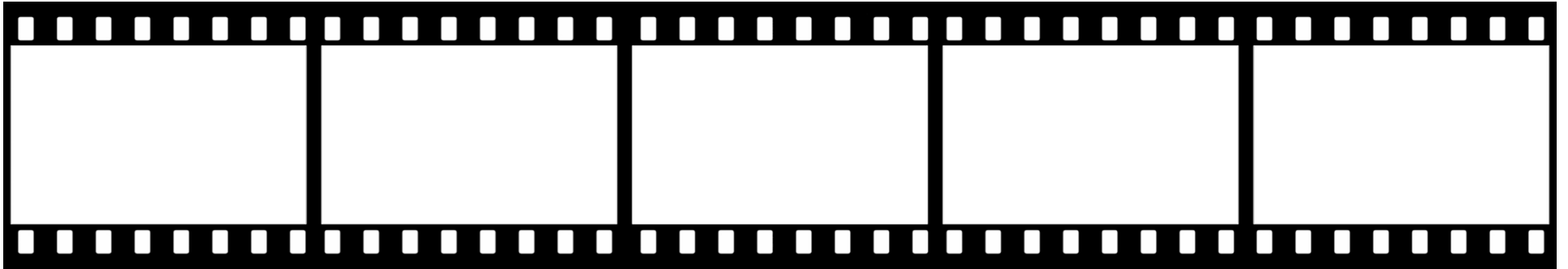
- Start by asking them to share their favorite Disney movie and what about the movie inspires them.
- Talk about different movies that they have identified with. What about these movies reminded them of their own life story?
- What movies can you think of that involve someone dying?
 - Bambi, A Wrinkle in Time, Lion King, Up, Cinderella, Moana, Coco, etc.
- Watch clip from the Lion King about Simba's journey after his father's death.

Art Activity:

- Using the template provided create a movie for the grief story in the Disney movie together as a group – they can use the clip from the Lion King or another favorite Disney movie that involves a death
 - What was it like when their family and friends found out that the person died? How did they respond?
 - What about their life has life changed since the person died?
 - Who helped them through their grief?
 - How did the character in the movie respond to death versus how you responded?

Questions for Group Discussion or Journal Prompts:

1. How would you tell the story of the death from your point of view?
2. What part of the story was important to you?
3. If you could change the story, by adding or taking away something, what would you change?



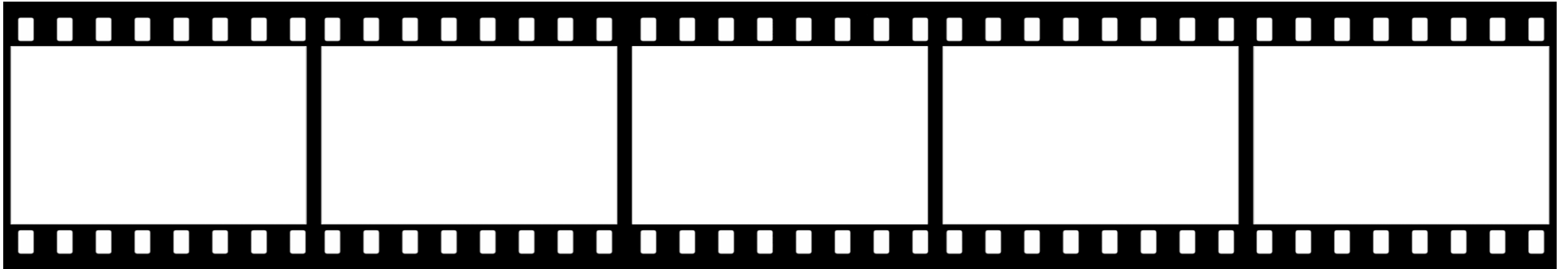
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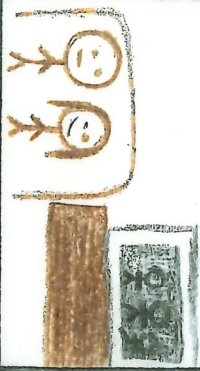
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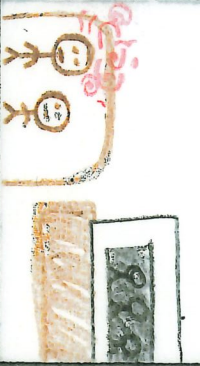
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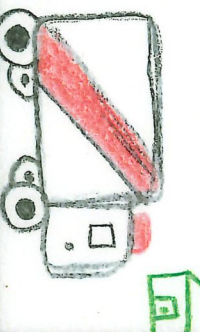
Grandpa
and I were
watching
television.



