

Grief & Bereavement Resources

Books and websites to support you and your loved ones in your grief.



Books:

Young Children (4-8 yr olds)

- *When Dinosaurs Die* by Laurie Kransny
- *Lifetimes: A Beautiful Way to Explain Death to Children* by Bryan Mellonie
- *I Miss You: A First Look at Death* by Pat Thomas
- *The Invisible String* by Patrice Karst

Older Children (9-12)

- *Children Also Grieve* by Linda Goldman
- *Tear Soup: A recipe for Healing After Loss* by Pat Schweibert and Chuck DeKlyen
- *The Fall of Freddie the Leaf: A Story of Life for All Ages* by Leo Buscaglia

Youth (13-18)

- *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love* by Earl A. Grollman
- *The Last Invisible Boy* by Evan Kuhlman

Parents (Supporting Children/Youth)

- *When a Parent is Sick: Helping Parents Explain Serious Illness to Children* by Joan Hamilton
- *A Parent's Guide to Raising Grieving Children* by Phylis Silverman

Adults

- *It's OK that You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand* by Megan Devine
- *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief* by Joanne Cacciatore
- *The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss* by George Bonanno
- *Grieving: How to Go on Living when Someone You Love Dies* by Therese Rando

Websites:

- Centre for Grief & Healing: Bereaved Families of Ontario (Halton-Peel)
<https://www.bereavedfamilies.ca/>
- Canadian Mental Health Association (CMHA)
<https://cmhapeeldufferin.ca/documents/grief/>
- My Grief <https://www.mygrief.ca/>
- Kids Grief <https://kidsgrief.ca/>
- Virtual Hospice <https://www.virtualhospice.ca/>



ONTARIO HEALTH TEAM

