



Valley Hospice Foundation

GRIEF LIBRARY

BOOK LIST

June 2026

How to use the Grief Library

Borrowing: 2 ways

1. We offer **books by mail** to anyone in Nova Scotia.

- **Call us** 902-690-2194 or email us library@valleyhospice.ca
- Let us know the books you wish to borrow
- Provide your mailing address
- We mail items to you at no cost to you
- **Returns:** We include return postage at no cost to you
- No library card is required

2. Visit the Library in Coldbrook in person

Mondays & Wednesdays, 11 am – 2 pm

11 Opportunity Lane (the PeopleWorx building)
Suite 120
Coldbrook NS B4R 0A5

No library card is required.

Return items at PeopleWorx during building hours (we have a drop box)
<OR> we can provide return postage at no cost to you, even if you live near

Loans & Renewals

Loans are 3 months. Take your time with Grief Library materials. We will remind you when they are due.

Renewals are permitted so long as another borrower does not have a hold on the item.

Public Libraries

Many of our titles are available in Nova Scotia or Halifax Public Libraries

Our online catalogue refers to these libraries. The print catalogue does not

If our copy is on loan we will advise you where to find another

Please do NOT return Grief Library items to a public library, we do not use the same systems

Contact us:

Valley Hospice Foundation Grief Library
11 Opportunity Lane, Suite 120
Coldbrook NS B4R 0A5

Phone: (902) 690-2194

Email: library@valleyhospice.ca

Website: <https://valleyhospice.ca/library>

Catalogue: <https://www.libib.com/u/valleyhospicelibrary>

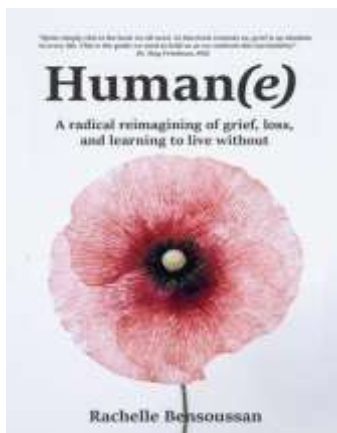
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2SLGBTQ+**The Handbook of LGBTQIA-inclusive hospice and palliative care**Kimberly D. Acquaviva **2023****Call #:** 362.175 Acq

Hospice and palliative care professionals are experts at caring for individuals and families experiencing serious or life-limiting illnesses. But not everyone feels safe seeking out their expertise: LGBTQIA+ people may be deterred from seeking support because of barriers - both overt and subtle. An accessible, expert guide to incorporating LGBTQIA-inclusive practices into end-of-life care.

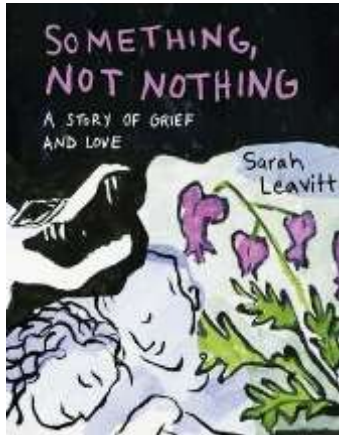
**Human(e): A radical reimagining of grief, loss, and learning to live without**Rachelle Bensoussan **2024****Call #:** 155.937 Ben

Written by a Queer woman of North African and Middle Eastern descent, *Human(e)* takes a radically non-pathology-based approach to grief and loss. Grief is human, and to grieve is to be human. Rachelle seamlessly and beautifully weaves together her vast professional expertise on grief with her own personal lived experiences of loss. *Human(e)* is a must read for anyone learning to live without.

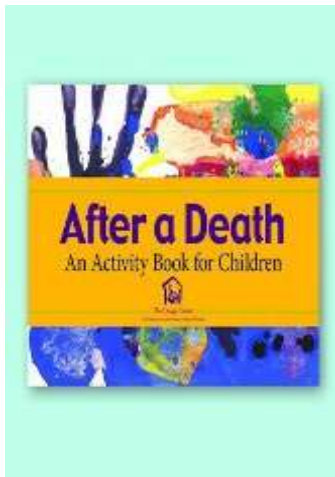
**Queer dying: Workbook**captain snowdon **2023****Call #:** 306.9 Sno

A collection of embodied resourcing activities, conversation/writing prompts, experiments and questions of deep wonder for you and your community to play with.

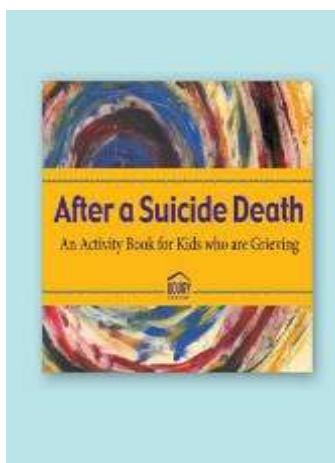


**Something, not nothing: A story of grief and love**Sarah Leavitt **2023****Call #:** GN 921 Lea

A poignant and beautifully illustrated graphic memoir about love and loss and navigating a new life. In April 2020, cartoonist Sarah Leavitt's partner of twenty-two years, Donimo, died with medical assistance after years of severe chronic pain and a rapid decline at the end of her life. Sarah began making comics again as a way to deal with her profound sense of grief and loss.

