

Grief Resources by Audience

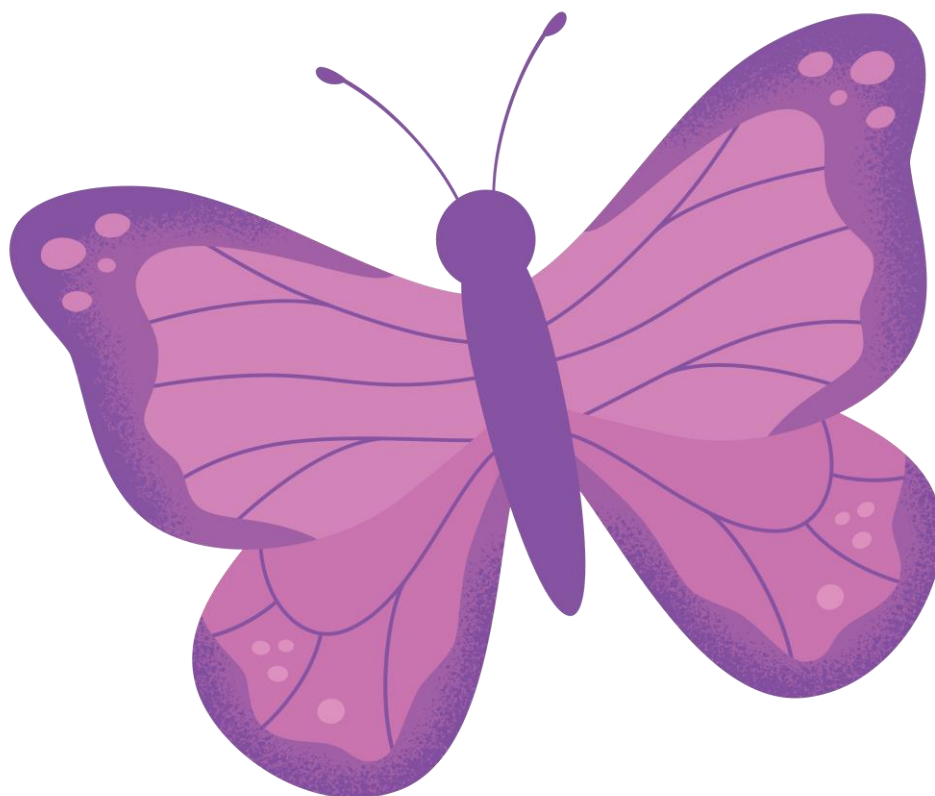


Table of Contents

Adults dealing with their own grief and how to assist them	5
<i>Articles:</i>	5
<i>Books:</i>	5
<i>Podcasts:</i>	5
<i>TV:</i>	5
<i>Video:</i>	5
<i>Websites:</i>	5
Children Grieve Too; Resources to Offer and Share with Them	6
<i>Books for pre-school aged children:</i>	6
<i>Books for children (ages 5-10):</i>	6
<i>Read aloud books for children (ages 5-10):</i>	6
<i>Camps:</i>	7
<i>Movie:</i>	7
<i>TV:</i>	7
<i>Videos:</i>	7
<i>Websites:</i>	7
<i>Workbook:</i>	7
Fathers and Their Grief Experience	7
<i>Articles:</i>	7
<i>Books:</i>	7
<i>Podcasts:</i>	8
<i>Videos:</i>	8
Mothers and Their Grief Experience	8
<i>Articles:</i>	8
<i>Books:</i>	8
<i>Podcasts:</i>	8
<i>Video:</i>	8
<i>Websites:</i>	8
First and Only Child Loss; Support for Their Parents	8
<i>Articles:</i>	8

