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Suggested Books for Grieving Children

[Cry Heart, But Never Break](#) by Glenn Ringtved

[Healing Your Grieving Heart for Kids: 100 Practical Ideas](#) by Alan Wolfelt

[How I Feel: A Coloring Book For Grieving Children](#) by Alan Wolfelt

[How I Feel: A Colouring Book for Grieving Children](#) by Alan Wolfelt

[How it Feels When a Parent Dies](#) by Jill Krementz

[Ida, Always](#) by Caron Levis

[In My Heart: A Book of Feelings](#) by Jo Witek

[Life is Like the Wild](#) by Shona Innes

[Michael Rosen's Sad Book](#) by Michael Rosen

[Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing with Loss](#) by M. Mundy

[Someone I Loved Died by Suicide](#) by Doreen T. Cammarata

[Tear Soup: A Recipe for Healing After Loss](#) by Pat Schwiebert, Chuck DeKlyen

[The Heart and the Bottle](#) by Oliver Jeffers

[The Invisible String](#) by Patricia Karst

[The Next Place](#) by Warren Hanson

[When I'm Feeling Sad](#) by Trace Moroney

[Wherever You Are: My Love Will Find You](#) by Nancy Tillman

Suggested Books for Grieving Teens

[Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers](#) by Alan Wolfelt

[Ida, Always](#) by Caron Levis

[In My Heart: A Book of Feelings](#) by Jo Witek

[Life is Like the Wild](#) by Shona Innes

[Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing with Loss](#) by Michaelene Mundy

[Someone I Loved Died by Suicide](#) by Doreen T. Cammarata

[Tear Soup: A Recipe for Healing After Loss](#) by Pat Schwiebert, Chuck DeKlyen

[The Grieving Teen: A Guide for Teenagers and their Friends](#) by Helen Fitzgerald

[The Invisible String](#) by Patricia Karst

[The Next Place](#) by Warren Hanson

[When a Friend Dies: A Book for Teens about Grieving and Healing](#) by Marilyn Grootman

[Wherever You Are: My Love Will Find You](#) by Nancy Tillman

Suggested Books for Grieving Families

[A Parents Guide to Raising Grieving Children: Rebuilding your Family After the Death of a Loved One](#) by Madelyn Kelly & Phyllis Silverman

[But I didn't say Goodbye: For parents and professionals helping child suicide survivors](#) by Barbara Rubel
[Catching Your Breath in Grief](#) by Thomas Attig

[Companioning the Grieving Child: A Soulful Guide of Caregivers](#) by Alan Wolfelt

[Healing A Teen's Heart: 100 Practical Ideas For Families, Friends and Caregivers](#) by Alan Wolfelt

[Help Me Say Goodbye: Activities for Helping Kids Cope when Someone Special Dies](#) by Janis Silverman

[Helping Children Grieve](#) by Theresa Huntley

[I Miss You: A First Look at Death](#) by Pat Thomas

[Ida, Always](#) by Caron Levis

[In My Heart: A Book of Feelings](#) by Jo Witek

[Life is Like the Wild](#) by Shona Innes

[Never Too Young To Know: Death in Children's Lives](#) by Phyllis Silverman

[Option B: Finding Adversity, Building Resilience and Finding Joy](#) by Sheryl Sandberg

[Talking about Death: A Dialogue Between Parent and Child](#) by Earl Grollman

[Tear Soup: A Recipe for Healing After Loss](#) by Pat Schwiebert, Chuck DeKlyen

[Teen Grief Relief: Parenting with Understanding, Support and Guidance](#) by Heidi & Gloria Horsely

[The Invisible String](#) by Patricia Karst

[Waterbugs and Dragonflies: Explaining Death to Children](#) by Doris Stickney

[When Families Grieve](#) by Sesame Street

[When Someone Very Special Dies: Children Can Learn to Cope with Grief](#) by Marge Eaton Heegaard

[Wherever You Are: My Love Will Find You](#) by Nancy Tillman

Suggested Books for Grieving Adults

[Beyond Endurance: When a Child Die](#) by Ronald J. Knapp

[Beyond the Mirror: Reflections on Death and Life](#) by Henri J.M Nouwen

[Caregiving and Loss: Family Needs, Professional Responses](#) by Joyce Davidson

[Catching Your Breath in Grief](#) by Thomas Attig

[Companionship the Grieving Child: A Soulful Guide of Caregivers](#) by Alan Wolfelt

[Empty Cradle Broken Heart](#) by Deborah Davis

[Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads](#) by Neil Chethik

[Fierce Goodbye: Living in the Shadow of Suicide](#) by Gwendolyn Carr

[Finding the Words: How to talk with children & Teens about death, suicide, funerals, homicide, cremation and other end-of-life matters](#) by Alan Wolfelt

[Finding Your Way when Your Spouse Dies](#) by Linus Mundy

[Have a Little Faith: A True Story](#) by Mitch Albom

[Healing A Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies](#) by Alan Wolfelt

[Healing After Loss: Daily Mediations for Working Through Grief](#) by Martha Whitmore Hickman

[Healing Your Grieving Heart for Kids: 100 Practical Ideas](#) by Alan Wolfelt

[Healing Your Grieving Soul](#) by Alan Wolfelt

[How We Grieve: Relearning the World](#) by Thomas Attig

[I Can't Stop Crying: Grief and Recovery a Compassionate Guide](#) by Elizabeth Kubler-Ross