ACTIVITIES**After a death: An activity book for children**The Dougy Center **2019****Call #:** 155.937 Dou

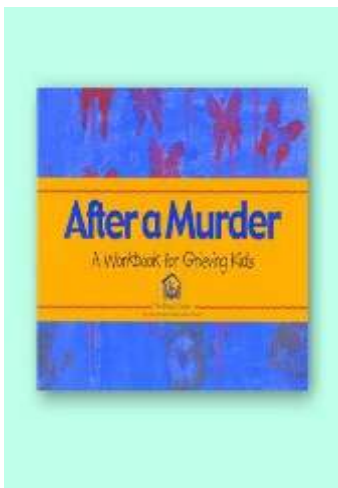
This book is a safe place where you can write, draw and do activities to help you express all the things you think, feel, and have questions about after someone dies. Grief looks and feels different for everyone. Use the activities in this book that help, and leave the rest.

**After a suicide death: An activity book for kids who are grieving**

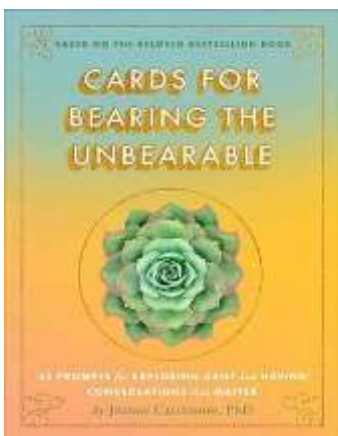
The Dougy Center

Call #: 155.937 Dou

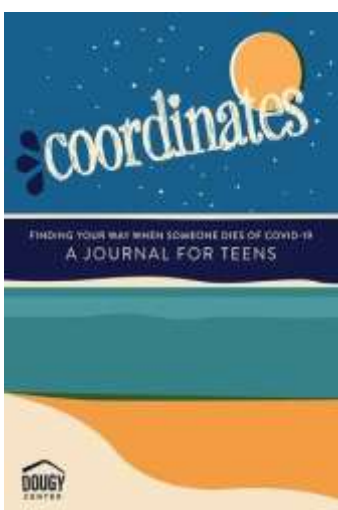
Do you know someone who died of suicide: If you do you are not alone. With the help of children and teens with this experience, the Dougy Center put together this activity book for kids who may not have a support group to attend, or who do not have friends who really understand the hard times after a suicide death.

**After a murder: A workbook for grieving kids**The Dougy Center **2002****Call #:** 155.937 Dou

Do you know someone who was murdered? If you do, you are not alone. After a murder, many of those left behind are kids like you. At the Dougy Center, kids tell us how important it is to have safe places to express thoughts and feelings about a death. This book is one of those places. There is no "right" way to grieve. Choose the activities that help you and leave the rest.

**Cards for bearing the unbearable [kit]: 52 prompts for exploring grief and having conversations that matter**Joanne Cacciatore **2023****Call #:** KIT 155.937 Cac

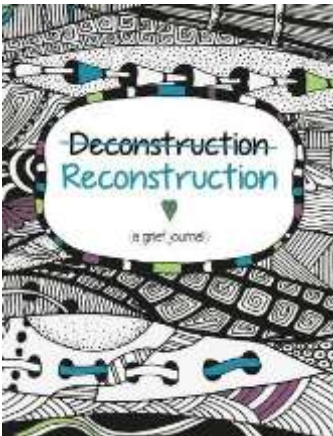
Grief sometimes leaves us without words. Yet narrating our feelings, thoughts, and experiences can be so helpful in relating to our inner world. These cards are an invitation to begin that process. From the bestselling author of Bearing the Unbearable, here are 52 cards with prompts for exploring grief and starting conversations about those whom we've lost.

**Coordinates: Finding your way when someone dies of COVID-19: A journal for teens**The Dougy Center, **2023****Call #:** 155.937 Dou

You're likely reading this because someone in your life died of COVID-19. No matter who, having someone die can change everything. This workbook is a place for you to draw, write, wonder, remember, and express whatever comes up in your grief. Everything in these pages is just a suggestion, so choose only the activities you'd like to do.

**Death conversation game**Angela Fama **2019****Call #:** KIT 2306.9 FAM

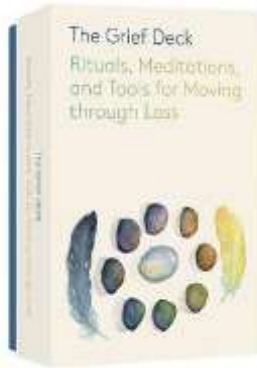
Personal death is a topic often avoided in social settings. If you would like to change that, this game is for you. The object of the game is to instigate open conversations on death in a safe, respectful environment of chosen friends, family, classmates, colleagues, or strangers. Ideal for death cafes and other safe environments, for 1-10 players, 17+, Under 17 years with adult facilitation.

