

Grief/Healing Resources

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Not all of these resources will fit your circumstances or be helpful to you, and this list is by no means all-inclusive. Please pick and choose as you are most comfortable. This is just my offering to help you cull through the myriad of website and books out there. Please know we are praying for you in your time of need. Peace, Sue

Resources for general information (not faith-based) on coping with a tragedy/disaster:

- Hospice has best inclusive information including developmental stages of understanding death: <http://www.hospicenet.org/html/talking.html>
- Dr. Kevin Becker, an international consultant to communities experiencing psychological trauma and crisis. Article: <http://www.courant.com/opinion/op-ed/hc-op-commentary-becker-recovering-after-disaster--20140912-story.html>
- [Tips for Talking to Children about the School Shooting](#) (from the American Academy of Child and Adolescent Psychiatry)
- Dealing with Grief – [What to Say and What NOT to say](#) (from the Huffington Post)
- [Books about Grief and Loss](#) Not always from a faith perspective - ideas for young children through adults

Non-Faith Based resources for children/youth:

- [Talking to Children About Violence: Tips for Parents and Teachers](#) (from the National Association of School Psychologists)
- [Helping Children Cope with Traumatic Events](#) American Federation of Teachers
- [Helping children cope: Tips for talking about tragedy](#) Mayo Clinic website
- The Dougy Center - a terrific resource <http://www.dougy.org/> especially this page: <http://www.dougy.org/grief-resources/how-to-help-a-grieving-child/>
- The National Association of School Psychologists: www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Helping_Children_After_A_Disaster_36.aspx
- American Academy of Child & Adolescent Psychology http://www.aacap.org/galleries/FactsForFamilies/08_children_and_grief.pdf
- And Mr. Rogers lives on with his [wise words](#). (The Fred Rogers Company)

Faith-Based General Resources for all ages:

- Sharon Pearson's website and blog: <http://rowsofsharon.com/> - always a ton of great resources.
- The Episcopal Diocese of Connecticut website: <https://www.episcopalct.org/resources/Concerns/Disaster-Response/>
- King of Peace website Why Does God Allow Suffering? <http://kingofpeace.org/QYF-suffering.htm>
- [Ministering in a Torn World](#) – compiled after 9/11 for Christian Educators
- Here is a website with some suggestions of comforting/healing bible verses: <http://www.whatchristianswanttoknow.com/20-bible-verses-to-comfort-the-hurting/>

Faith-Based Resources for use with children/youth at home or in group setting:

- Long list of resources and helpful tips from the Forma website (Association of Episcopal Formation Leaders) list of resource websites and information: <http://episcoforma.org/wp-content/uploads/2014/01/Talking-with-Children-about-Tragedy-Resources1.pdf>
- Leader Resources website's Free Section for talking with Youth: http://leaderresources.org/downloads/free_downloads/talking_about_violence.pdf
- [Tips for Parents](#) to help their children and youth cope in times of tragedy (from Episcopal Relief & Development)
- [Tragedy: Prayers, Guidelines and Resources](#) (from the Episcopal Church) for children/youth

Picture Books for children dealing with grief, loss, tragedy, etc. (some faith-based and some not):

- [The Invisible String](#) by Patrice Karst. It's super short, but it does a good job of introducing through the side-door the idea of still loving someone and being connected to them after death. It has a really simple message (we are all connected forever), but leaves a lot of space for naturally occurring questions.
- [What's Heaven?](#) By Maria Shriver – Our rector gives this to children who've lost a family member.
- [The Fall of Freddie the Leaf](#) by Leo Buscaglia
- [Waterbugs and Dragonflies](#) It's a wonderful parable of death as transition to another life. We carry it, among other resources to help children deal with healing, death and loss: - this is a very small almost "booklet" kind of book. Very inexpensive and simple. Helpful for explaining Death to Young Children (Looking Up) by Doris Stickney
- [The Next Place](#) by Warren Hanson
- [Badger's Parting Gifts](#) by Susan Varley
- [The Tenth Good Thing About Barney](#) by Judith Viorst Annie
- [The Old One](#) by Miska Miles
- [The Memory String](#) by Eve Bunting

- [A Pillow for my Mom](#) by Charissa Sgouros. Dealing with child's mother terminal illness and how child copes.
- [Nana Upstairs and Nana Downstairs](#) by Tomie De Paola
- [Tear Soup](#) by Pat Schweibert and Chuck DeKlyen
- [And God Cried, Too: A Kid's Book of Healing and Hope](#) by Rabbi Marc Gellman
- [Remembering My Grandparent](#) Has activities to help them grieve and can serve as a scrapbook for pictures and memories. It's a book that a 4 yr. old would need help with but that could be beneficial to the parents also.
- [Cat Heaven](#) and [Dog Heaven](#) by Cynthia Rylant
- [The Goodbye Boat](#) - good for very young children.
- [Remembering My Pet](#) is also a good resource for dealing with the loss of a pet...but not specifically about heaven.
- [Annie and the Old One](#) by Miska Miles Strong multicultural story dealing with how death is part of the cycle of life that goes on.

Non-Faith-Based Ideas for long-term healing through action/helping others:

- **Hearts of Hope:** <http://ourheartsofhope.org/cms/> Beautiful ceramic hearts that volunteers paint with inspiring messages. Sent to communities who need a lift. You can order a kit to do this at your church.
- **Ben's Bells** <https://bensbells.org/> The mission of Ben's Bells is to inspire, educate, and motivate people to realize the impact of intentional kindness, and to empower individuals to act according to that awareness, thereby strengthening ourselves, our relationships and our communities.
- **Stars of Hope** <http://starsofhopeusa.org/> Volunteers paint and hang inspirational wooden stars in communities affected by tragedy or disaster. See article for explanation: www.newtownbee.com/news/features/stars-hope-arrive-newtown/
- **On Sandy Ground: Where Angels Play:** <http://whereangelsplayfoundation.org/> organization that builds playgrounds for communities after disaster/tragedy.
- **Newtown Kindness** <http://www.newtownkindness.org/> Great activities to encourage kindness in children/youth
- **Ben's Lighthouse *Helping is Healing*** <http://benslighthouse.org/> Volunteers organize free community events such as Lighthouse Festivals, Ice-cream socials, holiday events, 12/14 anniversary support, teen mentors, teen volunteer clubs, mission trips, educational seminars, etc.
- **Art With Heart** I really liked a workshop I went to on Art with Heart which has art journals for kids of different ages dealing with something difficult. <http://shop.artwithheart.org/therapeutic-books-for-kids-c2.aspx>