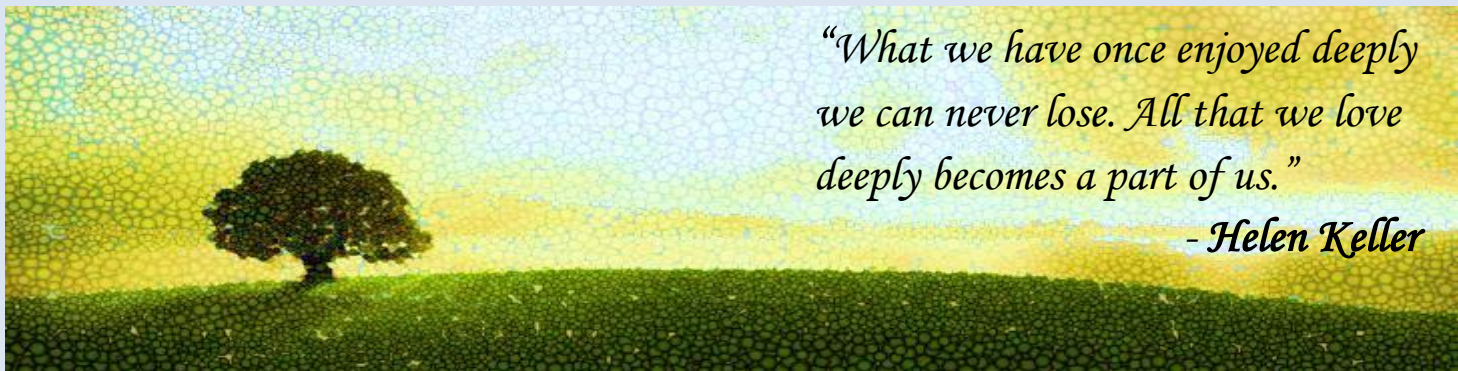


Recommended Reads



“What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us.”

- Helen Keller

Healing a Teen’s Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers

By Alan D. Wolfelt

Call #: 155.937 WOL

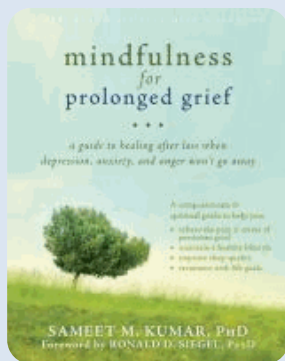
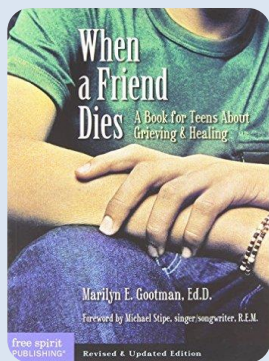
This book explains the basic principles of grief and mourning. It features practical ideas that family members, friends, and caregivers can use to help teens with the grieving process.

Healing Your Grieving Heart for Teens: 100 Practical Ideas

By Alan D. Wolfelt

Call #: 155.937 WOL

Grief counselor Dr. Alan Wolfelt explains the basic principles of grief and mourning. This book provides teens with some tips to help them understand and express their grief.



Mindfulness for Prolonged Grief: A Guide to Healing after Loss When Depression, Anxiety, and Anger Won't Go Away

By Sameet M. Kumar

Call #: 155.937 KUM

A compassionate and spiritual guide to help teens relieve the pain and stress of persistent grief. This book further explains how to maintain a healthy lifestyle, improve sleep quality, and reconnect with life goals.

Grieving for the Sibling You Lost: A Teen’s Guide to Coping with Grief and Finding Meaning After Loss

By Erica Goldblatt Hyatt

Call #: 155.937 HYA

This book helps teens understand their grief and pain after losing a sibling, and guides them to the process of healing.

Teens, Loss, and Grief: The Ultimate Teen Guide

By Edward Myers

Call #: 155.937 MYE

This is a self-help manual for teens who are struggling with bereavement and emotional difficulties resulting from a loss. It provides an overview of grief as a painful yet normal process, with insights from experts, and suggestions for coping.

The Grieving Teen: A Guide for Teenagers and Their Friends

By Helen Fitzgerald

Call #: 155.937 FIT

This book provides teens with some suggestions that will help them work through their pain and grief. It includes a chapter on what friends can do to offer support.

When a Friend Dies: A Book for Teens About Grieving and Healing

By Marilyn E. Gootman

Call #: 155.937 GOO

This text is a concise, easy-to-read book for teens who have experienced the trauma of losing a friend. Its unique format allows the reader to reflect on his or her experience with death

Straight Talk About Death and Dying

By Robert DiGiulio and Rachel Kranz

Call #: 155.937 DIG

Strategies for youth are presented in this book on how to cope with the problems and emotions that surround death and dying. It includes an explanation of Elizabeth Kübler-Ross's five stages of grief and how to cope with the terminal illness or death of a loved one.

What is Grief?

Grief is a strong emotional reaction that a person may experience when faced with the loss of a loved one.

Grief can affect us physically, mentally, emotionally, and spiritually. Mourning is a healthy process of the expression of our grief that, with time, allows us to heal and learn to carry on.

Things You Can Do to Begin to Heal

1. Express your feelings, and get support.

Talk to someone about how you feel to help you understand your own emotions, and begin to accept what has happened.

2. Take care of yourself both physically and emotionally. Get lots of sleep, go for a walk, connect with nature, or spend time with friends. Keep yourself busy with pleasant activities.

3. Find meaning in the experience. There is an opportunity to learn and grow from difficult experiences that happen in our lives. Think about what you have learned about **yourself**, **others**, and **life** as a result of going through this loss.

Find meaningful ways to mourn.
Search our fiction collection for novels that reflect how other people have experienced grief.



Need More Information?

Langley Hospice Society

20660 – 48th Avenue
Langley, BC V3A 3L6
Tel: 604-530-1115

WGSS Counsellors

Tel: 604-882-0220

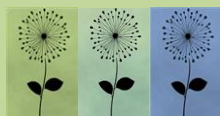
British Columbia Bereavement Helpline

Resources to help teens understand their grief
Tel: 604-738-9950
<http://www.bcbereavementhelpline.com/grief/>

Hospice of the Valley – Teen Grief Support

Resources for teens and parents experiencing a loss
www.hov.org/teen-grief-support

“When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight” - Kahlil Gibran



Grief and Loss

Resources and Information

Readings to help you through the loss of a family member, friend or loved one

Walnut Grove Secondary
School Libr@ry