**Deconstruction Reconstruction: a grief journal**The Dougy Center **2019****Call #:** 155.937 Dou

The Dougy Center's first journal specially created for grieving teens. Grief can be all over the place and it rarely sticks to a plan, so this journal is designed for you to go at your own pace and in whatever order feels right to you. Platitude and advice-free (we promise).

**Family ties through an advanced serious illness [Kit]: supporting connection, communication, & creating memories**The Dougy Center **2019****Call #:** KIT 155.937 Dou

This kit provides information and activity prompts for families who are living with an advanced serious illness. It offers opportunities to create connection and communication through two printed books - one for children and teens and one for adults - as well as a printed family game and activity.



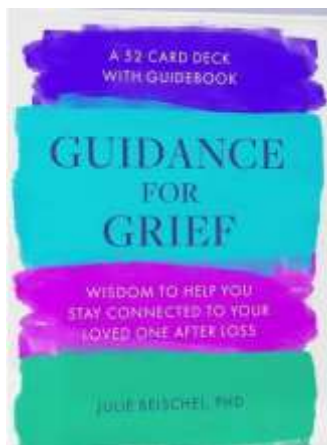
Grief deck [kit]: Rituals, meditations, and tools for moving through loss

Adriene Jenik **2022**

Call #: KIT 155.937 Gri

No matter where you are in your grief journey, The Grief Deck offers sensitive and supportive tools to help you process your emotions. Its sixty illustrated cards, created by a diverse array of artists and grief workers, offer thoughtful prompts, simple activities, richly textured artwork, and grounding resources for coping with loss. These activities can be explored in any order, at

any time.

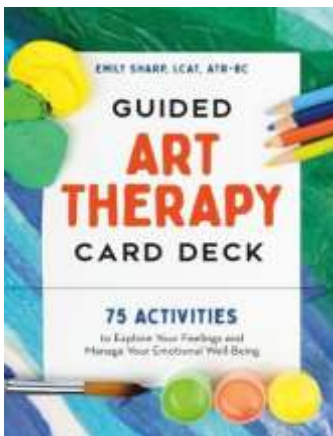


Guidance for grief [kit]: Wisdom to help you stay connected to your loved one after loss.

Julie Beischel **2023**

Call #: KIT 155.937 Bei

The deck features 52 cards, split into four themes: signs, messages, affirmations, and wisdom. For those seeking to explore their loss through regular reflection and ritual, this deck offers personalized hope and guidance through each user's unique experience of grief and loss.



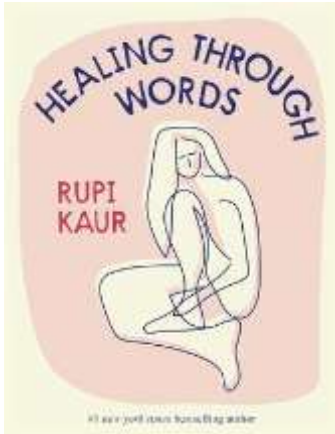
Guided art therapy card deck: 75 activities to explore your feelings and manage your emotional well-being

Emily Sharp **2023**

Call #: KIT 615.85 Sha

Understand your emotions and let go of what's holding you back with this empowering art therapy card deck. Use this deck of 75 activities as therapy, focusing on the healing power of art to manage anxiety and stress, improve self-esteem, and deepen your relationships with others and yourself. Art on your own, at your

own pace.



Healing through words

Rupi Kaur **2022**
Call #: 158.16 Kau



Rupi Kaur presents guided poetry writing exercises of her own design to help you explore themes of trauma, loss, heartache, love, family, healing, and celebration of the self. This is a guided tour on the journey back to the self, a cathartic and mindful exploration through writing. You don't need to be a writer to take this walk; you just need to write--that's all.



Help me say goodbye: Activities for helping kids cope when a special person dies

Janis Silverman **1999**
Call #: 155.937 Sil

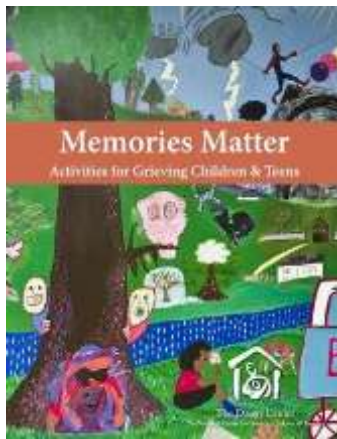
An art therapy book that encourages children to express their feelings about death and terminal illness in words or pictures. It helps them think about what to say and do, how to deal with their feelings, and how to remember the special person.



The Invisible string workbook: Creative activities to comfort, calm, and connect

Patrice Karst, Dana Wyss **2019**
Call #: PIC Kar Workbook

From the author of the picture book phenomenon The Invisible String comes the perfect companion workbook with more than 50 creative art therapy and writing activities--plus 12 bonus reflection cards in the back--that build healthy relationships and help heal the wounds of trauma.