Grandpa
began to
say he was
not feeling
well...



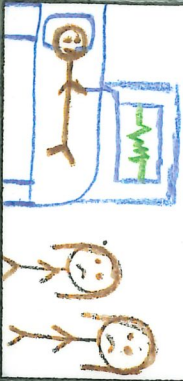
Mom calls
9/11 to
get him
to the
hospital.



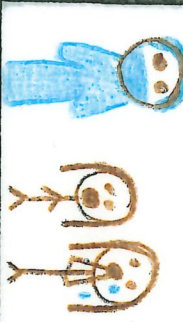
Ambulance
comes to
the house
to pick him
up.



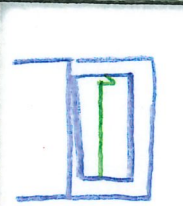
Mom and
I begin
to worry
and head
to the
hospital.



Grandpa
seems to
be sleeping



Doctor says
Grandpa is
really ill.



His heart
stopped
working one
day...



Mom tells
family the
news.



Funeral in
Mexico...
we were unable
to go.



Art Invitation

Wishing Flags

Materials:

- Blank white canvas flags or a blank piece of paper, Sharpie, or fabric markers.

Directions:

1. Discuss your wonders, wishes, and hopes in the group. What are some common wonders, wishes, and hopes after someone dies?
2. Complete these sentences below and then transfer them onto your flag using words or drawing images:
 - I wonder
 - I wish
 - I hope
3. Fly your flags outside in the wind to send your messages to the person who died.

Questions for Group Discussion or Journal Prompts:

- What were your wishes?
- What were your wonders?
- What are your hopes?
- Who can you talk to about your wonders, wishes, and hopes?

I wonder how my
person died

I wish I could be
with them one more
time drinking hot cocoa

I hope to feel better
soon



Art Invitation

Family Shield

Materials:

- Legal size paper, markers, crayons, and pencils.

Directions:

Priming:

- Help group members find their calm place. A calm place may be thought of as an emotional sanctuary where group members can internally go to center themselves when they feel stressed. If they feel safe, ask group members to close their eyes as you read the following out loud:
 - Picture an image of a place that brings feelings of calm. Focus on the emotions you are feeling while imagining this calm place. What items would be in your calm place? If you can think of one word to represent your calm place, what would it be? Who would be invited to your calm place? Notice your five senses, what would you hear, smell, taste, touch and feel? Take a deep breath in and let it out. If you closed your eyes, you can now slowly open them.
 - Give group members the option to share their calm place and remind them that they can visit their calm place any time they feel stressed or anxious.

Art:

- Using legal size piece of paper, draw an outline with four quadrants of your family shield (refer to the example for inspiration).
 - Upper left quadrant: Draw a picture or write words of how you cope with big emotions.
 - Listen to music, go on walks, talk to friends, play sports, garden, etc.
 - Upper right quadrant: Draw a picture or write words that describe your grief.
 - Sharp, unknown, helpless, silent, tornado, rainbow, broken heart, etc.
 - Lower left quadrant: Draw a picture of what your family mascot would look like.
 - What are some characteristics of your mascot? Playful, active, charming, funny, confused, etc.
 - Lower right quadrant: If your family had a motto, what would it be?
 - Always there to always care, I'm safe, I'm warm, and I'm loved, be kind every time, etc.

Questions for Group Discussion or Journal Prompts:

1. What emotions did you feel while imagining your calm place?
2. What was your favorite part about visiting your calm place?
3. What are your favorite coping skills?

