Support to Help Children and Youth Cope with the Death of a Loved One

This resource has information for parents and other family members to support children and youth with feelings of grief.

Books

You can find all the books listed below at the Magic Castle or at Princess Margaret Patient and Family Library on the main floor.

Children all ages

*Lifetimes* by Bryan Mellonie and Robert Ingpen
Lifetimes is a book that parents and family members can use to explain life and death. The book talks about beginnings and endings. The book helps children understand that dying is as much a part of living as being born.

*When Dinosaurs Die* by Laurie Krasnie Brown and Mark Brown
This book helps young children understand what death means and how to cope with their feelings. This book can help parents and family members find the right words to use when talking to children about death.
Children ages 2 to 5

Good bye Mousie by Robie Harris, Illustrated by Jan Ormerod
This picture book helps young children understand about loss and grief through the story of a young boy whose pet mouse died.

I Found a Dead Bird by Jan Thornhill
This book explores interesting facts about the cycle of life and the end of life. Children will learn about lifespans, how things die, what happens after death and how humans cope with death. This book will help children understand and discuss living and dying.

Children ages 6 to 12

Children Also Grieve by Linda Goldman
This illustrated storybook poses questions throughout the story to help children understand and share feelings about the loss of a loved one. It also provides information for adults with useful tips on how to talk and explain death and grief to children.

When Someone Very Special Dies by Marge Heegaard
This workbook helps children learn how to cope with grief. By writing, drawing and colouring in the book, children are helped to understand the idea of death.

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change by Marge Heegaard
This workbook uses writing, drawing and colouring to help children learn basic facts about serious illness and loss. This book can help families talk about a child’s feelings and how to develop healthy coping skills.

Tear Soup by Pat Schwiebert and Chuck Deklyen
Tear soup is a story book about Grandy who cooks up a special batch of “tear soup” after the loss of a loved one. To season her soup, Grandy adds memories like the good times and the bad times, the silly and the sad times.
Teens ages 13 to 18

*Weird is Normal When Teenagers Grieve* by Jenny Lee Wheeler
This self-help book for grieving teens is written by a teen who lost her father to cancer. The author provides advice to other grieving teens and assures them that they are allowed to grieve in their own way and on their own time.

*We Get It: Voices of Grieving Colleges Students and Young Adults* by Heather Servaty-Seib and David Fajgenbaum
The 33 stories in this book provide insight into some of the common themes and differences young adults experience after the death of a parent or sibling.

**Websites**

The following websites are useful tools to help explain death to children and youth.

**Kids help phone**
Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Rainbows for all children in Canada** – Grief support groups outside Toronto
Grief support groups outside Toronto
Website: [www.rainbows.ca](http://www.rainbows.ca)

**Lighthouse Program for Grieving Children Halton-Peel**
Website: [www.grievingchildrenlighthouse.org](http://www.grievingchildrenlighthouse.org)

**Canadian Virtual Hospice**
Website: [www.virtualhospice.ca](http://www.virtualhospice.ca)
Supportive Services

Bereaved Families of Ontario
Website: www.bereavedfamilies.ca
Email: info@bereavedfamilies.net

Bereaved Families of Ontario offers a range of individual and group programs across the province for preschoolers (3 to 5), children (6 to 12), adolescents (13 to 17), young adults (18 to 30), parents, parents of infants, and grandparents. Contact information for each region is listed on the website.

Children and Youth Grief Network
This online network connects individuals and organizations who provide services and resources that benefit children and youth who are grieving a death.
Website: www.childrenandyouthgriefnetwork.com

Coping Centre Cambridge
1740 Blair Rd.
Cambridge, ON N3H 4R8
Phone: 519 650 0852
Toll-free: 1 877 554 4498 (Toll free)
Website: www.copingcentre.com
Email: coping@copingcentre.com

This program offers support service to adults, young adults, teens and children from 4 to 12 years old.
Gilda’s Club Greater Toronto
Website: www.gildasclubtoronto.org
Email: info@gildasclubtoronto.org

Gilda’s is a virtual community of support for all programs, including education, physical activity and support groups from the comfort of home. This is a place to meet others who can relate to feelings of isolation, fear and anxiety.

Andrea Warnick Consulting
283 Danforth Ave.
Suite # 474
Toronto, ON M4K 1N2
Phone: 416 428 6268
Website: www.andreawarnick.com
Email: aw@andreawarnick.com

Andrea educates on a wide range topics: serious illness, palliative care, dying, death and grief. She provides education and private counselling sessions for the whole family. Visit the website for rates and additional information.
Bereavement Camps

Camp Erin
Phone: 416 586 4800 ext 6664
Phone: 905 387 2448
Website: https://camperinparents.com

An annual camp experience offered at no charge to children 6 to 17 years of age who have experienced the death of someone close to them. The camp is offered in three locations in Canada: Toronto, Cornwall and Hamilton. Visit the website for more information.

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