<i>Book:</i>	9
<i>Movie:</i>	9
<i>Podcasts:</i>	9
<i>TV:</i>	9
<i>Video:</i>	9
Grandparents Grieve Their Grandchild and for Their Child Too	9
<i>Articles:</i>	9
<i>Books:</i>	9
<i>Video:</i>	9
Parents and Their Surviving Children’s Grief Resources	9
<i>Articles:</i>	9
<i>Books:</i>	10
<i>Toolkit:</i>	10
<i>Video:</i>	10
<i>Websites:</i>	10
<i>Workbook:</i>	10
Siblings Need Grief Support Too	10
<i>Books:</i>	10
<i>Movies:</i>	11
<i>Toolkit:</i>	11
<i>Website:</i>	11
Papás, en español.....	11
<i>Artículo:</i>	11
<i>Libros:</i>	11
<i>Video:</i>	11
<i>Sitios Web:</i>	11
Niños, en español	11
<i>Artículo:</i>	11
<i>Libros:</i>	11
<i>Película:</i>	12
<i>Sitios Web:</i>	12
Teens Who Are Grieving Need Resources and Support	12

<i>Articles:</i>	12
<i>Books:</i>	12
<i>Movies:</i>	12
<i>Video:</i>	12
<i>Website:</i>	12
Young Adults Age-Appropriate Grief Resources	13
<i>Articles:</i>	13
<i>Books:</i>	13
<i>Cartoon:</i>	13
<i>Journals:</i>	13
<i>Movie:</i>	13
<i>Podcast:</i>	13
<i>Video:</i>	13
<i>Websites:</i>	14
General Grief	14
<i>Books:</i>	14
<i>Mourners Bill of Rights:</i>	14
<i>Websites:</i>	14
Holiday Resources.....	14
<i>Activity:</i>	14
<i>Articles:</i>	14
<i>Books:</i>	14
<i>Movie:</i>	14
COVID Related Grief	15
<i>Articles:</i>	15

Adults dealing with their own grief and how to assist them

Articles:

- [What You Should Know About Grief, Summed Up In One Illustration | HuffPost Life](#)
- [Grieving the Loss of a Child: Reactions, Coping, Finding Help \(verywellhealth.com\)](#)
- [Understanding grief, and how to live through it | Bradenton Herald](#)
- [Helpful Things You Can Say to Grieving Parents | Tim Challies](#)

Books:

- [Please Be Patient with Me I'm Grieving](#) by Gary Roe
- [Getting Grief Right](#) by Patrick O'Malley
- [On Grief and Bereavement](#) by Rob Watts
- [As Much Time as It Takes](#) by Martin Keogh
- [Beyond Tears](#) by Ellen Mitchell
- [Finding the Words](#) by Colin Campbell

Podcasts:

- [Podcast: Connecting Through Grief When a Child Dies - St. Jude Children's Research Hospital \(stjude.org\)](#)
- [Grief Out Loud \(libsyn.com\)](#)
- [Kelly Corrigan Wonders: Grief: Musings on managing loss in family life, with Anna Quindlen and Anna Sale on Apple Podcasts](#)

TV:

- [10 TV Series That Get Grief \(cbr.com\)](#)

Video:

- [How do you help a grieving friend? - YouTube](#)
- [Stop Being Afraid Of Talking About Grief with Colin Campbell - YouTube](#)

Websites:

- [Grief and Bereavement Support - St. Jude Children's Research Hospital \(stjude.org\)](#)
- [Home - Center for Loss & Life Transition](#) A. Wolfelt
- [Grief.com Grief.com — – About Grief](#) D. Kessler

Children Grieve Too; Resources to Offer and Share with Them

Books for pre-school aged children:

- [Remembering Ethan](#) by Leslea Newman
- [Always Remember](#) by Cece Meng
- [I Will Always Love You](#) by Melissa Lyons
- [When Someone Dies: A Children's Mindful How-To Guide on Grief and Loss](#) by Andrea Dorn

Books for children (ages 5-10):

- [The Memory Box](#) by Joanna Rowland
- [The Dragonfly Story](#) by Kelly Owen
- [Grief is a Mess](#) by Jackie Schuld (online resource too)
- [The Invisible String](#) by Patrice Karst (online workbook too)

Read aloud books for children (ages 5-10):

