



Surviving the Loss of a Loved One

A list of resources compiled by the
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Akron-Summit County Public Library



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**Akron-Summit County
Public Library**

Science & Technology Division
60 S. High Street, Akron, OH 44326

Surviving the Loss of a Loved One

After a Loss - What to Expect

African American Grief

Paul C. Rosenblatt 2005

155.937 R813af

African American beliefs and practices.

The Comfort Book

Jane Seskin 2002

152.4 Se493co

Thoughts and actions for self-healing.

A Decembered Grief: Living with Loss while Others Are Celebrating

Harold Ivan Smith 1999

248.866 Sm649d

The Empty Chair: Handling Grief on Holidays and Special Occasions

Susan J. Zonnebelt-Smeenge 2001

248.866 Z87em

The End Is Just the Beginning: Lessons in Grieving for African Americans

Arlene H. Churn 2003

155.937 C563en

Grieving: a Beginner's Guide

Jerusha Hull McCormack 2006

155.937 M131gr

Handbook for Those Who Grieve: What You Should Know and What You Can Do During Times of Loss: a Resource for Family, Friends, Ministers, Caregivers, and Colleagues

Martin M. Aux 2002

155.937 Au944h

Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One

Louis E. LaGrand 2011

155.937 L178h

In the Presence of Grief: Helping Family Members Resolve Death, Dying, and Bereavement Issues

Dorothy S. Becvar 2001

155.937 B398in

The Journey Home: Finishing with Joy

Bill Bright 2003

267.61092 B855jo

Examines the questions and anxieties related to what dying will be like.

Kaddish

Leon Wieseltier 1998

296.445 W652k

Jewish prayers of mourning.

Making Loss Matter: Creating Meaning in Difficult Times

David Wolpe 1999

296.3118 W866m

Searching for meaningful ways to deal with loss.

The Mourner's Book of Courage: 30 Days of Encouragement

Alan D. Wolfelt 2012

155.937 W855mc

The Mourner's Book of Hope

Alan D. Wolfelt 2010

155.937 W855m

Nothing Left Unsaid: Creating a Healing Legacy with Final Words and Letters

Mary Polce-Lynch 2006

155.937 P762n

Ways to express your feelings to loved ones who are approaching the end of their lives.

On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss

Elisabeth Kubler-Ross 2005

155.937 K95on

Saying Goodbye to Someone You Love: Your Emotional Journey through End of Life and Grief

Noreen Dresser 2010

155.937 D773s

Engrossing look at how to embrace end of life and grief.

The Survivor's Guide: What You Need to Know & What You Need to Do when Someone Close to You Dies

V.K. Thornton 2004

306.9 T514s

Tears of Sorrow, Seeds of Hope: a Jewish Spiritual Companion for Infertility and Pregnancy Loss

Nina Beth Cardin 2007

296.72 T253C

Turn My Mourning into Dancing: Moving through Hard Times with Hope

Henri Nouwen 2001

242.4 N934tu

Unattended Sorrow: Recovering from Loss and Reviving the Heart

Stephen Levine 2005

155.937 L665u

Memorial Planning

Baker's Funeral Handbook: Resources for Pastors

Paul E. Engle 1996

265.85 B168E

The Complete Guide to Funeral Planning: How to Arrange the Appropriate Service

Geoffrey C. Carnell 2005

393.9 C289c

Condolences and Eulogies: Finding the Perfect Words

Bettyanne Gillette 2003

306.9 G472c

A Cross-Cultural Look at Death, Dying and Religion

Joan K. Parry 1995

291.23 C951

A look at the belief systems of various cultures.

Funeral and Memorial Service Readings, Poems and Tributes

Rachel R. Baum 1999

808.8035 F981

An index of poems used in films, TV or read during the funeral of a famous person.

A Labor of Love: How to Write a Eulogy

Garry Schaeffer

808.51 Sch294L

Finding the words to share your memories. Includes samples and poems.

Readings for Remembrance: a Collection for Funerals and Memorial Services

Eleanor Munro 2000

808.8035 R287

Religious and secular writings for funerals and memorial services.

Remembering Well: Rituals for Celebrating Life and Mourning Death

Sarah York 2000

291.38 Y63r

Planning a traditional or uniquely fitting memorial.

The Rituals Resource Book: Alternative Weddings, Funerals, Holidays, and Other Rites of Passage

Susan M. Mumm 2004

291.38 M962r

Alternative funerals and other rites of passage.

Simply Essential Funeral Planning Kit

Don S. Cochrane 2002

393.9 C663s

Planning a funeral.