Family Shield

How I cope with big emotions...



Walks in nature.

Talk to friends



Listen to music

My grief is like...



Tornado of emotion

Heart-Broken



Scary Storm

Family Mascot



A brave lion

Family Motto

Always There to Always Care



Art Invitation

Remembering Luminaries

Materials:

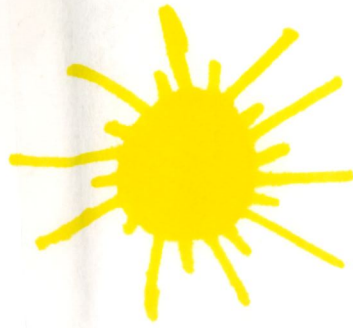
- White bags, Sharpies, markers, Crayons, colored pencils, stickers, quotes, magazine cutouts, photo of the person who died (optional), battery-operated tea lights, and scissors.

Directions:

- Art Activity
 - Invite each participant to draw, write words, place stickers, glue photos, or cut out images that remind them of the person who died.
 - Write the name of the person who died if they wish or “Mom”, “Dad” etc.
- Closing Ceremony
 - 10 minutes before the group ends, participants will gather in a circle.
 - Each member will light their candle, set the bag down on the ground, and share one thing I will never forget about the person who died.

Questions for Group Discussion or Journal Prompts:

1. What did you put on your luminary that represents the person who died?
2. What else do you wish you could add to your luminary?
3. What do you wish you could experience again with the person who died?



In Memory
of

Grandma



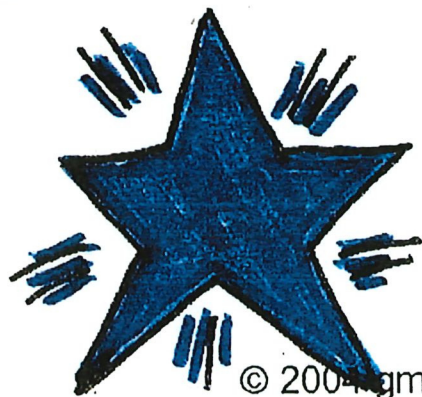
In Memory

of

DAD

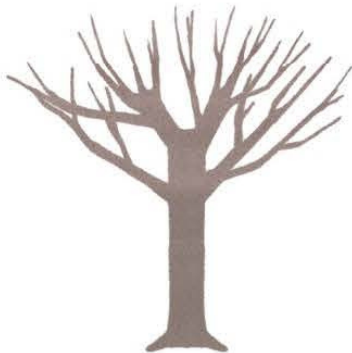
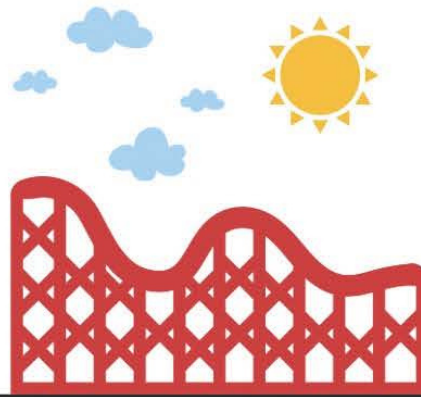
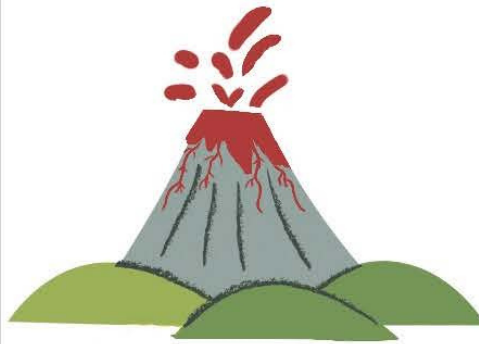


Today I Feel...



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Today I Feel





What We Say Here, Stays Here

I Pass

No Hitting or Hurting

Stop and I Mean It

No Throwing

No Put Downs

Be With an Adult



Red m&m

1. Tell us about your favorite summer or winter memory with the person who died.
2. Say one memory of the person who died that made you happy.
3. If you get angry about the death, what do you do to calm down?
4. Tell us something about what you did yesterday.