- [You'll Find Me - Children's book about loss and Grieving - YouTube](#)
- [Something Very Sad Happened - YouTube](#)
- [Tear Soup, a book about healing after loss - YouTube](#)
- [!\[\]\(444b1eae2189e5cd8d096594c07a0a6e_img.jpg\) THE RABBIT LISTENED by Cori Doerrfeld | A book about Emotional Intelligence + Power of Listening - YouTube](#)
- [The Goodbye Book - Bing video](#)
- [When Dinosaurs Die - YouTube](#)
- [What Happened to Daddy's Body? by Elke Barber - now Elke Thompson - Read Aloud in May 2020 - YouTube](#)
- [Why Do I Feel So Sad? A Grief Book For Children by Tracy Lambert, LPC | How To Feel Better - YouTube](#)
- [My Father's Arms Are a Boat- A Book for Children on Grief and Loss - YouTube](#)
- [My Big, Dumb, Invisible Dragon by Angie Lucas - YouTube](#)
- [Ida, Always by Caron Levis - YouTube](#)
- [The Memory Box A Book About Grief by Joanna Rowland \(Read Aloud for Children \) Storytime by Ilona - Bing video](#)
- [Lost In The Clouds: A gentle story to help children understand death and grief \(Read Aloud\) - YouTube](#)
- [Magination Press Story Time - The Gift of Gerbert's Feathers Read by Lori Wiener & Meaghann Weaver - YouTube](#)
- [What Happens When A Loved One Dies? Our First Talk About Death by Dr Jillian Roberts | Reading Aloud - YouTube](#)
- [The Heart and The Bottle by Oliver Jeffers - YouTube](#)

Camps:

- [Home \(childrengrieve.org\)](http://childrengrieve.org); [Home Page - Coalition to Support Grieving Students](#) (contains a list of grief camps by state)

Movie:

- Coco [Coco Trailer \(2017\) | 'Find Your Voice' | Movieclips Trailers - YouTube](#)

TV:

- Steven Universe [Steven Universe: Season 1 | Cinematic Trailer - YouTube](#)

Videos:

- [Why Do I Feel So Sad? A Grief Book For Children by Tracy Lambert, LPC | How To Feel Better - YouTube](#)
- [Grief for School Aged Kids - YouTube](#)
- ["Just Keep Going": Grieving Siblings Talk About Losing a Brother or Sister - YouTube](#) school ages
- [Grief: A Short Lego Film - YouTube](#) (created by a grieving child)
- [DANIEL TIGER'S NEIGHBORHOOD | Blue Fish is Dead | PBS KIDS - YouTube](#) preschoolers

Websites:

- [Sesame Street | Preschool Games, Videos, & Coloring Pages to Help Kids Grow Smarter, Stronger & Kinder](#) (Type "Grief" into the search bar for Videos and printable sources)
- [Grief Support Resource Library - NACG](#)

Workbook:

- [PR5359 InvisibleString DownloadableActivityKit Final.pdf \(hachettebookgroup.com\)](#)

Fathers and Their Grief Experience

Articles:

- [Loss of a Child - Helping a Grieving Parent \(allpsychologycareers.com\)](#)
- [How do fathers grieve the loss of a child? | St. Jude Progress \(stjude.org\)](#)
- [Have You Heard You're Not Alone in Your Grief? It Isn't Really True | HuffPost Life](#)

Books:

- [This Thing Called Grief](#) by Thomas M. Ellis
- [Finding Meaning the 6th Stage of Grief](#) by David Kessler
- [Permission to Mourn](#) by Tom Zuba
- [Sometimes I Cry in the Shower](#) by R. Glenn Kelly

Podcasts:

- St. Jude Podcast Connecting Through Grief [Episode 6: What about Dad? \(spreaker.com\)](#)
- [Good Grief! - This American Life](#) (Prologue of 738)
- [Losing a Child: Always Andy's Mom: Episode 21: Dustan's Dad \(libsyn.com\)](#)

Videos:

- [Father turns to running to cope with his son's death - ESPN Video](#)
- [A message for all the grieving fathers, from a dad who knows \(today.com\)](#)

Mothers and Their Grief Experience

Articles:

- [A Mother's Day After Loss: When A Miracle Is All You've Got | HuffPost Life](#)
- [Guest Column: Tackling the difficult subject of grief – Delco Times](#)
- [7 Tips for Speaking with a Bereaved Mother - Modern Loss](#)

Books:

- [You are the Mother of All Mothers](#) by Angela Miller
- [Surviving the Unthinkable: The Loss of a Child](#) by Janice Bell Meisenhelder
- [The 4 Facets of Grief](#) by Ruth Fields, LCSW
- [After the Darkest Hour the Sun Will Shine Again](#) Elizabeth Mehren
- [Surviving My First Year of Child Loss](#) by Natalie Himmelrich

