



National Bereavement Resource Guide

Wherever you are
We're there for you



NEW YORK LIFE
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National Bereavement Resource Guide

An extensive guide to aid those in need

Wherever you are.
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National Bereavement Resource Guide
Sponsored by New York Life and Eluna

Wherever children and their families are grieving, and wherever they are in the grieving process, we are here to help.

New York Life is proud to partner with Eluna to provide the enclosed compilation of state and local resources—camps and grief organizations organized by state, plus books and websites for children and their families experiencing loss.

The New York Life Foundation

(www.newyorklifefoundation.org) has long been focused on serving children in need. In 2008, the Foundation expanded that focus to include an initiative to help children deal with the loss of a parent, caregiver or sibling and to help parents deal with the emotional turmoil that results from the death of a close family member. We believe this comprehensive guide will provide the necessary resources and directory of services to help support grieving families in communities across the country. In addition, we've developed a bereavement website that can help—www.AChildinGrief.com.

Eluna

(elunanetwork.org) is a public, 501(c)(3) non-profit with a mission to support children and families impacted by grief or addiction. Founded in 2000 in Seattle by former MLB pitcher Jamie Moyer and child advocate Karen Phelps Moyer, Eluna was originally called The Moyer Foundation and launched a series of programs supporting thousands of children and families annually at no cost to them. Camp Erin® is the largest national network of grief programs for bereaved children and teens, Camp Mariposa® is a national addiction prevention and mentoring program for youth impacted by a family member's substance use disorder, and the Eluna Resource Center offers online tools, local referrals and personalized phone and email support for families experiencing grief, addiction and other related issues.



Books for Professionals

A Therapist's Companion to Chill & Spill: A Resource Kit

Jeanne Jacobs & Steffanie Lorig

Your Chill & Spill resource kit will help you guide your students or clients in healing activities and deeper conversations.

Adventure in the Land of Grief

Steve Dawson & Laura Harris

It uses drama, reader's theater, role play, guided imagery, and the natural imagination of children to help them through their grief.

Bereavement Support Group Program for Children

B. Haasi & J. Marnocha

An award-winning program for ages 6–15. Compiled from years of direct experience, this kit provides excellent background information, outlines for six sessions, and instructions for holidays and long-term groups for facilitating the activities.

Breaking the Silence: A Guide to Help Children with Complicated Grief

Linda Goldman

This book provides specific ideas and techniques to work with children in various areas of complicated grief.

Clinical Dimensions of Anticipatory Mourning

Therese Rondo

Theory and practice in working with the dying, their loved ones, and their caregivers.

Confronting Death in the School Family

Dale Opalewski & Joel Robertson

This timely resource will help schools be prepared to deal with tragedies, which often occur with little or no warning, in a consistent and compassionate manner.

Counseling Children and Adolescents Through Grief and Loss

Jody Fiorini & Jodi Mullen

This comprehensive resource provides developmentally appropriate interventions for counseling children and adolescents who have experienced a wide range of grief and loss.

Counseling: Theory and Practice

Rickey George & Therese Cristiani

This edition includes current information regarding the role of the counselor in various CACREP approved settings and current issues.

Creative Interventions for Bereaved Children

Liana Lowenstein

This book provides grief counselors with creative interventions to engage, assess, and treat bereaved children and families. A range of activities are presented, including therapeutic games, art, puppets, role-plays, and stories. Activities that are creative and play-based can engage children and help them to express their thoughts and feelings.

Death and the Classroom: A Teacher's Guide

K. Cassini & J. Rogers

Presented in an easy-to-follow how-to format, this classic guide helps teachers respond to questions and fears of students when faced with death. Addresses grief reactions at different ages, student deaths, funerals, memorials, terminal illness, and much more.

Dying to Be Free: A Healing Guide for Families After a Suicide

Beverly Cobain & Jean Larch

This book discusses the complicated emotions and stigma around suicide in this gentle, healing guide for families who have lost a member to suicide. It includes personal reflections and provides insight to the experience of grieving a death from suicide.

Grief at School: A Manual for School Personnel

The American Hospice Foundation

Helps those who encounter students affected by any type of loss, especially death in the family.

Grief Counseling and Grief Therapy: A Handbook for the Mental Health Profession

J. William Worden

Presents the author's current thinking on bereavement drawn from extensive research, clinical work, and the best of the literature.

Grief Support Group Curriculum

Lehmann, Jimerson & Gaasch

Each paperback edition provides death education, coping, and self-care information. Activities help youth express feelings and gain insight into the meaning of the loss.

Grieving for Your Pet

Quality of Life Publishing

A guide booklet to understanding pet loss.

Healing Activities for Children in Grief

Gay McWhorter

This book is an activity book designed to help counselors in a group setting help children following a death.

Helping Adolescents Cope with Loss

Hospice Foundation of America

This book focuses on ways to assist adolescents as they encounter loss, grief, and death. Some of the foremost experts in the field share their insights on this critical topic. The chapters examine the variety of losses adolescents encounter and offer ways to support both grieving adolescents and adolescents facing their own life-threatening illnesses. Throughout this book, adolescents voice their own perspective on loss and sources of support.