The Sorrow Psalms: a Book of Twentieth-century Elegy

Lynn Strongin 2006

821.9108 So714S

Poetry.

Stopping for Death: Poems of Death and Loss

Carol Ann Duffy 1996

808.8193 St883

Poems for Funerals

<http://www.poets.org/viewmedia.php/prmMID/5858>

Some suggested funeral elegies.

Help for Children and Teens

35 Ways to Help a Grieving Child

The Dougy Center 2004

155.937 T447

Practical suggestions for supporting a grieving child.

After a Parent's Suicide: Helping Children Heal

Margo Requarth 2006

155.937 R427a

Offers comfort to the bereaved, specific coping strategies, and insight into what promotes resiliency.

Caring for Your Grieving Child: Engaging Activities Dealing with Loss and Transition

Martha Wakenshaw 2002

155.9308 W149c

A Child's View of Grief: a Guide for Parents, Teachers, and Counselors

Alan D. Wolfelt 2004

155.937 W855c

Children and Grief: Helping Your Child Understand Death

Joey O'Connor 2004

248.866 Oc18h

Companioning the Grieving Child: a Soulful Guide for Caregivers

Alan D. Wolfelt 2012

155.937 W855co

Frequently Asked Questions about When a Friend Dies

Corona Brez 2008

155.937 B848fr

Information for teenagers about death.

The Grieving Student: a Teacher's Guide

David J. Schonfeld 2010

155.937 Sch371g

The Grieving Teen: a Guide for Teenagers and Their Friends

Helen Fitzgerald 2000

155.937 F553g

Healing the Hurt, Restoring the Hope: How to Guide Children and Teens through Times of Divorce, Death, and Crisis with the Rainbows Approach

Suzy Yehl Marta 2003

155.9308 M376h

Helping Children Cope with the Death of a Parent: a Guide for the First Year

Paddy Greenwall Lewis 2004

155.937 L675h

Identifying and addressing the psychological needs of children.

Helping Children Grieve

Ruth P. Arent 2005

155.93 Ar681h

Understanding grief from a child's point of view.

Helping the Grieving Student: a Guide for Teachers

Dougy Center 2003

155.937 H483g

How the school environment can provide support and encourage healing.

Helping Teens Cope with Death

Dougy Center 1999

155.937 H483

How Do We Tell the Children?: a Step-by-step Guide for Helping Children Two to Teen Cope When Someone Dies

Dan Schaefer and Christine Lyons 2001

155.937 Sch294h

I Will Remember You: What to Do when Someone You Love Dies: a Guidebook through Grief for Teens

Laura Dower 2001

155.937 D746i

Talking with Children and Young People about Death and Dying

Mary Turner 2007

155.937 T146y

How to discuss death with children.

What About the Kids: Understanding their Needs in Funeral Planning and Services

Dougy Center 1999

155.937 W555a

How to help a child before, during and after a funeral service.

What Children Need When They Grieve: the Four Essentials - Routine, Love, Honesty, and Security

Julia Wilcox Rathkey 2004

155.937 R234wc

Explores a child's reaction to death.

When a Friend Dies: a Book for Teens about Grieving & Healing

Marilyn E. Gootman 2005

TEEN 155.937 G659w

Loss of a Parent

FatherLoss: How Sons of All Ages Come to Terms with the Deaths of Their Dads

Neil Chethik 2001

155.937 C526f

Never the Same: Coming to Terms with the Death of a Parent

Donna Schuurman 2004

155.937 Sch396n

The impact of the loss on a child or adolescent immediately and later as an adult.

When Your Father Dies: How a Man Deals with the Loss of His Father

Veerman, David 2006

155.937 V419w

Loss of a Sibling

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age

Elizabeth DeVita

155.937 D496e

Recovering from the Loss of a Sibling

Katharine Fair Donnelly 1988

155.937 D685r

Addresses the pain, anger, and guilt of losing a sibling.

Loss of a Spouse

Finding Your Way after Your Spouse Dies

Marta Felber 2000

646.7008 F311fi

Guide for coping with practical issues that face the recently widowed.

From One Widow to Another: Conversations on the New You

Miriam Neff 2009

248.8434 N383f

Covers emotional, spiritual, and practical issues of widowhood.

Healing a Spouse's Grieving Heart: 100 Practical Ideas after Your Husband or Wife Dies

Alan D. Wolfelt 2003

155.937 W855h

I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal

Linda Sones Feinberg 1994

155.937 F299i

The Oil of Joy for Mourning: 365 Daily Meditations to Comfort the Widowed

Jan Sheble 1997

242.4 Sh5390

Late Wife: Poems

Claudia Emerson 2005

811.54 Em53L

A series of poems highlighting relationships.

