

Teen Grief – Helpful Books

Chill and Spill

Art with Heart

This is a journal put out by Art With Heart out of Seattle and, though not exclusively a grief journal, it is designed for any teen dealing with a traumatic event.

Grieving for the Sibling You Lost: A Teen’s Guide to Coping with Grief & Finding Meaning after Loss

Erica Goldblatt Hyatt

Losing a loved one—at any age—is devastating. But if you’re a teen who has lost a sibling, this loss can feel even more so. Siblings are also lifetime playmates, confidants, role models, and friends. After losing a brother or sister, you may feel like a part of yourself is missing. You may also feel lonely, depressed, and anxious. These are all normal reactions. But even though the pain feels unmanageable now, there are ways you can start to heal. If you’ve lost a sibling, the pain can feel unbearable, but there are ways you can start to heal. This book will show you how.

A Grieving Teen: A Guide for Teens and Friends

Helen Fitzgerald

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

The Healing Your Grieving Heart Journal for Teens

Alan D. Wolfelt

In light of how difficult it is just to survive the teenage years, the grieving process can be especially difficult and overwhelming for teenagers. This journal affirms the grieving teen's journey and offers gentle, healing guidance. In order to sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.

Healing Your Grieving Heart for Teens: 100 Practical Ideas

Alan D. Wolfelt

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies.

Parental Death: The Ultimate Teen Guide (It Happened to Me)

Michelle Shreeve

Shreeve offers a variety of ways in which young people can cope with this tough experience. In addition to outlining the universal difficulties of losing a parent, the author also points out the unique dynamics of specific losses--sons who lose fathers, daughters who lose mothers, sons who lose mothers, and daughters who lose fathers—and what those losses can mean for their future development.

The Remarkable Journey of Coyote Sunrise

Dan Gemeinhart

Five years. That's how long Coyote and her dad, Rodeo, have lived on the road in an old school bus, criss-crossing the nation. It's also how long ago Coyote lost her mom and two sisters in a car crash. Coyote hasn't been home in all that time, but when she learns that the park in her old neighborhood is being demolished—the very same park where she, her mom, and her sisters buried a treasured memory box—she devises an elaborate plan to get her dad to drive 3,600 miles back to Washington state in four days...without him realizing it. Over the course of thousands of miles, Coyote will learn that going home can sometimes be the hardest journey of all...but that with friends by her side, she just might be able to turn her “once upon a time” into a “happily ever after.”

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love

Earl A. Grollman

If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of *Living When a Loved One Has Died*, explains what to expect when you lose someone you love.

Teen Grief: Caring for the Grieving Teenage Heart

Gary Roe

Born of personal experience and more than three decades of interacting with grieving teens, this informative, practical handbook is replete with guidance, insight, and ideas for helping teens navigate the turbulent waters of loss. Though *Teen Grief* primarily focuses on losses due to death, the principles discussed can be applied to any loss a teen might be experiencing.

Weird is Normal When Teenagers Grieve

Jenny Lee Wheeler

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. *Weird Is Normal When Teenagers Grieve* is unique because it is a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one.

Teen Grief – Helpful Websites

childrengrieve.org

“The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. Through the collective voice of our members and partners we educate, advocate and raise awareness about childhood bereavement.”

dougyc.org

“The mission of The Dougy Center is to provide support in a safe place where children, teens, young adults and their families grieving a death can share their experiences. Through our *Pathways* Program we provide a safe place for families facing an advanced serious illness.”

elunanetwork.org

“Every year, countless children experience the death of someone they love. Millions more are affected by a family member’s substance abuse. No child should face these struggles alone. Our unique programs give children the chance to cry, laugh, grow, and heal. Kids meet other kids in similar circumstances, and together, they grow stronger.”

healgrief.org/actively-moving-forward

Actively Moving Forward® (AMF) is a national network created in response to the needs of grieving young adults. For over a decade, we have connected, supported and empowered grieving young adults to “actively move forward” in memory of their person. These young adults support one another and are encouraged to actively move forward in memory of their person. Due to the need, the AMF model has expanded its demographic to include all young adults, aged up to, and including 30. This program is currently actively moving forward coast-to-coast.

slapd.com

SLAP'D (Surviving Life After a Parent Dies) is the social media for teens who have lost a parent to find hope and connection through shared experiences.

whatsyourgrief.com

“Our mission is to promote grief education, exploration, and expression in both practical and creative ways. We aim to provide the public with...

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones.
- A supportive community”