

Delaware Grief Resource Directory

Books for Children and Adults

www.degac.org

INTRODUCTION

The Delaware Grief Awareness Consortium provides this updated directory of resources for use by all Delawareans who are experiencing loss and grief as well as by their family members, friends and counselors. Our hope is that this directory will lead you to resources available in your local community that will help you understand your thoughts and processes common in grieving the loss of a loved one and that will provide you an opportunity to share your feelings with others who understand and can provide support.

In this edition, we have divided the directory into distinct groups of services so that you may access them easily and quickly.

Crisis and Mental Health Services and **Police and Victim Services** are designed to address your immediate and acute short-term needs for information and support. The primary focus of the agencies listed is to provide for your safety and immediate well-being during and after crisis. Some of these services consist of phone support only, while others may provide face-to-face support, though, typically for a short period of time.

Grief Support Groups and Services are listed separately by county. These include group programs that may be conducted over weeks or on an ongoing basis. Some organizations provide one-on-one or family support. It is important to call or email the organization providing the support service to confirm the location and time of support group programs. Group support services are designed to help those who are grieving a loss by working with you through this difficult time. These services often connect you with others who are going through similar situations and experiences in a support group setting. You may also receive written materials and referrals to other organizations, such as those listed in the **Service Agencies** section. Support services are designed to offer guidance to you as you negotiate the normal, but often difficult and painful path through your grief.

Over the last couple of years, we have expanded our listing of **Books for Children and Adults** as well as **Internet Resources**. Many of these library listings are available locally. We would like to acknowledge the wonderful support of the Christiana Care Health System librarians in adding many new books that are available to the public on loan at their three libraries.

When significant sources of stress occur simultaneously, complicating your grief, or the loss has a significant and enduring impact on your life that makes it difficult to function at work, school, or home, you may need to find help from a mental health nurse practitioner, counselor, therapist, psychologist or psychiatrist. Treatment will be individualized to your needs and may include individual, family or group therapy.

Disclaimer

The listings in this directory are meant to be as accurate, up-to-date and complete as possible. The Delaware Grief Awareness Consortium does not intend for this to be a recommendation of specific services for specific individuals or families. There is no rating system and we do not have the capacity to evaluate each program or agency. We solely strive to bring as much information to you as possible with regard to the services and resources available for those who are grieving. You are welcome to print this directory for personal use or for use by your clients, but this information cannot be sold. The Delaware Grief Awareness Consortium reference should be retained. Please send any changes or additions to www.degac.org.

Books For Children and Adults

Age	Focus	Title
3 - 7	pet	<i>I'll Always Love You</i> (Wilhelm, 1985)
3 - 8	general	<i>I Miss You: A First Look at Death</i> (Thomas, 2001)
3 - 8	general	<i>When Someone Dies</i> (Greenlee, 1992)
3 - 8	sibling	<i>Stacy Had a Little Sister</i> (Old, 1995)
3 - 9	anger	<i>When I Feel Angry</i> (Spelman, 2000)
3 - 9	fear	<i>When I Feel Scared</i> (Spelman, 2002)
3 - 9	general	<i>Today I Feel Silly & Other Moods</i> (Curtis, 1998)
3 - 9	general	<i>The Way I Feel</i> (Cain, 2000)
3 - 9	sadness	<i>Glad Monster Sad Monster</i> (Emberley & Miranda, 1997)
3 - 9	sadness	<i>When I Feel Sad</i> (Spelman, 2002)
3 - 9	sadness	<i>Let's Talk About Feeling Sad</i> (Berry, 1996)
3 - 18	afterlife	<i>The Next Place</i> (Hanson, 1997)
4 - 8	grandpa	<i>Where is Grandpa?</i> (Barron, 2000)
4 - 9	general	<i>Lifetimes: The Beautiful Way to Explain Death</i> (Mellonie, 1983)
5 - 9	general	<i>When Dinosaurs Die</i> (Brown & Brown, 1996)
5 - 15	general	<i>What on Earth Do You Do When Someone Dies?</i> (Romain, 1999)
6 - 9	uncle-father-grandmother	<i>The Saddest Time</i> (Simon, 1986)
6 - 12	afterlife	<i>Where do People go When they Die?</i> (Portnoy, 2004)
7 - 10	father death	<i>Saying Goodbye to Daddy</i> (Vigna, 1991)

