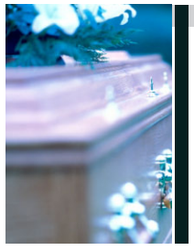
The Journey of Grief - Lambton County Library Resources



GRIEF AND SELF- HELP

- 133.9 BRO **Browne, Sylvia** Blessings from the other side.
- 133.9 GUG **Guggenheim, Bill** Hello from heaven.
- 133.9 WAN **Wands, Jeffrey** Another door opens.
- 133.937 BON **Bonnano, George** The other side of sadness.
- 152.4 JAM **James John W** The grief recovery handbook; a step-by-step program for moving beyond loss.
- 154.632 WRA **Wray, T. J** Grief dreams; how they help heal us.
- 155.644 WYL **Wylie, Betty Jane** Beginnings, a book for widows
- 155.93 BOS **Boss, Pauline** Ambiguous loss: learning to live with unresolved grief
- 155.93 DEI **Deits, Bob** Life after loss.
- 155.937 AND **Anderson, M.L** Wife after death: women coping and grieving after the death of a partner.
- 155.937 CHI Chicken soup for the grieving soul.
- 155.937 COL **Collins, J** The 7 Ts.
- 155.937 DOH **Dohaney, Myrtis** When things get back to normal.
- 155.937 GRO **Grollman, Earl** Talking about death.
- 155.937 HOO **Hood, Ann** Comfort.
- 155.937 KUB **Kubler-Ross, Elisabeth** On grief & grieving.
- 155.937 LEV **Levine, Stephen** Unattended sorrow: recovering from loss.
- 155.937 MAR **Martin, John** I can't top crying: it's so hard when someone you love dies.
- 155.937 ONT **McLoughlin, Jane** On the death of a parent.
- 155.937 STR **Stringer, Audrey** Get over it! Surviving grief to live again.
- 158.1 NEE **Neeld, Elizabeth** Tough transitions: navigating your way through difficult times.
- 170.44 KUB **Kubler-Ross, Elisabeth & David Kessler** Life lessons: Two experts on death and dying teach us about the mysteries of life & living.
- 204.092 LUC **Lucas, Catherine** Carry me home.
- 236.1 MOL **Moll, Rob** The art of dying.
- 248.86 GRO **Grollman, Earl** Living when a young friend has died.
- 296.3118 WOL **Wolpe, David** Making loss matter: creating meaning in a difficult time.
- 305.26 ROB **Robey, Harriet** There's a dance in the old dame yet.
- 306.874 AUG **Auger, Sheri** Now What?
- 306.88 CAM **Campbell, Scott** Widower.
- 306.88 HUR **Hurd, Molly** Beyond coping: widows reinventing their lives.
- 306.88 LEV **Levy, Alexander** The orphaned adult.
- 306.88 LOE **Loewinsohn, Ruth** Survival handbook for widows and for relatives and friends who want to understand.
- 306.9 BRO **Brooke, Jill** Don't let death ruin your life: a practical guide to regaining happiness after the death of a loved one.
- 306.9 KUB **Kubler-Ross, Elisabeth** Working it through.
- 368.81 GIN **Ginsburg, Genivieve** To live again.
- 813.54 DID **Didion, Joan** The year of magical thinking
- 813.54 OAT **Oates, Joyce Carol** A widow's story.
- 819.854 HEA The Heart does break.