Reflections of a Grieving Spouse

H. Norman Wright

248.866 W949r

Helps the reader work through anger and denial toward God's peace.

When a Spouse Dies: What I Didn't Know about Helping Myself and Others through Grief

Barbara Roberts Wheeler 2012

155.937 W562w

Suicide, Homicide, Accident

After a Parent's Suicide: Helping Children Heal

Margo Requarth 2006

Offers comfort to the bereaved, specific coping strategies, and insight into what promotes resiliency.

After Suicide: Living with the Questions

Eileen Kuehn 2001

362.283 K95af (Teen Book)

Grieving a Suicide: a Loved One's Search for Comfort, Answers & Hope

Albert Y. Hsu 2002

248.866 H873gr

**Take the Dimness of My Soul
Away: Healing After a Loved
One's Suicide**

William A. Ritter 2004

248.866 R615t

Story of one man's journey through the pain of his son's suicide.

**What to Do when the Police
Leave: a Guide to the First Days
of Traumatic Loss**

Bill Jenkins 1999

155.937 J52w

**The Wilderness of Suicide Grief:
Finding Your Way**

Alan D. Wolfelt 2010

155.937 W855wi

**Understanding Your Suicide
Grief: Ten Essential Touchstones
for Finding Hope and Healing
Your Heart**

Alan D. Wolfelt 2009

155.937 W855us

When a Child Dies

**Beyond Tears: Living after
Losing a Child**

Ellen Mitchell 2005

155.937 B573

Nine mothers whose children died as young adults lend comfort and direction to other bereaved parents. They share what to expect in the first year and beyond.

**Empty Arms: Coping with
Miscarriage, Stillbirth and Infant
Death**

Sherokee Ilse 2002

155.937 IL29e

Practical suggestions and support for decision-making at the time of the loss as well as in the days ahead.

**50 Ways to Cope with the Loss of
Your Child: a Guide for Grieving
Parents**

Norma Sawyers-Kurz 2010

155.937 Sa271f

Mechanisms that parents may use to deal with their intense grief, as well as counsel from grief experts.

**The First Year, the Worst Year:
Coping with the Unexpected
Death of Our Grown-up
Daughter**

*Barbara A. Wilson and Michael
Wilson 2004*

155.937 W746f

**Heartfelt: a Companion for
Bereaved Parents**

Jeri Rae Miller 2007

155.937 M648he

**I Will Carry You: The Sacred
Dance of Grief and Joy**

Angie Smith 2010

155.9 Sm642i

Moving story of a family's journey in dealing with the loss of their newborn child.

**A Piece of my Heart: Living
through the Grief of Miscarriage,
Stillbirth or Infant Death**

Molly Fumia 2000

155.937 F978p

Fumia was unable to say goodbye to her newborn son. She comes to terms with her unresolved grief through a dialogue with him.

Losing a Baby

Sarah Ewing 2005

155.937 Ew95L

Comfort and advice for those who are mourning the loss of a much-wanted child.

Tender Fingerprints: a True Story of Loss and Resolution

Brad Stetson 1999

248.866 St841t

The story of a couple's pregnancy, the loss of their son and how they learn to live with the suffering that accompanies their loss and recognize the preciousness of human life.

When the Bough Breaks: Forever after the Death of a Son or Daughter

Judith R. Bernstein 1997

B531w

Excerpts from interviews with parents who have lost a child. Illustrates how parents change in their relationships to others and how they adopt different values after the loss of a child.

The Worst Loss: How Families Heal from the Death of a Child

Barbara D. Rosof 1994

155.937 R822w

This book will help families who have lost a child to know what they are facing, understand what they are feeling and appreciate their own needs and timetables.

Grieving the Loss of a Pet

Coping with Sorrow on the Loss of Your Pet

Maira Anderson 1994

155.937 An548c 2nd ed.

A caring, practical resource to aid in the healing process.

Grieving the Death of a Pet

Betty Carmack 2003

155.937 C287g

Offers readers a virtual pet-loss support group.

Saying Goodbye to Your Angel Animals: Finding Comfort after Losing Your Pet

Allen and Linda Anderson 2008

155.937 An545s

Includes affirmations and meditations to use through the various stages of grief.

When a Family Pet Dies: a Guide to Dealing with Children's Loss

JoAnn Tuzeo-Jarolmen 2007

155.937 T968w

Explains how children grieve and gives guidelines on how to identify signs of grief in children.

Books to Help Others Who Mourn

The Art of Condolence: What to Write, What to Say, What to Do at a Time of Loss.