Orange m&m

1. What was the person who died's favorite dessert?
2. Describe a time when you and the person who died had a fun day.
3. Tell about a time when you felt alone after the person died.
4. What is something you do well?

Yellow m&m

1. What was the person who died's favorite movie?
2. Say one positive thing that has happened to you since the death.
3. What changes have you had since the person died?
4. Tell us something about your childhood.

Green m&m

1. Tell us about a memory playing a game with the person who died.
2. What was the person who died's favorite activity?
3. What did you and the person who died do on a rainy day?
4. What is something you watch/listen to?

Blue m&m

1. What are three things that worry you?
2. What was the person who died's favorite food?
3. What helps you feel better?
4. What is something you learned last week?

Brown m&m

1. What qualities do you have that the person who died also had?
2. What was your favorite activity with the person who died?
3. How would you describe the person who died?
4. What is something you can't live without?



**Jessica's
House**

Grief support for children, teens,
young adults and their families

Recommended Books For Children

Pre-Littles 0-4

What do I Hear by Annie Kubler

Duck & Goose, How Are You Feeling by Tad Hills

Then Little Fingers by Mem Fox

Don't Worry Bear by Greg Foley

Breathe like a Bear by Kira Willey

A Little Spot of Feelings by Diane Alber

The Goodbye Book by Todd Parr

A New Alphabet for Humanity by Leesa McGregor

My Many Colored Days by Dr. Seuss

Llama Llama Roja Pijama by Anna Dewdney

I Was So Mad by Mercer Mayer

Something Very Sad Happened by Bonnie Zucker

All my Treasures by Jo Witek

Why Did it Happen? Helping Children Cope in a Violent World by Janice Cohn

The Way I Feel by Janan Cain

The Mixed-Up Chameleon by Eric Carle

The Color Monster by Anna Llenas

Bear Has a Story to Tell by Philip C. Stead

Cat Heaven by Cynthia Rylant

Forget Me Not Brood by Michael Brood



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Recommended Books For Children

Littles 5-8

The Rabbit Listened by Cori Doerfield

When I feel Sad by Cornelia Maude Spelman

My Magic Breath by Nick Ortner

Today I feel Silly by Jamie Lee Curtis

Love by Matt de la Pena

I am Peace by Susan Verde

Til we Meet Again by Julie Muller

Honey Bear Died by Jennifer E. Melvin

The Cool Bean by Jory John

Bear has a Story to Tell by Philip C. Stead

When Dinosaurs Die by Laurie Krasny Brown

Wemberly Worried by Kevin Henkes

Waiting Is Not Easy! by Mo Willems

When Dinosaurs Die: A Guide to Understanding Death by Laurie Krasny Brown

When a Pet Dies by Fred Rogers

Invisible String by Patrice Kent

Where do they go? by Julia Alvarez

I Miss You: A First Look at Death by Pat Thomas

Is Daddy Coming Back in a Minute?: Explaining (sudden) Death in Words Very Young

Children Can Understand by Elke Barber and Alex Barber

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

I Miss You by Pat Thomas

Ish by Peter H. Reynolds

After the Fall by Dan Santat

Remember the Secret by Elisabeth Kubler-Ross

Rabbityness by Jo Empson



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Recommended Books For Children

Littles 5-8 cont.

The Velveteen Rabbit *by Maria S. Barbo*

Kat's Surrender *by Theresa Martin Golding*

A Stopwatch from Grandpa *by Loretta Garbutt*

The Dead Bird *by Margaret Wise Brown*

Hooray for You *by Marianne Richmond*

When you are Brave *by Pat Zietlow Miller*

Visiting Feelings *by Lauren J. Rubenstein JD PsyD*

Addys Cup of Sugar *by Jon J. Muth*

When I feel Worried *by Cornelia Maude Spelman*

When You Are Brave *by Pat Zietlow Miller*

What do you do with a Problem *by Kobi Yamada*

My Big, Dumb, Invisible Dragon *by Angie Lucas*

Annie and the Old One *by Miska Miles and Peter Parnall*

Sad Isn't Bad: a Good- Grief Guidebook for Kids Dealing with Loss *by Michaelene Mundy*