Helping the Grieving Student: A Guide for Teachers

The Dougy Center

This exceptional book explores the varied ways children express grief in school settings.

Helping Teens Work Through Grief

Mary Kelly Perschy

This book is a manual for facilitators and of teen grief groups. It includes background information about developmental aspects of teens, the process of grief, aspects of trauma and its effects on teens, the value of a group, determining the group appropriateness of particular teens, and parental involvement.

Hospice and Palliative Care: The Essential Guide, Second Edition

Stephen R. Connor

This book provides professionals with a comprehensive overview of the hospice practice, as well as the challenges faced by the future direction of the hospice movement. Chapters address the fundamentals of hospice and palliative care, including key topics such as the goals and importance of community involvement, outcome, measurement, and the manner in which hospices address death, grief, and bereavement.

Lost for Words: Loss and Bereavement Awareness Training

John Holland, Ruth Dance, Nic Macmanus & Carole Stitt

This innovative "loss awareness" training package is designed for teachers and caregivers supporting children who are experiencing bereavement, whether through death or any other kind of loss.

Parenting While Grieving: A Survival Guide

What's Your Grief

The purpose of this booklet is to help a parent, someone who is dealing with their own grief, balance their own needs with the needs of the children in their care. It may seem counterintuitive, but taking care of yourself is actually one of the wisest and most responsible decisions you can make during the times of grief, loss, and hardship.

Play Therapy with Children in Crisis

Nancy Boyd Webb

Techniques include art, storytelling, doll play, sand tray, and group activities.

Seasons of Grieving (Holiday Grief Support)

Quality of Life Publishing

Holidays can be particularly difficult for those who have lost someone. This short booklet for families and loved ones validates holiday grief, with sections devoted to winter holidays, birthdays, anniversaries, and other major holidays. Includes practical "What You Can Do" bullet points for remembering loved ones and coping with the holidays

Supporting Children After a Suicide Loss

Sarah S. Montgomery and Susan M. Coale

When a loved one or community member dies by suicide, the entire community of survivors is powerfully affected. Children, as part of this community, can be deeply impacted and need adult guidance. This unique book provides helpful information to better understand and communicate with children grieving with a special focus on child development and how to talk with children of various ages.

Teacher's Guide to the Grieving Student

Hospice of Lancaster County

This book is an essential resource for teachers with step-by-step information about what to say and do—and what not to say and do—following a death.

The Grieving Student: A Teacher's Guide

David J. Schonfeld and Marcia Quakenbush

This how-to guide on helping a child with grief will help teachers to give students of all ages the sensitive support they need to cope with grief and work their way back to full participation in academic and social life.

The Forgotten Mourners

Susan Smith

Smith begins by outlining how children grieve in the same way adults grieve—with the same range of emotions from feelings of shock and disbelief to numbness, despair, anger and guilt.

The Last Chance: Encountering Death and Dying

Lynne Ann DeSpelder & Albert Lee Strickland

Integrating the experiential, scholarly, social, individual, emotional, and intellectual dimensions of death and dying.

The Wisdom of Dying: Practices for Living

Michael Murphy

Murphy explains that in these precious personal and family stories, the lessons of living can be passed on.

Through A Child's Eyes: Explaining Death, Organ Donation, Cremation, Burial, and Cemeteries to Young Children Using Terminology They Can Understand

Karen Longstreth

In this book, you will learn how to use age appropriate language to explain these topics to children, find a helpful question section with some informative answers to help grieving young children, and find work pages with plenty of space for children to answer questions and create drawings to remind them of what their loved one looked like, what they liked and how the child is feeling.

Turning the Page: Helping a Child Cope with the Loss of a Sibling

Sue Trace Lawrence

This book explores the unique experience of sibling loss through insights on children's neurological, cognitive, emotional, social, and psychological development.

Working with the Dying and Bereaved: Systemic Approaches to Therapeutic Work

Pauline Sutcliffe, Giunevere Tufnell, Ursula Cornish

Voices of Bereavement: A Casebook for Grief Counselors

Joan Beder

Theory is blended with practical suggestions for intervention and a discussion of the counselor's struggles.

When Death Impacts Your School

The Dougy Center Staff

Resource guide for school personnel who are faced with death/tragedy in their school.

When Someone Dies: A Child-Caregiver Activity Book

National Alliance for Grieving Children

The death of a family member or friend has a lasting impact on the lives of children. Often, families are at a loss as to how to talk to their children about death, and how to engage them in end of life rituals. "When Someone Dies" is an activity book for children that also provides valuable information to parents and caregivers about how grief impacts children, and offers guidance about how adults can connect with children on the very difficult subjects of death, dying, and bereavement.

When Teens Are Grieving

Quality of Life Publishing

A teen-to-teen guide booklet to understanding loss.

When You Are Grieving

Quality of Life Publishing

A guide booklet to understanding loss.