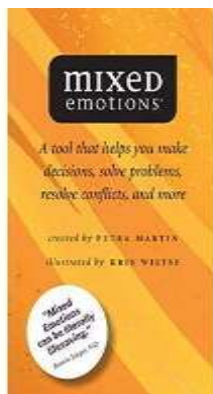


Memories matter: Activities for grieving children & teens

The Dougy Center **2012**

Call #: 155.937 Dou

This activity book is a product of the wisest teachers at The Dougy Center - the children and teens who participate in its groups. It is designed to provide a variety of activities that invite children and teens to use different modes of expression such as writing, drawing, talking and movement.



Mixed emotions: A tool that helps you make decisions, solve problems, resolve conflicts, and more

Petra Martin, Kris Wiltse (Illustrator) **2019**

Call #: KIT 152.4 Mar

By helping you put your feelings into words, this card deck helps you make the decisions that are right for you. It helps you understand the emotions that underlie the behavior of people you're in conflict with and also helps you communicate how their behavior affects you.



Passed and present: Keeping memories of loved ones alive

Allison Gilbert; Jennifer Orkin Lewis (Illustrator) **2016**

Call #: 155.937 Gil

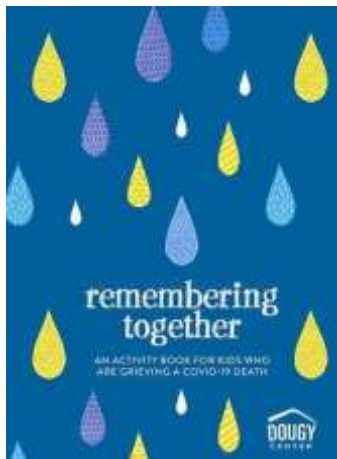
Gilbert offers 85 suggestions for crafts, celebrations, writing exercises, and other activities you can do to memorialize a deceased loved one.



Queer dying: Workbook
captain snowdon 2023
Call #: 306.9 Sno



A collection of embodied resourcing activities, conversation/writing prompts, experiments and questions of deep wonder for you and your community to play with.



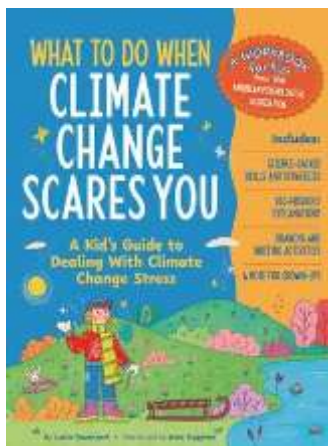
Remembering together: An activity book for kids who are grieving a COVID-19 death

The Dougy Center

Call #: 155.937 Dou

One of the biggest fears children who are grieving have is forgetting their person who died. Created for children who are grieving the death of someone from COVID-19, this is an activity book to help preserve those memories and express a range of thoughts and feelings.

Note: we have copies to give away. Contact library@valleyhospice.ca or call 902-690-2194



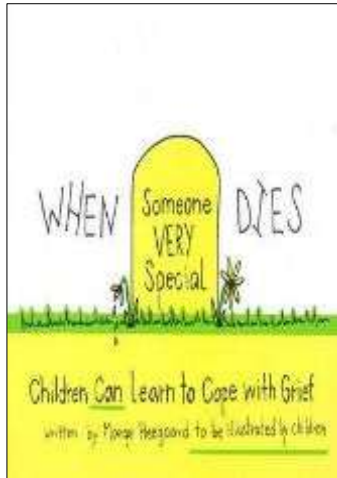
What to do when climate change scares you: A kid's guide to dealing with climate change stress

Leslie Davenport, Irma Ruggiero (Illustrator) 2024

Call #: J 363.7 Dav

The first book of its kind to offer age-appropriate coping tools for six- to twelve-year-olds experiencing eco-anxiety. This workbook uses activities along with approachable illustrations and language to distill this complicated topic for young minds. In addition to identifying and working with eco-emotions, kids are encouraged to find ways to help create a healthier world without placing the

burden on them.



When someone very special dies: Children can learn to cope with grief

Marge Heegaard 1996

Call #: 155.937 Hee

A workbook to help children work out feelings about death. Heegaard provides a practical format for allowing children to understand the concept of death and develop coping skills for life. Children, with the supervision of an adult, are invited to illustrate and personalize their loss through art, and to their identify support systems and personal strengths.

ADDICTION and OVERDOSE



For the love of a son: A memoir of addiction, loss, and hope

Scott Oake, Michael Hingston 2025

Call #: 362.29 Oak



From Hockey Night in Canada's Scott Oake, a raw and honest memoir about his son's struggle with opioid use and how he turned a father's worst nightmare into a second chance for others battling addiction. A father's love. A devastating drug crisis. A stirring call to action.