Stacy Had a Little Sister *by Wendie C. Old*

The Tenth Good Thing About Barney *by Judith Viorst*

Saying Goodbye to Daddy *by Judith Vigna*

After the Funeral *by Jane Loretta Winsch*

The Badger's Parting Gifts *by Susan Varley*

The Rag Coat *by Lauren A. Mills*

Ida, Always *by Caron Levis*

Nana Upstairs and Nana Downstairs *by Tomie dePaula*

Memory Box *by Joanna Rowland*

The Fall of Freddie the Leaf *by Leo Bascaglia*

The Next Place *by Warren Hanson*



**Jessica's
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*Grief support for children, teens,
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Recommended Books For Children

Littles 5-8 cont.

Tess's Tree by Jess M. Brallier

My Grandson, Lew by Charlotte Zolotow

Always By My Side by Susan Kerner

Not the End by Mari Dombkowski

In My Heart by Jo Witek

Edna by Susan Paradis

Am I Still a Sister? by Alicia M. Sims

Missing Mommy by Rebecca Cobb

Lost in the Clouds by Tom Tinn-Oisbury

I Will Always Love You by Melissa Lyons

Here in the Garden by Briony Stewart

Squirrels Busy Day by Lucy Barnard

Not the End of the Chavez Family, A Family's Journey Through Grief by Mari Dombkowski

Kids Learn About Death and Celebrating Life by Billie Staton Humphrey

The Day You Begin by Jacqueline Woodson

Hello Happy by Stephn Clarkson

Here in the Garden by Briany Stewart

Children Also Grieve: Talking about Death and Healing by Linda Goldman

No Worries by Lily Murray and Katie Abey

Ecargot by Dashka Slater

Bear Hugs by Kathleen Hague

Brave Bart by Caroline H. Sheppard

Grief is Like a Snowflake by Julia Cook

A Terrible Thing Happened by Margaret M. Holmes

I'm not Scared Crisp by Dan Crisp



**Jessica's
House**

*Grief support for children, teens,
young adults and their families*

Recommended Books For Children

Littles 5-8 cont.

Everett Anderson's Goodbye *by Lucille Clifton*

Firebird *by Misty Copeland*

Johnathan James and the What If Monster *by Michelle Nelson-Schmidt*

Rachael and the Upside Down Heart *by Eileen Douglas*

What Does That Mean? *by Harold Ivan Smith for Children*

Daddy's Chair *by Sandy Lanton*

Until We Meet Again *by Susan Jones*

Because The Sky Is Everywhere *by Nancy Sharp*

Tell Me Papa: Answers to Questions Children Ask about Death and Dying *by Joy*

Johnson and Marvin Johnson

Stella Our Star *by Mandi Kowalik*

You've got Dragons *by Katheryn Cave*

Straight from the Siblings: Another Look at the Rainbow *by Gerald G. Jampolsky*

The Giving Tree *by Shel Silverstein*



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Recommended Books For Children

Middles 9-12

The Accident *by Carol Carrick*

Some of the Pieces *by Madenski Melissa*

To Hell with Dying *by Alice Walker*

The Little Prince *by Antoine de Saint-Exupery*

Chronicles of Narnia (Set of Seven Books) *by C. S. Lewis*

Hope for the Flowers *by Trina Paulus*

Tear Soup *by Pat Schwiebert and Chuck DeKlyen*

No New Baby: For Boys and Girls Whose Expected Sibling Dies *by Marilyn Gryte*

Annie and the Sand Dobbies *by John B. Coburn*

A Taste of Blackberries *by Doris Buchanan Smith*

Charlotte's Web *by E. B. White*

Learning to Say Goodbye: When a Parent Dies *by Eda J. LeShan*

A Part of Me Died, Too *by Virginia Lynn Fry*

A Birthday Present for Daniel: A Child's Story of Loss *by Juliet Cassuto Rothman*

The Boy and the Dolphin *by John Christopher Fine*

A Punkin in the Frost *by Fred J. Fisher*

Bridge to Terabithia *by Katherine Paterson*

Missing May *by Cynthia Rylant*

The Gift of Acabar *by Og Mandino*

How it Feels When a Parent Dies *by Jill Krementz*

Just One Tear *by Kate L. Mahon*



**Jessica's
House**

*Grief support for children, teens,
young adults and their families*

Recommended Books For Children

Teens 13-17

When a Friend Dies: A Book for Teens About Grieving and Healing by Marilyn E.