Books For Children and Adults

Ages	Focus	Title
8 - 12	general	<i>Healing Your Grieving Heart, for Kids: 100 Practical Ideas...</i> (Wolfelt, 2001) (and similar titles by this author)
8 - teen	parent	<i>How It Feels When a Parent Dies</i> (Jill Krementz, 1988)
9 – teen	general	<i>The Feelings Book: The Care and Keeping of Your Emotions</i> (American Girl, 2002)
teen	friend	<i>When a Friend Dies: A Book for Teens</i> (Gootman, 1994)
teen	general	<i>Straight Talk about Death for Teenagers</i> (Grollman, 1993)
teen	general	<i>Help for the Hard Times: Getting Through Loss</i> (Hipp, 1995)
teen	general	<i>Teenagers Talk about Grief</i> (June Cerza Kolf, 1990)

Books About Child Grief

Focus	Title
funeral services	<i>What About the Kids? Understanding Their Needs in Funeral Planning and Services</i> (The Dougy Center, 1999)
general	<i>Helping Children Cope with the Loss of a Loved One</i> (Kroen, 1996)
general	<i>Caring for Your Grieving Child: Engaging Activities for Dealing with Loss and Transition</i> (Wakenshaw, 2002)
general	<i>35 Ways to Help a Grieving Child</i> (The Dougy Center, 1998)
general	<i>Helping Teens Cope with Death</i> (The Dougy Center, 1998)

Books for Adults

Focus	Title
afterlife	<i>The Next Place</i> (Hanson, 1997)
father death	<i>On Grieving the Death of A Father</i> (Harold Ivan Smith, 1994)
father death	<i>FatherLoss: How Sons of All Ages Come to Terms with the Death of Their Dads</i> (Neil Chethik, 1998)
funeral services	<i>In Memoriam: A Guide to ... Funeral and Memorial</i> (Searl, 2000)
general	<i>Beyond Grief: A Guide for Recovering from the Death of a Loved One</i> (Carol Staudacher, 1987)
general	<i>Help for the Hard Times: Getting Through Loss</i> (Hipp, 1995)
general	<i>Understanding Grief: Helping Yourself Heal</i> (Wolfelt, 1992)
general	<i>Survival Kit for Families: Tools for Healthy Grieving</i> (Supporting Kids, Hockessin, DE, Updated Yearly)
general	<i>Grief's Courageous Journey: A Workbook</i> (Caplan & Lang, 1995)
general	<i>Healing After Loss: Daily Meditations for Working Through Grief</i> (Hickman, 1994)
general	<i>When Bad Things Happen to Good People</i> (Harold S Kushner, 2004)
grandparents	<i>Grandma's Tears: Comfort for Grieving Grandparents</i> (June Cerza Kolf, 1995)
male grief	<i>When Men Grieve</i> (Levang, 1998)
male grief	<i>A Man You Know is Grieving: 12 Ideas</i> (Miller & Golden, 1998)
male grief	<i>Swallowed by a Snake: The Gift of the Masculine Side of Healing</i> (Thomas R. Golden, 2000)
mother death	<i>Motherless Daughters: The Legacy of Loss</i> (Hope Edelman, 2006)
mother death	<i>Letters From Motherless Daughters: Words of Courage, Grief, and Healing</i> (Hope Edelman, 1996)

Books for Adults

Focus	Title
mother death	<i>Grieving the Death of a Mother</i> (Harold Ivan Smith, 2003)
parent death	<i>Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone</i> (Jane Brooks, 1999)
sudden/violent death	<i>No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death</i> (Janice Harris Lord, 2006)
suicide	<i>Survivors of Suicide</i> (Robinson, 1989)
suicide	<i>My Son, My son: A Guide to Healing After Death, Loss, and Suicide</i> (Iris Bolton and Curtis Mitchell, 1991)
suicide	<i>Stronger Than Death: When Suicide Touches Your Life</i> (Sue Chance, 1980)
suicide	<i>Words I Never Thought to Speak: Stories in the Wake of Suicide</i> (Victoria Alexander, 1991)
widow	<i>Widow to Widow</i> (Genevieve Davis Ginsburg, 2004)
widow	<i>And Life Goes On: A Path Through Widowhood</i> (Gustavo Acosta, 2011)
widow/widower	<i>The Grieving time: A Year's Account of Recovery From Loss</i> (Anne Brooks, 1989)
widow/widower	<i>Companion Through the Darkness: Inner Dialogues on Grief</i> (Stephanie Ericsson, 1993)