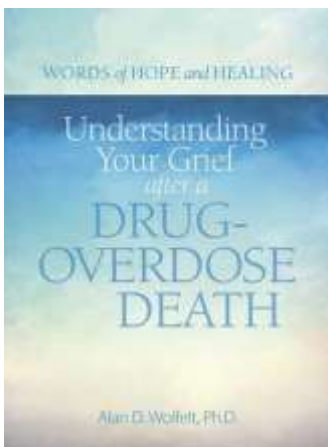


Gone gone

Todd Meyers 2025

Call #: 808.81 Mey

Todd Meyers reckons with grief in the face of overdose death and with the afterlives of loss created by the opioid crisis. Meyers seeks to record and convey the many experiences of this grief. Blending prose, poetry, and ethnography, Gone Gone is a lucid and devastating record that reminds readers that the grief felt by those who lose ones they love to overdose is varied and untamable.



Understanding your grief after a drug overdose death

Alan Wolfelt 2020

Call #: 362.29 Wol

Loss is always hard, but when someone you love dies of an accidental drug overdose, the grief that follows can be especially painful and challenging. Readers will learn ideas for coping in the early days after the tragic death, as well as ways to transcend the stigma associated with overdose deaths.

ADVANCE CARE PLANNING



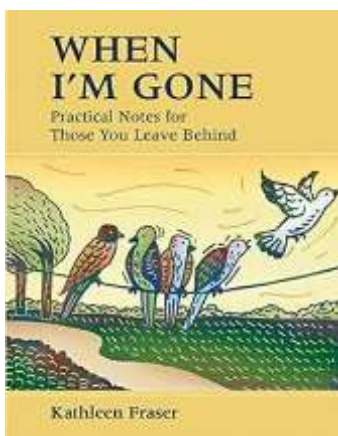
It's been nice. But now I'm dead (Or perhaps just really, really sick): Notes, wishes and instructions for loved ones

Jody A. Maffett 2024



Call #: 640 Maf

Inspired by my father's traumatic brain injury, my journals are a light-hearted way to start the conversation no one really wants to have. We all have a lot of "stuff" in our lives these days. My journals are filled with prompts and space for all of the minutiae in our lives. Examples include: Who will take care of your pet(s)? Email addresses and passwords, etc.



When I'm gone: Practical notes for those you leave behind

Kathleen Fraser 2022

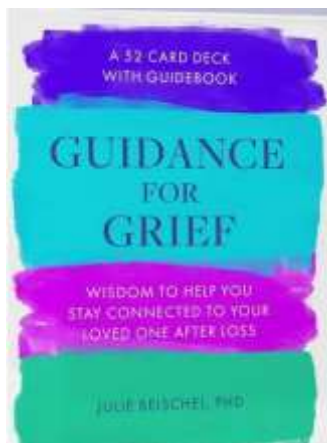


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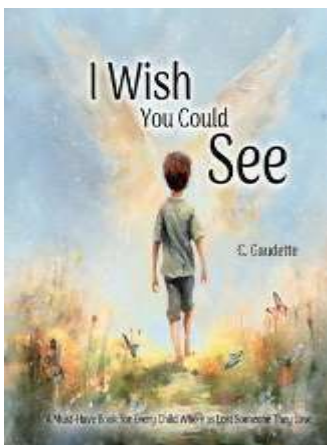
A resource manual to record all the little details of life so that, when someone is absent, for whatever reason, those left behind can cope. Everyone wants to keep better track of their records, and author Kathleen Fraser has designed the perfect way to do so with as little effort as possible.

AFTERLIFE/ETERNITY/HEAVEN**God gave us heaven**Lisa Tawn Bergren **2008****Call #:** PIC Ber

Little Cub wonders aloud, "What is heaven like?" With tender words, her Papa describes a wonderful place, free of sadness and tears, where God warmly welcomes his loved ones after their life on earth is over. Little Cub and Papa spend the day wandering their beautiful, invigorating arctic world while she asks all about God's home.

**Guidance for grief [kit]: Wisdom to help you stay connected to your loved one after loss.**Julie Beischel **2023****Call #:** KIT 155.937 Bei

The deck features 52 cards, split into four themes: signs, messages, affirmations, and wisdom. For those seeking to explore their loss through regular reflection and ritual, this deck offers personalized hope and guidance through each user's unique experience of grief and loss.

**I wish you could see: A must-have book for every child who has lost someone they love**Colby Gaudette **2024****Call#:** PIC Gau

A personalized story (fill in the relationship with the child) for children coping with loss to feel loved and supported as they journey through their grief. A tale of connection beyond goodbye: though your loved one may be gone, they are never far from your heart.

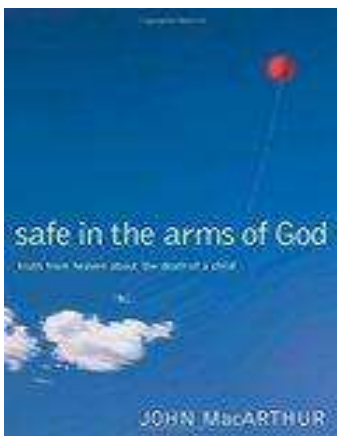


The Next place

Warren Hanson **1997**

Call #: PIC Han

An inspirational journey of light and hope to a place where earthly hurts are left behind. An uncomplicated journey of awe and wonder to a destination without barriers.