Leonard M. Zunin and Hilary

Stanton Zunin 1991

306.9 Z95a

The Bereavement Ministry Program: a Comprehensive Guide for Churches

Jan Nelson 1998

259.6 N427b

Dealing with Grief: Theirs & Ours

Jeroid O'Neil Roussell, Jr. 1999

259.6 R866d

A Good Friend for Bad Times: Helping Others through Grief

Deborah E. Bowen 2004

155.937 B786g

Understanding the grief process, plus practical advice for expressing concern.

Handbook for Companioning the Mourner: Eleven Essential Principles

Alan D. Wolfelt 2009

155.937 W855ha

Handbook for Those Who Grieve: What You Should Know and What You Can Do During Times of Loss: a Resource for Family, Friends, Ministers, Caregivers, and Colleagues

Martin M. Aux 2002

155.937 Au944h

Healing Conversations: What to Say When You Don't Know What to Say

Nance Guilmartin 2002

153.6 G962h

Healing Grief at Work: 100 Practical Ideas after a Workplace is Touched by Loss

Alan Wolfelt 2005

155.937 W855he

Helping the Bereaved Celebrate the Holidays: a Sourcebook for Planning Educational and Remembrance Events

James E. Miller 1997

155.937 M648h

How Can I Help? How to Support Someone Who Is Grieving

June Cerza Kolf 1999

155.937 K81h

How to Say It When You Don't Know What to Say: the Right Words for Difficult Times

Robbie Miller Kaplan 2004

155.93 K17h

My Deepest Sympathies: Meaningful Sentiments for Condolence Notes and Conversations, Plus a Guide to Eulogies

Florence Isaacs 2000

395.4 Is74m

The Perfect Strangers Guide to Funerals and Grieving Practices: A Guide to Etiquette in Other People's Religious Ceremonies

Stuart M. Matlins 2000

395.23 P438Ma

The Understanding Your Grief Support Group Guide: Starting and Leading a Bereavement Support Group

Alan D. Wolfelt 2004

155.937 W855u

The Unwanted Gift of Grief: a Ministry Approach

Tim P. VanDuivendyk 2006

259.6 V246u

Local Support Groups

Children's Hospital

One Perkins Square

Akron, OH 44308

Bereavement Coordinator

330-543-8837

https://www.akronchildrens.org/cms/family_support_list/index.html

Compassionate Friends, Inc.

Attn: Aileen Watkins

2495 Columbia Road

Medina, Ohio 44256

or

Attn: Paula Dutton

330-699-5054

3275 Marquette Street NW

Uniontown, OH 44685

<http://www.compassionatefriends.org/>

Child Guidance and Family Solutions

312 Locust Street

Akron, Ohio 44302-1878

Phone: 330-762-0591

<http://www.cgfs.org>

Catholic Cemeteries Bereavement Ministry

Holy Cross Cemetery
100 E. Waterloo Road
Akron, Ohio 44319
330-724-1297
<http://www.clevelandcatholiccemeteries.org/Bereavement%20Ministry%20Service.aspx>

Hospice of Visiting Nurse Service

Center for Loss and Hope
3358 Ridgewood Road
Akron, OH 44333
330-665-1455
www.vnsa.com

Grief Care Place

4499 Darrow Road
Stow OH 44224
330-686-1750
<http://thegriefcareplace.org/>

Sudden Infant Death Network of Ohio

421 Graham Road Suite H
Cuyahoga Falls, OH 44221
330-929-9911
<http://www.sidsohio.org/SeekingSupport.html>

Kelly Reeves Memorial Foundation

330-688-2056
<http://kellyreevesmemorialfoundation.org/>
Offers individual or group bereavement counseling at the Kent Wellness Center.

Web Sites

www.medlineplus.gov/bereavement - An extensive listing of resources concerned with all aspects of bereavement. This site is maintained by the National Library of Medicine.

<http://americanhospice.org> - Excellent resources for anyone dealing with dying, death and bereavement. Includes special resources for helping children and adolescents cope with grief and the impact of grief in schools. Other sections deal with grief in the workplace, cultural approaches to understanding death and much more.

<http://www.mentalhelp.net/selfhelp> - American Self-Help Group Clearinghouse. A starting point for exploring support groups and networks available throughout the world and in your community.

<https://www.akronchildrens.org/cgi-bin/tips/search.pl>
Tips to Grow By – Parenting information published by Akron Children's Hospital
Helping Kids Deal with Death I
Helping Kids Deal with Death II
Talking to Kids about the Death of a Parent

For additional books on grieving, please contact Akron-Summit County Public Library at 330-643-9075. Books explaining death to children are available in the Children's Library. Please ask a librarian for assistance in locating these titles.