Books on Child Stillbirth, Miscarriage, Death & Infertility

Focus	Title
child death	<i>Shadow Child An Apprenticeship in Love and Loss</i> (Beth Powning, 2000)
child death	<i>Roses in December</i> (Marilyn Willett Heavilin, 1987)
child death	<i>A Grief Unveiled: One Father's Journey Through the Death of a Child</i> (Gregory Floyd, 1999)
general	<i>When A Grandchild Dies: What to Do, What to Say, How to Cope</i> (Nadine Galinsky, 1999)
for grandparents	<i>For Bereaved Grandparents</i> (Margaret H. Gerner, 1990)
for grandparents	<i>Grandparents Cry Twice: Help for Bereaved Grandparents.</i> (Mary Lou Reed, 2000)
for grandparents	<i>Forgotten Tears: A Grandmother's Journey Through Grief</i> (Nina Bennett, 2005)
infant	<i>When Pregnancy Fails</i> (Susan Borg and Judith Lasker, 1981)
infant	<i>Silent Birth: When Your Baby Dies</i> (Sharon N. Covington, 2003)
infant	<i>Empty Cradle, Broken Heart: Surviving the Death of Your Baby</i> (Deborah L. Davis, 1991)
infant	<i>Forever Silent Forever Changed: The Loss of a Baby in Miscarriage, Stillbirth, Early Infancy, a Mother's Experience</i> (Kellie Davis, 2001)
infant	<i>Maternal-Infant Bonding</i> (Marshall Kennell and John Klaus, 1982)
infant	<i>A Family Remembered</i> (Donnali Fifield, 2000)
infant	<i>Education and Counseling for Childbirth</i> (Sheila Kitzinger, 1977)

Books on Child Stillbirth, Miscarriage, Death & Infertility

Focus	Title
infant	<i>When a Baby Dies: The Experience of Late Miscarriage, Stillbirth and Neonatal Death</i> (Nancy Kohner and Alix Henley, 2001)
infant	<i>Help, Comfort & Hope after Losing Your Baby in Pregnancy or the First Year</i> (Hannah Lothrop, 1997)
infant death miscarriage stillbirth	<i>Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth, and Infant Death</i> (Michael Berman, 2001)
infertility	<i>Silent Sorority</i> (Pamela Tsigdinos, 2009)
infertility	<i>Empty Womb, Aching Heart: Hope and Help for those Struggling with Infertility</i> (Marlo Schalesky, 2001)
infertility	<i>Resolving Infertility</i> (Resolve, 2001)
infertility	<i>On Fertile Ground: Healing Infertility</i> (Helen Adrienne, 2010)
miscarriage	<i>A Silent Love: Personal Stories of Coming to Terms with Miscarriage</i> (Adrienne Ryan, 2000)
stillbirth	<i>Life Touches Life: A Mother's Story of Stillbirth and Healing</i> (Lorraine Ash, 2004)
stillbirth	<i>They Were Still Born: Personal Stories about Stillbirth</i> (Janel Atlas, 2010)
sudden death	<i>Living with Grief After Sudden Loss</i> (Kenneth Doka, 1996)

Books on Serious Illness

Ages	Focus	Title
5 - 11	cancer	<i>The Rainbow Feelings of Cancer</i> (Martin & Martin, 2001)
6 - 10	cancer	<i>Our Mom Has Cancer</i> (Ackermann & Ackermann, 2001)
6 - 10	cancer	<i>Promises</i> (Lewin, 2000)
8 - 13	cancer	<i>The Year My Mother was Bald</i> (Speltz, 2003)
adult	cancer	<i>Living with Childhood Cancer</i> (Woznick & Goodheart, 2002)
adult	infant	<i>Can I Still Kiss You?: Answering Your Child's Questions About Cancer</i> (Russel, 2001)
adult	cancer	<i>Cancer in the Family: Helping Children Cope with a Parent's Illness</i> (Heiney et al., 2001)
adult	cancer	<i>When a Parent has Cancer: A Guide to Caring for Your Children</i> (Harpham, 1997)
adult	general	<i>How to Help Children Through a Parent's Serious Illness: Supportive, Practical Advice from a Leading Child Life Specialist</i> (McCue, 1994)
adult	general	<i>Survival Kit for Families Facing Serious Illness: A Guide for Patients and Caregivers</i> (Christiana Care and Supporting Kidds, Updated Yearly)

