

THE GRIEF PROCESS - WEBSITE RESOURCES FOR FAMILIES

CENTER FOR LOSS – www.centerforloss.com

This is noted grief educator, Alan Wolfelt's website from the Center for Loss and Life Transition in Boulder, Colorado. The website offers information on grief for all ages.

THE DOUGY CENTER – www.dougy.org

The Dougy Center for Grieving Children and Families is located in Portland, Oregon. The website provides information regarding the grief of children and teens. Books and other publications can also be purchased from this website.

GRIEFWORKS BC – www.griefworksbc.com

Griefworks BC is based in Vancouver and offers information about grief, a teen chat room, a web-based children's interactive grief program as well as an honour page where individuals can memorialize a loved one. Publications can be purchased on-line through links to Children's and Women's Hospital Bookstore.

COMPASSIONATE FRIENDS OF CANADA – www.tcfcanada.net

The Compassionate Friends of Canada is part of an international, non-profit, non-denominational self-help organization that offers grief education and support for all families who have experienced the death of a child, at any age, from any cause. The website offers articles as well as a chapter locator to find a TCF group near you.

SHAREGRIEF – www.sharegrief.com

Sharegrief offers on-line grief support, education and resources to the bereaved.

GRIEF WATCH – www.griefwatch.com

This website offers some grief information, but also offers an on-line store through which publications and resources may be purchased.

GRIEFNET – www.griefnet.org

This is an American site with links to a variety of other resources.

THE CENTERING CORPORATION – www.centeringcorp.com

The Centering Corporation is a non-profit organization dedicated to providing education and resources to the bereaved. Materials may be purchased on-line.

BEREAVED FAMILIES – www.bereavedfamilies.net

Bereaved Families Online Support Centre is an Ontario-based organization that also has lists of resources.

Books for Grieving Teens

Available to borrow from White Rock Hospice Society
 at 15510 Russell Ave in White Rock, BC
 Phone: 604-531-7484

Book Title	Author
Common Threads of Teenage Grief (A handbook for healing)	Teens Who Know & Janet N. Tyson
Facing Change (A book about loss and change for teens)	Donna O'Toole
Fire In My Heart, Ice in my Veins (A journal for teenagers experiencing a loss)	Enid Samuel-Traisman
The Grieving Teen (A guide for teenagers and their friends)	Helen Fitzgerald
Help for the Hard Times (Getting through loss)	Earl Hipp
How it Feels when a Parent Dies	Jill Kremetz
Part of Me Died, Too (Stories of creative survival among bereaved children and teenagers)	Virginia Lynn Fry
Straight Talk about Death for Teenagers (How to cope with losing someone you love)	A. Grollman
When a Friend Dies (A book for teens about grieving & healing)	Marilyn E. Gootman
When Death Walks In (For teenagers facing grief)	Mark Scrivani
When Nothing Matters Anymore (A survival guide for depressed teens)	Bev Cobain
Your Grieving Heart (for teens: 100 practical ideas)	Alen Wolfelt
www.griefworksbc.com	- grief support chat rooms - resources for teens
www.dougy.org	-provides grief support and information -free downloads and online bookstore