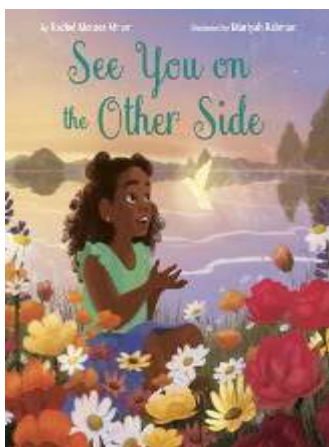


Safe in the arms of God: Truth from heaven about the death of a child

John F. MacArthur **2003**

Call #: 248.866 Mac

"Is my baby in Heaven?" This is the most important question a grieving parent can ask. MacArthur highlights the Bible's many references to God's unfailing love for children and their eternal safety.

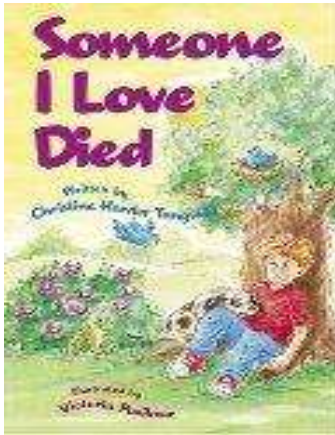


See you on the other side

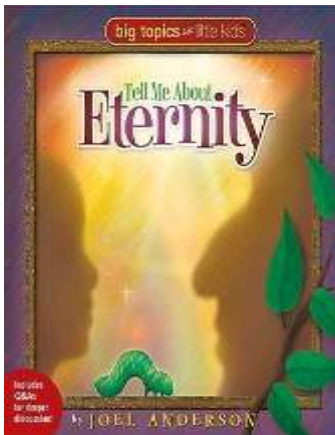
Rachel Montez Minor, Mariyah Rahman (Illustrator) **2023**

Call #: PIC Min

This is not goodbye, sweet child. I'll see you on the other side. . . . Simple, rhyming text and evocative illustrations offer comfort to children who may be grieving, or coming to terms with the idea of loss or change. The universal message opens the door to our collective healing, and the everlasting connection of love.

**Someone I love died**Christine Harder Tangvald **1988****Call #:** PIC 248.866 Tan

Discusses death from a Christian perspective, explaining God's plan for everlasting life

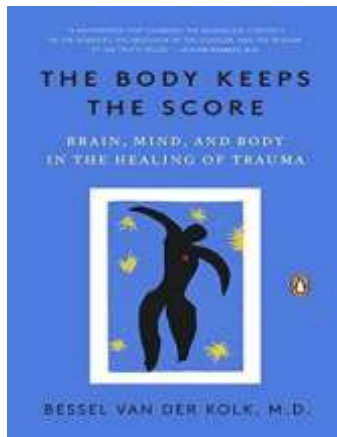
**Tell me about eternity**Joel Anderson **2005****Call #:** PIC And

"What does eternity mean?" When a question like this comes from a little one, adults sometimes find themselves searching for a simple way to explain the answers. This book explores eternity through the touching story of the birth of a baby and the passing of an old man. Through these examples, children will begin to understand the big-people concept of eternity.

**Walking grandma home: A story of grief, hope, and healing**Nancy Bo Flood, Ellen Shi (illustrator) **2023****Call #:** PIC Flo

When Grandma tells Lee she will soon be "going home," Lee is confused. Isn't Grandma already home? But as Grandma's health gets worse and her death approaches, Lee learns what it means to "walk Grandma home" to heaven, while also reflecting on his good memories and dealing with his grief alongside his extended family.

AMBIGUOUS LOSS, TRAUMA, PTSD

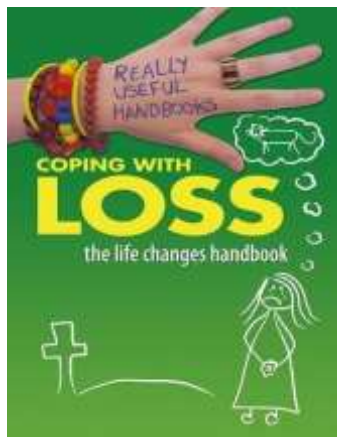


The Body keeps the score: Brain, mind, and body in the healing of trauma

Bessel van der Kolk, 2015

Call #: 616.852 Van

Trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. Innovative treatments--from neurofeedback and meditation to sports, drama, and yoga--offer new paths to recovery by activating the brain's natural neuroplasticity. The book offers new hope for reclaiming lives.