[I Wasn't Ready to Say Goodbye: Surviving, Coping & Healing After the Sudden Death of a Loved One](#) by Brook Noel, Pamela D. Blair

[Life After Loss: A Practical Guide to Renewing your Life after Experiencing a Major Loss](#) by Bob Detis

[Living a Life that Matters](#) by Harold S. Kushner

[No Mountain Too High: A Father's Inspiring Journey through Grief](#) by Ned Levitt



Sage Centre &
Rosedale Hospice
hospicecalgary.ca

[No Time to Say Goodbye: Surviving the Suicide of a Loved One](#) by Carla Fine

[Option B: Finding Adversity, Building Resilience and Finding Joy](#) by Sheryl Sandberg

[Surviving the Death of your Spouse: A Step-by-step Workbook](#) by Deborah S. Levinson

[Tear Soup: A Recipe for Healing After Loss](#) by Pat Schweibert, Chuck DeKlyen

[The Depression of Grief: Coping with Your Sadness and Knowing When to Get Help](#) by Alan Wolfelt

[The Grieving Child: A Parent's Guide](#) by Helen Fitzgerald

[The Heart of Grief: Death and the Search for Lasting Love](#) by Thomas Attig

[The Needs Of the Dying: A Guide for Bringing, Hope, Comfort, and Love to Life's Final Chapter](#) by David Kessler

[The Spiritual Lives of Bereaved Parents](#) by Dennis Klass

[Unattended Sorrow: Recovering from Loss and Reviving the Heart](#) by Stephan Levine

[When the Bough Breaks: Forever After the Death of a Son or Daughter](#) by Judith R. Bernstein

Suggested Books for Caregivers Coping with Advanced Illness

[A Caregivers Guide, A Handbook about End of Life Care](#) by Canadian Hospice Palliative Care Association and The Military, Hospitaller Order of St. Lazarus of Jerusalem

[A Guide for Caregivers](#) by CHPCA, GlaxoSmithKline Foundation

[Being Mortal: Medicine and What Matters in the End](#) by Atul Gawande

[Caregiving: the Spiritual Journey of Love, Loss and Renewal](#) by Beth Witrogen Mcleod

[Life's Last Chapter](#) by Hospice Calgary

[Living with Advanced Cancer](#) by Canadian Cancer Society

[The Bright Hour: A Memoir of Living and Dying](#) by Nina Riggs

[The Grace in Dying: A Message of Hope, Comfort and Spiritual Transformation](#) by Kathleen Dowling Singh

[Tuesdays with Morrie](#) by Mitch Albom

[Walking Each Other Home: Conversations on Loving and Dying](#) by Ram Dass, Bush Mirabai

[When Breath Becomes Air](#) by Paul Kalanithi

Suggested Books for those Living with Advanced Illness & their Families

[A Caregivers Guide, A Handbook about End of Life Care](#) by Canadian Hospice Palliative Care Association and The Military, Hospitaller Order of St. Lazarus of Jerusalem

[A Guide for Caregivers](#) by CHPCA, GlaxoSmithKline Foundation

[A Teen's Guide To Coping: When A Loved One Is Sick And Preparing To Die](#) by Fairview Health Services

[A Year to Live: How to Live This Year as If It Were Your Last](#) by Stephan Levine

[Broken Open: How Difficult Times Can Help Us Grow](#) by Elizabeth Lesser

[Caregiving: the Spiritual Journey of Love, Loss and Renewal](#) by Beth Witrogen Mcleod

[Facing Death Embracing Life](#) by David Kuhl

[Final Gifts: Understanding the Special Awareness Needs and Communications of the Dying](#) by Maggie Callanan, Patricia Kelley

[Helping Children Through a Parent's Serious Illness](#) by Kathleen McCue, Ron Bonn

[I Don't Know What to Say](#) by Robert Buckman

[I Miss You](#) by Pat Thomas

[Life's Last Chapter](#) by Hospice Calgary

[Living a Life that Matters](#) by Harold S. Kushner

[Living with Advanced Cancer](#) by Canadian Cancer Society

[Once Upon a Hopeful Night](#) by Rita Yaffe Sacks

[Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing with Loss](#) by M. Mundy

[Talking about Death: A Dialogue between Parent and Child](#) by Earl Grollman

[The Complete Bedside Companion: A No-Nonsense Guide to Caring for the Seriously Ill](#) by R. Mcfarlane

[The Fall of Freddie the Leaf: A Story of Life for All Ages](#) by Leo Buscaglia

[The Five Secrets You Must Know Before You Die](#) by John Izzo



[The Four Things That Matter Most](#) by Ira Byock

[The Next Place](#) by Warren Hanson

[What Dying People Want: Lessons for Living From People Who are Dying](#) by David Kuhl

[When Bad Things Happen To Good People](#) by Harold S. Kushner



Suggested Books for Professionals & Volunteers Working with Grieving Children, Teens and Families

[Continuing Bonds: New Understandings of Grief](#) by Dennis Klass

[Predictors and Parameters of Resilience to Loss: Toward an Individual Differences Model](#) by A. D. Mancini, G. A. Bonanno

[Never Too Young to Know: Death in Children's Lives](#) by Phyllis Rolfe Silverman

[The Dual Process Model of Coping with Bereavement](#) by M. Stroebe, H. Schut

[The Grieving Person's Bill of Rights](#) by Alan Wolfelt

[Counseling with Children in Contemporary Society](#) by L. Goldman

[Does Grief Counseling Work?](#) By J. Jordan, R. Neimeyer