Podcasts:

- [Podcast: Connecting Through Grief When a Child Dies - St. Jude Children's Research Hospital \(stjude.org\)](#)

Video:

- [Cancer: The Emperor of All Maladies | Cindy Campbell | PBS](#)

Websites:

- [CPN | Courageous Parents Network](#)
- [Hope For Grieving Mothers \(holeheartedmamas.com\)](#)

First and Only Child Loss; Support for Their Parents

Articles:

- [When your only child has died - Care for the Family](#)
- [Here are the best and worst things to say to bereaved parents | BabyCenter](#)
- [Opinion | Andrew Kaczynski: My baby daughter died of brain cancer. Here's what we can do to save other kids. - The Washington Post](#) **One father's opinion of what can be done to battle pediatric cancer – this is not about grief.**

- [Parents Who Are Now Childless \(tampabaycompassionatefriends.org\)](http://tampabaycompassionatefriends.org)

Book:

- Confessions of a Griever by Crystal Webster **Warning this book is raw. Page 224 is a tough read for St. Jude moms. Author is a grieving mom.**

Movie:

- Collateral Beauty [Collateral Beauty Official Trailer 1 \(2016\) - Will Smith Movie - YouTube](#)

Podcasts:

- [Good Grief! - This American Life](#) (Prologue of 738)
- [The Give And Take Of Grief : NPR](#)

TV:

- This is Us (NBC) [This Is Us | Season 1 Trailer | FOX Home Entertainment - Bing video](#)

Video:

- [Erin Davis on coping with the grief of losing her daughter \(cityline.tv\)](#) Adult child

Grandparents Grieve Their Grandchild and for Their Child Too

Articles:

- [PE855 Grandparent Grief \(seattlechildrens.org\)](http://seattlechildrens.org)
- [How Bereaved Grandparents Can Deal With the Grief of Losing a Child \(aarp.org\)](http://aarp.org)
- [Healing My Soul After My Grandchild's Death | The Mighty](#)
- [The Grief of Grandparents | American Hospice Foundation](#)
- [Helping a Grandparent Who Is Grieving - Center for Loss & Life Transition](#)
- [My First Grandchild: On Finding My Voice In Grief - Still Standing Magazine](#)

Books:

- For Bereaved Grandparents by Margaret Gerner
- Healing a Grandparents Grieving Heart by Alan Wolfelt
- When a Grandchild Dies by Nadine Galinsky Feldman

Video:

- [CPN | Grandparents / Extended Family \(courageousparentsnetwork.org\)](http://courageousparentsnetwork.org)

Parents and Their Surviving Children's Grief Resources

Articles:

- [What I've Learned From Grieving Parents | HuffPost Life](#)

- [5 Truths For Parents Grieving The Death Of A Child | HuffPost Life](#)
- [Exploring The Themes of Grief and Loss Through Video Games \(gamedeveloper.com\)](#)
- [Helping children cope with grief - The Nassau Guardian](#)
- [The Best Show for Your Grieving Child \(and You\) - Modern Loss](#)
- [Six Reasons Why You Should Focus on a Grieving Child - Modern Loss](#)
- [7 Ways Grieving When You're Young Changes You, According To Experts \(romper.com\)](#)

Books:

- [When the Child You Love is Grieving](#) Harold Ivan Smith
- [Healing a Child's Heart: 100 Practical Ideas for Families, Friends and Caregivers](#) by Alan Wolfelt
- [Sibling Grief: Healing after the Death of a Sister or Brother](#) by P. Gill White
- [35 Ways to Help a Grieving Child](#) Dougy Center (available in Spanish)
- [Healing a Parent's Grieving Heart](#) Alan Wolfelt
- [Helping Teens Cope with Death](#) by The Dougy Center (available in Spanish)

Toolkit:

- [NACG Toolkit Responding to Change and Loss \(adobe.com\)](#)

Video:

- [Grief: It's not something you have to "get over" \(Like Minds Ep.12\) BBC Stories - YouTube](#)

Websites:

- [CPN | Courageous Parents Network](#)
- [Helping Children with Grief – Children's Health \(childrens.com\)](#)

Workbook:

- [When Someone Dies: A Family Activity Book](#) by National Alliance for Children's Grief [When Someone Dies: A Child-Caregiver Activity Book: 9780996380409: Amazon.com: Books](#)

Siblings Need Grief Support Too

Books:

- [Always My Brother](#) by Jean Reagan (ages 4-10)
- [Hi, My Name is Jack](#) by Christina Beall-Sullivan, MS, APRN (ages 4-10)
- [Lost and Found Remembering a Sister](#) by Ellen Yeomans (ages 4-10)
- [The Empty Place](#) by Roberta Temes (ages 4-10)

- Where's Jess by Marvin Johnson (ages 4-10)

Movies:

- My Sister's Keeper [My Sister's Keeper \(2009\) Official Trailer - Cameron Diaz, Abigail Breslin Movie HD - YouTube](#) (teens)
- Letters to God [Letters to God - Official Movie Trailer \[HD\] - YouTube](#) (teens)

Toolkit:

- [NAGC Hero Toolkit for Download \(adobe.com\)](#)

Website:

- [Home Page - Coalition to Support Grieving Students](#)

Papás, en español

Artícula:

- [Cómo ayudar a su hijo a enfrentar la muerte de un ser querido \(para Padres\) - Nemours Kidshealth](#)

Libros:

- Esta bien que no estes bien por Megan Divine
- El camino de las lágrimas por Jorge Bucay
- Amigo Mio, Recuerda Que Estoy A Tu Lado: El Duro Proceso De Lamentacion por Barbara Karnes, RN
- Yo no soy tu perfecta hija mexicana por Erika Sánchez

Video:

- [CPN | El Legado de Mi Hijo \(courageousparentsnetwork.org\)](#)

Sitios Web:

- [CPN \(courageousparentsnetwork.org\); Duelo Apoyo, Recursos, y Grupos | Dougy Center](#)
- [Cancer.Net | Oncologist-approved cancer information from the American Society of Clinical Oncology](#) (Información sobre el cáncer aprobada por oncólogos de la Sociedad Americana de Oncología Clínica)

Niños, en español

Artícula:

- [Cómo ayudar a su hijo en edad escolar a sobrellevar la muerte - St. Jude Children's Research Hospital \(stjude.org\)](#)

Libros:

- El Hilo Invisible Patrice Karst

- Baila como una hoja AJ Irving
- Soy más fuerte que la ansiedad Elizabeth Cole
- El corazón y la botella Oliver Jeffers

Película:

- Coco [COCO - Tráiler - \(Latinoamérica\) - YouTube](#)

Sitios Web:

- [CPN \(courageousparentsnetwork.org\)](#)
- [Explorando las emociones | Sésamo \(plazasesamo.com\)](#)

Teens Who Are Grieving Need Resources and Support

Articles:

- [6 Ways to Help Teen Patients Navigate Loss - St. Jude Children's Research Hospital \(stjude.org\)](#)
- [Helping Teenagers Cope with Grief - Center for Loss & Life Transition](#)

Books:

- The Thing About Jellyfish by Ali Benjamin
- Goodbye Days by Jeff Zentner
- Grieving the Sibling you Lost by Erica Goldblass Hyatt
- The Clay Lion Series (3 books) by Amalie Jahn
- When a Friend Dies by Marilyn Gootman
- Me and Earl and the Dying Girl by Jesse Andrews
- Weird is Normal When Teenagers Grieve by Jenny Lee Wheeler

Movies:

- Fault in Our Stars [The Fault In Our Stars | Official Trailer \[HD\] | 20th Century FOX - YouTube](#)
- My Sister's Keeper [My Sister's Keeper \(2009\) Official Trailer - Cameron Diaz, Abigail Breslin Movie HD - YouTube](#)
- Me, Earl and the Dying Girl [ME AND EARL AND THE DYING GIRL: Official HD Trailer - YouTube](#)
- A Walk to Remember [A Walk to Remember \(2002\) Official Trailer #1 - Mandy Moore Movie HD - YouTube](#)

Video:

- [Parents dealing with death of child - Yahoo Video Search Results](#)