CHILD & SIBLING LOSS

- J 128.5 MEL **Mellonie, Bryan** Lifetimes: a beautiful way to explain death to children.
- 155.937 MIT **Mitchell, Ellen** Beyond tears: Living after losing a child.
- 155.937 DAV **Davis, Deborah** Empty cradle, broken heart: surviving the death of your baby.
- 155.937 DeV **DeVita, Elizabeth** The empty room: surviving the loss of a brother or sister at any age.
- 155.937 FIN **Finkbeiner, Ann K** After the death of a child.
- 155.937 HEN **Henderson, Carol** Losing Malcolm: a mother's journey through grief.
- 155.937 HIC **Hickman, Martha** Last week my brother Anthony died.
- 155.937 HOR **Horchler, Joani** The SIDS survival guide.
- 155.937 KOH **Kohner, Nancy** When a baby dies.
- 155.937 KUB **Kubler-Ross, Elisabeth** On children and death.
- 155.937 MOU **Moulder, Christine** Miscarriage
- 155.937 ROS **Rosof, Barbara** The worst loss: how families heal from the death of a child.
- 155.937 ROT **Rothman, Juliet** The bereaved parents' survival guide.
- 155.937 SAN **Sanders, Catherine** How to survive the loss of a child.
- 155.937 TAY **Taylor, James** Surviving death: healing and growing through grief.
- 155.937 WIL **Williamson, Walter** Miscarriage: sharing grief, facing the pain, healing the wounds.
- EP 155.937 WOL **Wolfelt, Alan** Healing your grieving heart for kids: 100 practical ideas.
- 248.86 JAC **Hayford, Jack** I'll hold you in heaven.
- 306.8745 ROS **Rosenblatt, Roger** Making toast: a family story.
- 306.88 THO **Thomas, P** Shadowchild: a meditation on love and loss.
- 618.392 KLU **Kluger-Bell, Kim** Unspeakable losses.

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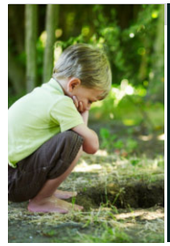
HELPING CHILDREN & TEENS UNDERSTAND DEATH

- J 128.5 LAN **Lanton, Sandy** Daddy's chair (Jewish tradition).
- EP 155.9 JAM **James, John** When children grieve.
- (J) (EP) 155.936 **Clardy, Andrea**
- J362.28 EAG **Eagen, R** Suicide.
- 362.28 FRA **Frankel, B.** Straight talk about teenage suicide.
- 362.28 GAR **Gardner, Sandra** Teen suicide.
- 362.28 LAN **Langone, John** Dead end: a book about suicide.
- LIT 362.2808 PIN **Pinette, Gilles** Choosing life.
- 362.283 FIN **Fine, Carla** No time to say goodbye.
- 362.2830835 GRO **Grollman, Earl** Living when a young friend commits suicide, or even starts talking about it.
- 362.287 BLA **Blauner, Susan Rose** How I stayed alive when my brain was trying to kill me.

Revised: 2011 04



PET LOSS

- J PIC GRI **Griffith, Helen V** Dream meadow.
- J PIC HAR **Harris, Robie** Goodbye Mousie.
- J PIC RYL **Rylant, Cynthia** Cat heaven.
- J PIC RYL **Rylant, Cynthia** Dog heaven
- J PIC SMI **Smith, Maggie** Desser, the best cat ever.
- J 155.937 ROG **Rogers, Fred** When a pet dies.

SERVICES & CONDOLENCES

- 155.937 GIL **Gilletto, Bettyanne** Condolences and eulogies; finding the perfect words.
- 248.86 DON **Donnelly, Nina** I never know what to say.
- 808.803548 FUN Funeral and memorial service readings, poems & tributes.
- 920.02 BOO Book of eulogies: a collection of memorial tributes, poetry, essays and letters of condolence.

VIDEO & DVD, AUDIO BOOKS

- AVV 155.937 COU The courage to grieve.
- AVDVD 155.937 KUB **Kubler-Ross, E** Facing death.
- AVDVD 155.937 SUR Surviving death
- DVD 306.9 KID Kids talkin' about death.
- AVV 362.28 REM Remembering Tom: coping with youth suicide.

COMMUNITY RESOURCES

- **Grand Bend Community Health Centre**, 519-238-1556 Ext:223
- **St Joseph's Hospice Resource Centre,** 519-337-0537 www.stjosephshospice.ca A link to local resources, counselors and support groups
- **Victorian Order of Nurses , Kids Circle** 519-542-2310

WEB SITES & HOTLINES

- **The Dougy Center for Grieving Children & Families** http://www.dougy.org/
- **Victim Services - Sarnia Lambton Suicide Resources** http://www.victimservices.on.ca/default.asp?pageid=28&sectionid=10&q=services
- **Service Ontario : What to do when Somebody Dies.** A guide to government services and regulations. http://www.ontario.ca/en/life_events/death/004448.html
- **Distress Line** at 519-336-3000 or 1-888-DISTRES (1-888-347-8737)

LAMBTON COUNTY LIBRARY

A selection of Loss & Bereavement resources available from Lambton County Libraries, community agencies, and on-line sources.

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