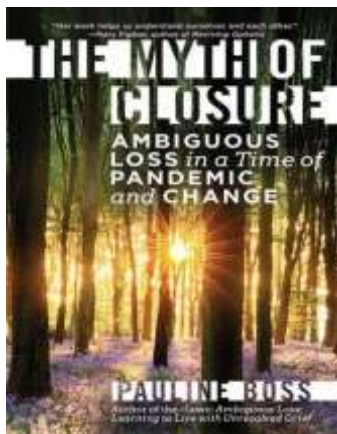


Coping with loss: The life changes handbook

Anita Naik 2009

Call #: J 155.93 Nai

Coping with loss offers caring and sensible advice to young readers dealing with death, a parents' divorce, moving away, and other challenging life changes. Compassionate text and real-world examples make this difficult concept easy to understand for children.

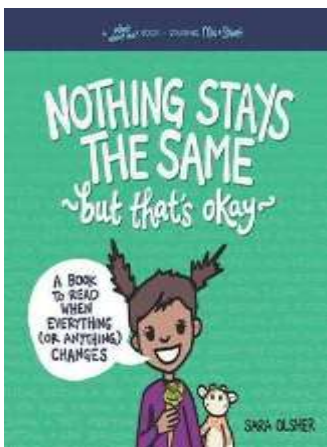


The Myth of closure: Ambiguous loss in a time of pandemic and change

Pauline Boss 2021

Call #: 155.937 Bos

The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. Vague feelings of distress are caused by ambiguous loss, losses that remain unclear and hard to pin down, and thus have no closure. Boss encourages us to increase our tolerance of ambiguity and acknowledging our resilience as we express a normal grief, and still look to the future.

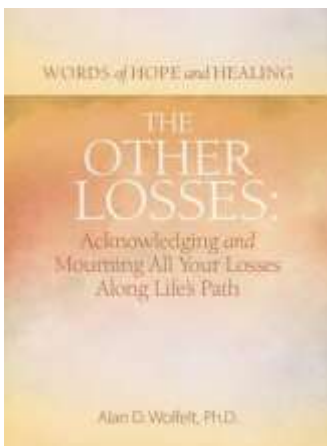


Nothing stays the same, but that's okay: A book to read when everything (or anything) changes

Sarah Olsher **2021**

Call #: PIC 155.24 Ols

The perfect book for kids who don't handle transitions or changes very well (especially those with anxiety, ADHD, sensory processing disorder, or autism), or who are facing big changes like starting school or getting a new sibling. It aims to empower kids with knowledge, which is proven to help kids through hard situations. Aimed at families with kids ages 4 to 10.



The Other losses: Acknowledging and mourning all your losses along life's path

Alan Wolfelt **2023**

Call #: 155.937 Wol

Life is a series of attachments, transitions, and losses. We explore, we connect, we love. We grow, we change, we lose. On our journey through life, we experience hurts. We often equate the death of a loved one with "loss," but it's just one kind of loss. The good news is that you can mourn and live an exuberant life at the same time. This book will show you how.

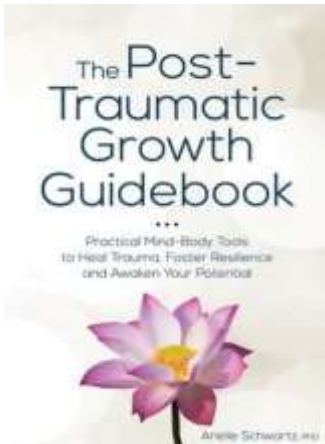


Pain remixed: Navigating life with trauma, grief, depression and anxiety

Joe Lyons-Rising **2024**

Call #: 362.2 Lyo

A powerful and deeply personal exploration of mental health challenges across the stages of life. Through raw storytelling and practical guidance, Joe Lyons-Rising shares his journey of surviving profound loss, with both biological parents dying by suicide during his childhood, to ultimately discovering a renewed sense of purpose and joy. This book delivers actionable mental health strategies.

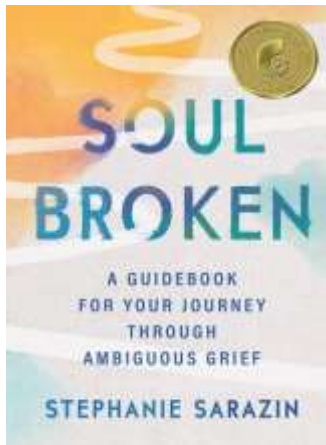


The Post-traumatic growth guidebook: Practical mind-body tools to heal trauma, foster resilience and awaken your potential

Arielle Schwartz **2020**

Call #: 616.852 Sch

Traumatic life experiences can be devastating and they inevitably shape who you are. Such events can also become a powerful force that awakens you to an undercurrent of your own aliveness. Trauma recovery involves learning to trust in your capacity for new growth. Within these pages, you will find an invitation to see yourself as the hero or heroine of your own life journey.



