



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 Grief Needs Bubbles

Art Sample

Week 2 – Unhelpful Words Collage

Art Sample

Week 3 – Iceberg Art

Art Sample

Week 4 – Colors of My Heart

Art Sample

Week 5 – Grief Timeline

Art Sample

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Art Sample

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Art Sample

Week 8 – Remembering Luminaries

Art Sample

Additional Resources

Today I Feel

Safety Guidelines

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 Grief Needs Bubbles

Materials:

- Pens and pencils, colorful drawing supplies, and blank sheets of paper.

Directions:

Priming:

- Discuss how things have changed for you after your person died.
 - Example: 'Since the accident, I don't feel safe in cars.'
- In what areas do you need more support?
 - Example: 'I like my parents to call me if they're going to be late, so I know they're safe.'
- What have you needed from others?
 - Example: 'Since my dad died, I don't want to celebrate Father's Day, and I need my mom to respect that.'
- What other types of grief needs do you have?

Activity:

- On your paper, draw your grief needs as bubbles with art supplies. Add details to your bubble, such as its color and how thick, thin, porous, or otherwise it appears to be.
- On the inside of your grief needs bubbles, write, or draw a picture of what you need to feel safe or supported.
- On the outside of your grief needs bubbles, write, or draw a picture of how your bubble may have changed since the death of your person.
- Activity expansion suggestion: utilize the journal prompts below to create additional bubbles.

Questions for Group Discussion or Journal Prompts:

1. How do you need others to respect your grief needs bubble?
2. What do you say when you feel like someone is not respecting your grief needs bubble?
3. How do you respect others who have grief needs bubble?

My Grief Needs Bubbles

Since the accident I don't feel safe in cars.
I need a safe car.

Communicate with me.
Give me love and support.

Sometimes I'm really mad. Sometimes I'm sad.
Let me have my feelings.

I don't want to celebrate Father's Day yet.
Let me make decisions too.

I need space.

Respect me by giving me space when I ask for it.

I can respect others by asking what they need.

Journal prompts



Art Invitation

Unhelpful Words Collage

Materials:

- Pictures (can be cut-outs, stickers, etc.), paper, pens and pencils, and supplies to draw.

Directions:

- Priming:
 - Think of a song, lyric, image, quote, etc. that has been meaningful to you since your person has died.
- Activity:
 - Fold your paper in half horizontally.
 - On the top, right-hand side of your paper write, "Helpful."
 - On the top, left-hand side of your paper write, "Unhelpful."
 - Designate the helpful and unhelpful words and images that you've seen, heard, and felt since your person has died to either side of your paper.

Questions for Group Discussion or Journal Prompts:

1. What words would you say instead of these unhelpful words?
2. How does your body feel when someone says something helpful vs. unhelpful?

Helpful

HOME



Space

Dance

Beautiful

INSPIRATION

NEXT

Hurtful

Season



World

CHANGING



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

Grief Timeline

Materials:

- Paper, pens/pencils, drawing supplies.

Directions:

- Priming:
 - Think about a time in your life when you were feeling happy, joyful, or hopeful. If that time was a color, what color would it be?
 - Think about a time in your life when you were feeling sad, worried, scared, or angry. If those times were a color, what color would it be?
- Activity:
 - Turn your paper horizontally.
 - In the middle of the far-left side of your paper, write the day, month, and year that you were born.
 - From that date, draw a line in whatever color you choose. This line can be drawn downwards indicating a negative feeling, upwards to indicate a positive feeling, or straight across to indicate a neutral feeling.
 - Repeat this process with different lines in different colors to draw out a timeline.
 - For significant losses or other life events of your choosing, add details such as dates, people involved, and your thoughts and feelings during that time.
 - Share your timelines with the group if you wish.

Questions for Group Discussion or Journal Prompts:

1. What colors represent your high and low points?
2. What insights did you gain from examining your timeline?
3. What high points and low points did you notice?

My Grief Timeline

Moments with Grandpa

→ Trip to Arizona

Thought she could get better

Family vacation to Disneyland

1st year anniversary of grandma's death

Grandma Died

Grandma had stroke

October 1st 2010

Neutral • happy • hopeful • hard/sad



Art Invitation

The Expert of My Grief

Materials:

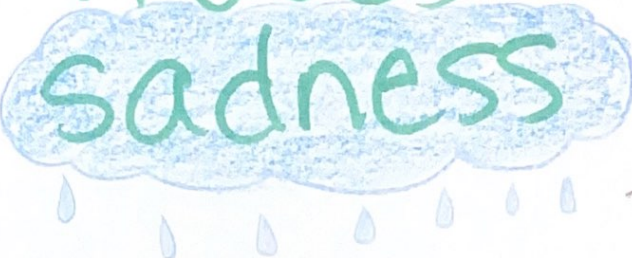
- Paper and pencils


Directions:

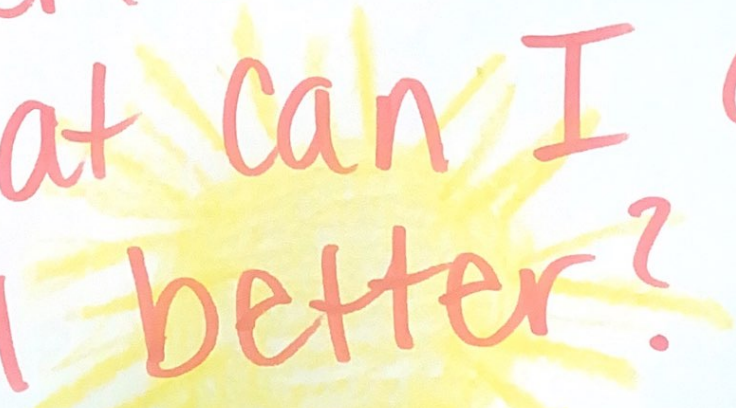
- Priming:
 - **Leader:** Take time to review the included Continued Learning document 'Grief vs. Mourning'. This will help prime you for your discussion with this group.
 - **With Group:** Ask the group to define "grief" for the group.
- Activity:
 - Grief comes with a lot of unknowns, and it's common to have unanswered questions. Have the group write down anonymously what questions they have about their grief on strips of paper.
 - Why do my friends at school treat me differently since the loss?
 - What can I do when I feel alone, mad, or guilty?
 - When will I feel better?
 - I wonder_____ about the loss
 - Circulate a box and have the participants place their questions in a box.
 - Have one facilitator read the questions.
 - Space permitting, have the students rearrange their chairs to the front of the room, resembling a panel of experts.
 - After the questions are collected, remind the group that they are experts of their own grief. Ask the questions written to the group.
 - Present each question to the group and open it up for discussion.
- An additional activity if time permits: Have the students write an acrostic poem using the word GRIEF, where each letter spells out a word or phrase relating to grief.

Questions for Group Discussion or Journal Prompts:

1. What is the difference between grief and mourning?
2. What styles of mourning (expression) have you discovered in yourself?
3. What types of expression help you feel better?

When does the feeling
of  sadness go away

How do I continue
living life without
my loved one? 

When I miss them
what can I do to
feel better? 



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:

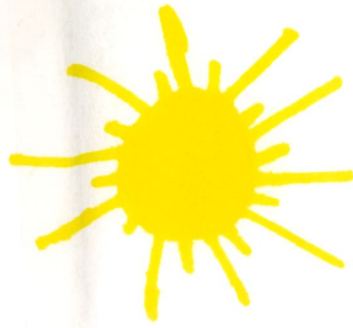
- White bags, Sharpies, markers, Crayons, colored pencils, stickers, quotes, magazine cutouts, photo of the person who died (optional), battery-operated tea lights, and scissors.

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



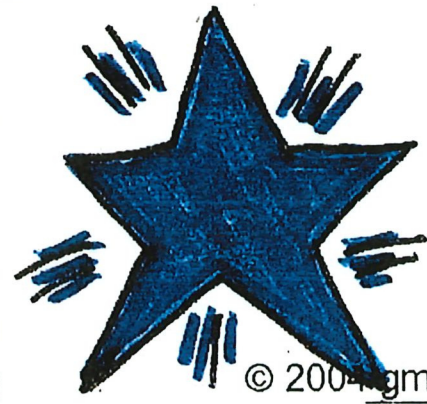
In Memory

of

DAD

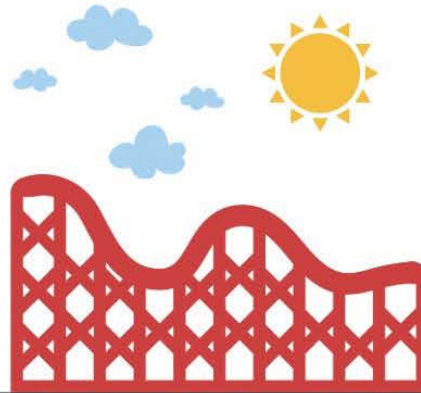
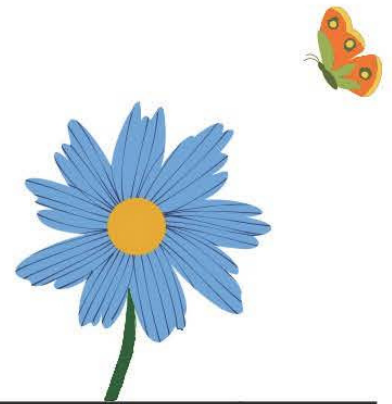
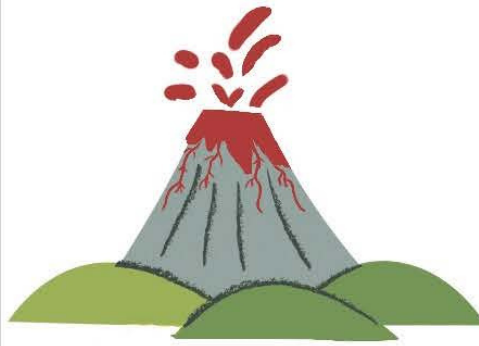


Today I Feel...



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Today I Feel





Safety Guidelines for Middle, Teen, and Adult Groups

Confidentiality: What we say here stays here, unless we are being hurt, or plan to hurt ourselves or someone else.

Punctuality: We value our group starting and ending on time.

Listening: We realize the healing power of being heard. We will listen without interrupting.

Sharing: We will allow time for each person who wants to share.

Thoughtfulness: Hearing vivid details of how the person died may be difficult. We will be thoughtful when sharing our stories with our group.

Silence: We value and honor silence and aren't required to talk.

Laughter: We recognize that laughter and humor can be part of grief, and also that it may be irritating when others are laughing.

Advising: If we want advice, we'll ask our group. We will not give advice unless asked.

Cell Phones: We will turn our phones off or set them to silent during group.

Closing: If it is possible, we will announce that we plan to close from group at the session before our last one.



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*



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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



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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*



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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

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Beyond Tears, Living After Losing a Child by Ellen Mitchell

Children Grieve Too: A Handbook for Parents of Grieving Children and Teens by Lauren
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Disenfranchised Grief by Kenneth Doka

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Grievers Ask by Harold Ivan Smith

Healing Your Grieving Heart by Alan Wolfelt

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Questions for Quiet Times by Dillon Woods

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Saying Goodbye: How Families Can Find Renewal Through Loss by Barbara Okun and Joseph
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This Thing Called Grief by Thomas Ellis

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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.
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