Website:

- [Home Page - Coalition to Support Grieving Students](#)

Young Adults Age-Appropriate Grief Resources

Articles:

- [27 Things That Can Really Help You While You're Grieving \(buzzfeed.com\)](https://www.buzzfeed.com/youngadults/27-things-that-can-really-help-you-while-youre-grieving)
- [What moving to university feels like after the loss of a family member \(thetab.com\)](https://thetab.com/young-adults/what-moving-to-university-feels-like-after-the-loss-of-a-family-member)
- [Family, keeping busy and researching: What it's like to deal with grief at university \(thetab.com\)](https://thetab.com/young-adults/family-keeping-busy-and-researching-what-its-like-to-deal-with-grief-at-university)
- [5 things I Learned About Young Adults After Teaching Them About Loss and Grief — Lisa Keefauver, MSW](https://www.lisa-keefauver.com/5-things-i-learned-about-young-adults-after-teaching-them-about-loss-and-grief)
- [What I Still Can't Do - Modern Loss](https://www.modernloss.com/what-i-still-cant-do-modern-loss)

Books:

- [10 habits for Grief and Loss](#) by Cortez Ranieri
- [Welcome to the Grief Club](#) by Janine Kwoh
- [Permission to Grieve](#) by Shelby Forsythia
- [When You Lose Someone You Love](#) by Joanne Fink
- [Your Grief Your Way](#) by Shelby Forsythia
- [There is No Good Card for This](#) Kelsey Crowe

Cartoon:

- [What You Should Know About Grief, Summed Up In One Illustration | HuffPost Life](#) (cartoon about grief)

Journals:

- [The Modern Loss Handbook: An Interactive Guide to Moving Through Grief and Building Your Resilience: Soffer, Rebecca: 9780762474813: Amazon.com: Books](#)
- [How to Carry What Can't Be Fixed: A Journal for Grief: Devine, Megan: 9781683643708: Amazon.com: Books](#)

Movie:

- Mr. Church [Mr. Church Official Trailer 1 \(2016\) - Eddie Murphy Movie - YouTube](#)

Podcast:

- [Grief is a Sneaky B!tch Podcast – Raw and Honest Conversations \(reimagininggrief.com\)](#) Finding Your Way Shelby Forsythua (grieving young adult)

Video:

- [Alyssa Monks: How loss helped one artist find beauty in imperfection | TED Talk](#)

Websites:

- [Actively Moving Forward®, a young adult and college grief support network \(heal grief.org\)](http://heal grief.org)
- [Modern Loss - Candid conversation about grief. Beginners welcome.](#)
- [Shelby Forsythia](#)
- [Meet Shelby Forsythia: Intuitive Grief Guide \(stepheniezamora.com\)](http://stepheniezamora.com)
- [The Dinner Party](#)

General Grief

Books:

- [It's OK that You're Not OK](#) by Megan Devine
- [Honoring Grief](#) by Alexandra Kennedy

Mourners Bill of Rights:

- [The Mourner's Bill of Rights - Center for Loss & Life Transition](#)

Websites:

- [Refuge in Grief: Grief Support That Doesn't Suck - Megan Devine](#)
- [Whats your Grief - A Grief Website for the Rest of Us](#)

Holiday Resources

Activity:

- [NACG Holiday Toolkit Supporting Grieving Children During the Season of Family \(adobe.com\)](http://adobe.com)

Articles:

- [How to Support Grieving People During the Holidays | Psychology Today](#)
- [9 tips for dealing with the loss of a child during the holidays | St. Jude Progress \(stjude.org\)](http://stjude.org)
- [Grief During the Holidays | 1800Flowers.com](http://1800Flowers.com) (Be your own friend)

Books:

- [Surviving Holidays, Birthdays & Anniversaries](#) by Brook Noel
- [Open to Hope: Inspirational Stories for Handling the Holidays After Loss](#) by Drs. G. and H. Horsley

Movie:

- The Ultimate Gift [The Ultimate Gift - Official Movie Trailer - YouTube](#)

COVID Related Grief

Articles:

- [Helping children cope with grief - The Nassau Guardian](#)
- [How to Support a Grieving Child During a Year That Makes No Sense - Modern Loss](#)