



DEALING WITH SERIOUS ILLNESS, GRIEF AND LOSS

Resources for Helping Children Cope: Serious Illness

Ganz High Five Publishing. **Life Isn't Always a Day at the Beach**

Workbook for ages 4-13 years that helps children understand their feelings when someone they know has cancer. www.HopingSkillsCompany.com

Heegaard, Marge. **When Someone Has a Serious Illness**

For ages 5-13 years. This activity book helps children understand their feelings associated with loss and Change. www.HopingSkillsCompany.com

Hoping Skills Company, LLC **A Guidebook for Adults Helping Children and Teens Cope Through Serious Illness, Grief and Loss** www.HopingSkillsCompany.com

McCue, Kathleen. **How to Help Children Through a Parent's Serious Illness**

Supportive and practical advice that includes; how to tell children, helping them cope, warning signs, what to look for in their drawings and when to seek professional help.

National Cancer Institute. **When Someone in Your Family Has Cancer**

Call: 1-800-4-CANCER. 27 page booklet that provides explanations for diagnosis, surgery, chemotherapy, radiation and side effects. Includes feelings, common questions/answers and glossary.

Zotovitch, Katherine Dorn. **My Memory Maker Set**

A child's workbook to help them work through the loss associated with long-term illness. A parent companion journal and resource guide are included.

When Someone May Not Recover From an Accident, Illness or Injury

Callanan & Halley **Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying**

Comforting words that help you recognize, understand and respond to someone that is dying.

Hoping Skills Company, LLC **A GUIDE BOOK to HELP YOU PREPARE CHILDREN and TEENS for WAKES, FUNERALS and MEMORIAL SERVICES Includes Typical Grief Responses and Answers to Tough Questions Children and Teens May Ask You About Death** www.HopingSkillsCompany.com

Marshall, Bridget. **Animal Crackers**

A child remembers her granny. Deals with aging and memory loss.

Wogrin, Carol. **Matters of Life and Death**

Advice for those at a loss for words witnessing the process of dying. An extremely comprehensive book that deals with many facets of death, dying and grief.

Grief

Books for Adults

Fitzgerald, Helen. **The Grieving Child**

Easy to read, separated into bold heading paragraph style. For parents, teachers and professionals helping children grieve.

Froen, William. **Helping Children Cope with the Loss of a Loved One: A Guide for Grown-ups**

Explains children's perceptions and reactions to grief and loss. Specific strategies for infants- teenagers.

Grollman, Earl. **Living When a Loved One Has Died**

"To help you understand and work through your grief and pick up the pieces".

Levang, Elizabeth. **Remembering With Love: Messages of Hope for the First Year of Grieving and Beyond**

A companion book that offers compassion, comfort and guidance through short messages of hope.

Rando, Therese. **How To Go On Living When Someone You Love Dies**

Discusses almost every facet of loss. Includes types of loss and coping skills for continuing your life after a loss.

Rotondo, Beth. **Threads of Hope**

Addresses common experiences of grief and offers reflection and reassurance.

Self-published (South shore) Bethrontondo@verizon.net

Trozzi, Maria. **Talking with Children About Loss: Words, Strategies and Wisdom to Help**

Helpful information about several types of loss.

Books for Children and Teens

Brown, Marc. **When Dinosaurs Die- A Guide to Understanding Death**

From the creator of *Arthur*. A practical and enticing story-book for ages 3-12 years.

Fitzgerald, Helen. **The Grieving Teen**

Discusses the specific issues of a grieving teen. Written for teens, but insightful for adults.

www.HopingSkillsCompany.com

Fox, Mem. **Tough Boris**

An easy to read story about Boris the tough pirate who cries when his parrot dies. For ages 4-7 years.

Greenlee, Sharon. **When Someone Dies**

A gentle story for ages 5 and up that focuses on the unanswerable questions about death and feelings of grief.

Hanson, Warren. **The Next Place**

A magically illustrated book that encourages imagination and conversation. For all ages.

www.HopingSkillsCompany.com

Hazen, Barbara Shook. **Why Did Grandpa Have to Die?**

A young child struggles to understand why a grandfather gets sick and dies.

Hodge, John. **Finding Grandpa Everywhere**

A young child discovers memories.

London & Long. **Liplap's Wish**

A bunny wishes that his grandmother could return. For ages 4-7 years.

Mellonie & Ingpen. **Lifetimes**

A story about the process of life. Especially useful for ages 4-7 years.

Powell, Sandy. **Geranium Morning**

A book about grief for children ages 7-10 years. Two children deal with of a parent; one in an accident and one through illness. Includes; guilty feelings, regret and isolation.

Wild, Margaret. **Old Pig**

A tender story about when a grandmother becomes ill and prepares herself and her grandchild for her impending death. For ages 3-8 year.

Helpful Websites

ALS www.march-of-faces.org

The American Cancer Society 1-800-227-2345 www.cancer.org

Cancer Care 1-800-813-HOPE(4673) www.cancercare.org

The Cancer Information Service 1-800-422-6237 www.nci.nih.gov

Heart Disease www.hearcenteronline.com

Hospice Net www.hospicenet.org

KidsCope www.kidscope.org

Kids Konnected 1-800-899-2866 www.kidskonnected.org

The Leukemia & Lymphoma Society 1-800-955-4572 www.leukemia.org

National Organization of Rare Disorders www.rarediseases.org

Counseling Services & Crisis Support

Social Work Referral System
Psychiatric Crisis Intervention

617-720-2828
800-540-5806

Arlington

Aspire Counseling, Arlington
Arlington Counseling Association, Inc.
Referrals for Psychotherapy & Counseling

781-648-2420
781-641-4100
781-643-3600

Malden

Arbour Counseling Services

781-322-1503

Medford

Adult & Child Consultation Center
Medford Counseling Association

781-391-3266
781-391-6222

North Reading

Magic of Believing

978-664-9285

Reading

Birch Meadow Counseling

781-944-1230

Stoneham

Alliance Counseling & Therapy

781-438-5550

Comprehensive Counseling

781-279-9009

New Beginnings

781-438-0038

Woburn

Arbour Counseling Services

781-932-8114

Grief and Loss: Local Resources

Arlington: The Children's Room- grief support groups

781-641-4741

www.ChildrensRoom.org

Danvers: Center for Grief & Healing- support groups

978-774-5100

www.hns.org/grief.html

Hoping Skills Company- unique sympathy gifts & grief resources

888-815-HOPE

www.HopingSkillsCompany.com

Stoneham: New Beginnings- grief groups and individual counseling

781-438-0038

www.newbeginningscounselingservice.com

***Child Life Program • Winchester Hospital
41 Highland Avenue • Winchester, MA 01890***

Main number: 781-756-2730

PACK Program: 781-256-2731