Materials for Helpers Working with Children Who Are Grieving

Ages	Focus	Title
6 - 12	general	<i>When Someone Very Special Dies: Children Can Learn to Cope with Grief</i> (Marge Heegaard, 1988)
6 - 12	serious illness	<i>When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change</i> (Marge Heegaard, 1991)
6 - 12	for children exposed to violent or traumatic events	<i>When Something Terrible Happens: Children Can Learn to Cope with Grief</i> (Marge Heegaard, 1991)
6 - 12	suicide	<i>After a Suicide: A Workbook for Grieving Kids</i> (The Dougy Center, 2001), www.dougy.org
6 - 12	murder	<i>After a Murder: A Workbook for Grieving Kids</i> (The Dougy Center, 2002), www.dougy.org
6 - 12	suicide	<i>Bart Speaks Out: Breaking the Silence on Suicide</i> (Linda E. Goldman Jonathan P. Goldman, 1998)
6 - 12	general	<i>A Child Remembers</i> (Enid Samuel Traisman, 1994)
teens	journaling	<i>Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing Loss</i> (Enid Samuel Traisman, 1992)
adult	journaling	<i>Journaling from the Heart: A Writing Workshop in Three Parts</i> (Eldonna Edwards Bouton, 2000)
adult	journaling	<i>Journal Wheel Guide Book</i> (Deborah Bouziden, 2001)
teen	journaling	<i>Through My Eyes: A Journal for Teens</i> (Linda Kranz, 1998)

Materials for Helpers Working with Adults Who Are Grieving

Ages	Focus	Title
adult	workbook	<i>Grief's Courageous Journey: A Workbook</i> (Caplan & Lang, 1995)
adult	child death, near death, stillbirth	Child Death, Near Death and Stillbirth Commission CONTACT: 302-255-1760 http://courts.delaware.gov/childdeath/ Conference for nurses, social workers, pastoral care providers working with families who have had fetal and early infant loss
adult	children, trauma	<i>Raising Our Children to be Resilient: A Guide to Helping Children Cope with Trauma in Today's World</i> (Linda Goldman, 2005)
adult	early parental loss	<i>Losing a Parent to Death in the Early Years: Guidelines for Treating Traumatic Bereavement in Infancy and Early Childhood</i> (Lieberman et al., 2003)
adult	general	<i>Grief Counseling and Grief Therapy</i> , 4th Ed. (Worden, 2009)
adult	general	<i>Lessons of Loss: A Guide to Coping</i> (Neimeyer, 2000)
adult	general	<i>Living with Grief Before and After the Death</i> (Doka (Editor), 2007)
adult	general	<i>Growing Through Grief: A K-12 Curriculum to Help Young People Through All Kinds of Loss</i> (O'Toole, 1996)
adult	general	<i>School Survival Kit: Helping Students Cope with Grief in the School Setting</i> (Supporting Kidds, Hockessin DE)
adult	journaling	<i>Journaling from the Heart: A Writing Workshop in Three Parts</i> (Eldonna Edwards Bouton, 2000)
adult	journaling	<i>Journal Wheel Guide Book</i> (Deborah Bouziden, 2001)

Ages	Focus	Title
adult	general	<i>Ya Got People: Helping People with Developmental Disabilities Deal with Grief, Bereavement, and Loss</i> (Carolyn Bowling and Jeffrey Wilder, 2003)
adult	mourn	<i>Guidebook on Helping Persons with Mental Retardation Mourn</i> (Jeffrey Kauffman, 2005)
adult	general	<i>Helping Adults with Mental Retardation Grieve A Death</i> (Charlene Luchterhand and Nancy Murphy, 1998)
adult	mourn	<i>Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers</i> (Marc Markell, 2005)
adult	general	<i>Grief Among Individuals with Developmental Disabilities</i> (Alejandro Moralez)
adult	general	<i>Grieving in the Context of Differently-abled People: The Experience of L'Arche Daybreak</i> (Jane Powell, 2000)