



Suggested Resources for Teenagers Dealing with Grief and Loss

Buckingham & Huggard. **Coping with Grief**

Helps teens identify, cope with and deal with grief and loss.

Canfield, Hansen & Kirkberger. **Chicken Soup for the Teenage Soul**

Wonderful, short encouraging stories for teens.

Capacchione, Lucia.

The Creative Journal for Teens- Making Friends with Yourself

Easy techniques for teens to write and express themselves through writing and art.

Deaver, Julie Reece. **Say Goodnight, Gracie**

A teen's deals with loss after a friend is killed in a car accident.

Dower, Laura. **I Will Remember You:**

What to do when someone you love dies. A Guidebook Through Grief for Teens

A grief journal and book all in one. Explores what life and death means, rituals, teen issues and related feelings and emotions.

Fitzgerald, Helen. **The Grieving Teen**

Non-threatening resource book for teens that has easy to read quick topics.

Fry, Virginia. **Part of Me Died, Too**

Stories of other children and teens that have experienced a variety of losses. Creative self-help strategies for dealing with loss.

Gootman, Marilyn E. **When a Friend Dies: A Book for Teens About**

Grieving and Healing A short book that normalizes the many emotions teens experience after a loss.

Greene, Constance. **Beat the Turtle Drum**

A thirteen year-old deals with the death of her sister.

Grollman, Earl. **Straight Talk About Death for Teenagers:**

How to Cope with Losing Someone You Love

A classic version of ways teens can cope with death, loss and the feelings associated with grief.

Heegard, Marge. **Coping with Death and Grief**

For ages 10-14 years. Children tell stories and learn about death and grieving.

Suggestions for adults helping children with anger management.

O'Toole, Donna. **Facing Change**

Helpful information for teens about coping, understanding and healing through loss.

Traisman, Enid. **Fire in my Heart, Ice in my Veins**

Journal for teens dealing with the death of someone close to them.

Wolfelt, Alan. **The Healing Your Grieving Heart Journal for Teens**

A very inclusive book-style journal that encourages teens to write down their responses to questions about their grief.

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