Gootman

Chicken Soup for the Teenage Soul by Jack Canfield, Mark Victor Hansen, and Kimberly

Kirberger

Losing Someone You Love: When a Brother or Sister Dies by Elizabeth Richter

Everything You Need to Know about Grieving by Karen Bornemann Spies

Help for the Hard Times: Getting Through Loss by Earl Hipp

The Girl Death Left Behind by Lurlene McDaniel

I will Remember You: What to Do When Some You Love Dies, a Guidebook Through

Grief for Teens by Laura Dower

Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan D. Wolfelt

Grief Recovery for Teens: Letting Go of Painful Emotions with Body-Based

Practices by Coral Popowitz

Weird is Normal When Teenagers Grieve by Jenny Lee Wheeler

Facing Change: Falling Apart and Coming Together in the Teen Years by Donna B.

O'Toole

The Anxiety Workbook for Teens by Lisa M. Schab

The Grieving Teen: A Guide for Teenagers and Their Friends by Helen Fitzgerald



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Recommended Books For Adults

Young Adults 18-25

Young Adults Coping with Death: You Are Not Alone *by Jennifer Kaplan*



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Recommended Books For Adults

Caregivers

Adolescent Encounters With Death, Bereavement and Coping by David Balk and
Charles A. Corr

Are You Like Me? A Children's Book About Suicide by *Bobbie Kalman*

Helping Bereaved Children by *Nancy Boyd Webb*

Helping Grieving People: When Tears Are Not Enough by *J. Shep Jeffreys*

Retelling Violent Death by *Edward K. Rynearson*

Violent Death: Resilience and Intervention Beyond the Crisis by *Edward K. Rynearson*



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Recommended Books For Adults

Adults

When Bad Things Happen to Good People by Harold S. Kushner

After Suicide Loss: Coping with Your Grief by Bob Baugher, Ph.D. & Jack Jordan, Ph.D.

After the Death of a Child by Ann K. Finkbeiner

After a Parent's Suicide: Helping Children Heal by Margo Requarth

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore

Beyond Tears, Living After Losing a Child by Ellen Mitchell

Children Grieve Too: A Handbook for Parents of Grieving Children and Teens by Lauren
Schneider, LCSW

Disenfranchised Grief by Kenneth Doka

**Grieving the Loss of Someone You Love: Daily Meditations to help you Through the Grieving
Process** by Raymond R. Mitsch and Lynn Brookside

Grievers Ask by Harold Ivan Smith

Healing Your Grieving Heart by Alan Wolfelt

Helping Children Cope with Grief by Alan Wolfelt

How To Go On Living When Someone You Love Dies by Therese Rando

Questions for Quiet Times by Dillon Woods

Real Men Do Cry by Erin Hipple

Saying Goodbye: How Families Can Find Renewal Through Loss by Barbara Okun and Joseph
Nowinski

Shadows in Winter: A Memoir of Love and Loss by Dr. Eitan Fishbane

Tear Soup by Pat Schweibert and Chuck Deklyer

This Thing Called Grief by Thomas Ellis

The Grieving Child, A Parent's Guide by Helen Fitzgerald

The Journey Through Grief and Loss by Robert Zucker

The Empty Room: Understanding Sibling Loss by Elizabeth DeVita-Raeburn

What Does That Mean? by Harold Ivan Smith and Joy Johnson

We Get It: Voices of Grieving College Students and Adults, by Heather L. Servaty & David C.
Fajgenbaum

After Suicide Loss by Jack Jordan & Bob Baugher