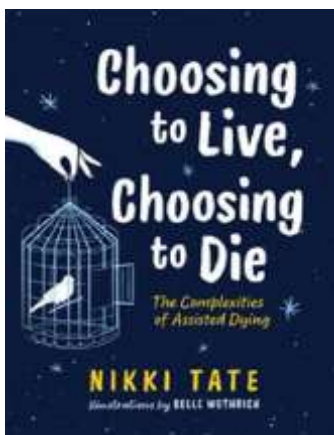
Soulbroken: A guidebook for your journey through ambiguous grief

Stephanie Sarazin **2022**

Call #: 155.937 Sar

Stephanie Sarazin presents the ambiguous grief process, offering insights to help readers better understand the nuances of their grief experience when a loved one is not lost to death. With intimate stories of others' path to recovery using Sarazin's advice, this book will help anyone ready to find a way through their own grief, regardless of where they are on their journey.

ASSISTED DYING/MAID



Choosing to live, choosing to die: The complexities of assisted dying

Nikki Tate, Belle Wuthrich (Illustrator) **2019**



Call #: 362.175 Tat

A timely look at the subject for teen readers who may not yet have had much experience with death and dying. Readers are introduced to the topic of assisted dying through the author's own story. Looks at the issue from multiple perspectives and encourages readers to listen with an open mind and a kind heart and reach their own conclusions.



Early exits: Spirituality, mortality and meaning in an age of medical assistance in dying

David Maginley, 2025



Call #:

362.175 Mag

Explores the unaddressed issues at the heart of our effort to control the final human experience. What drives most requests for MAID? Surprisingly, it's not physical pain but existential distress. Early Exits reframes dying as a transformative process that leads us beyond grief and despair to a state of grace. An essential resource for understanding the most profound and ultimate event in life.



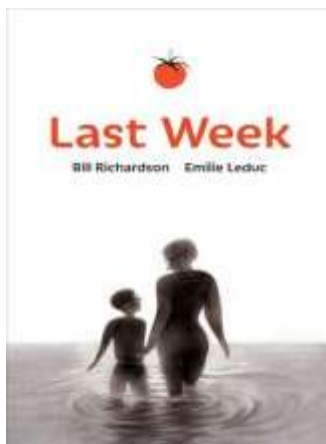
The Last doctor: Lessons in living from the front lines of medical assistance in dying

Jean Marmoreo 2024



Call #: 362.175 Mar

An urgently important exploration of the human stories behind Canada's evolving acceptance of Medical Assistance in Dying (MAiD), from one of its first and most thoughtful practitioners. At a time when end-of-life care and its quality are more in the public eye than ever before, The Last Doctor provides an accessibly personal, deeply humane, and authoritative guide through this difficult subject.



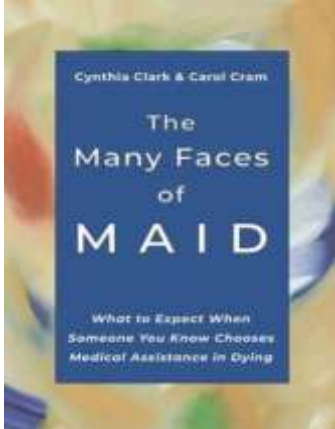
Last week



Bill Richardson, Emilie Leduc (Illustrator) 2022

Call #: J FIC Ric

A child cherishes every second of their grandmother's last week of life in this sensitive portrayal of medical assistance in dying (MAID). Beautifully illustrated in black and white--with one unexpectedly joyful splash of color--Last Week is a nuanced look at what death with dignity can mean to a whole family, with an afterword and additional resources by MAID expert Dr. Stefanie Green.



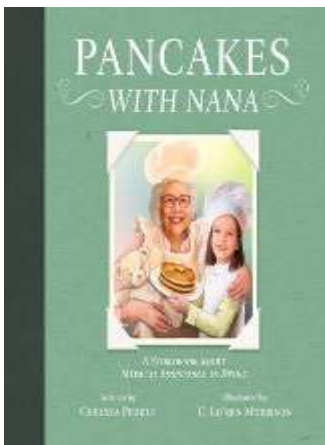
The Many faces of MAID

Carol Cram, Cynthia Clark 2023



Call #: 362.175 Cra

A compilation of stories from seventeen people who have direct experience of their loved one choosing a medically assisted death. These stories facilitate real, emotional connections to the raw and uncensored experiences of the storytellers, and encompass a wide range of emotions, from easy to difficult and from expected to unexpected.



Pancakes with Nana: A storybook about medical assistance in dying

Chelsea Peddle, C. Lo'ren Morrison (Illustrator)



Call #: PIC Ped

Pancakes with Nana is a heartfelt resource for families looking to bring clarity to MAID for children in an approachable way. As young readers confront grandparent loss, this read aloud will bring a sense of clarity and togetherness for grieving families. Includes strategies to engage and support children experiencing grief and a grown-up's guide for tough conversations.



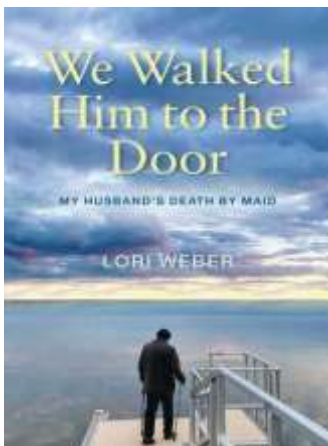
This is assisted dying: A doctor's story of empowering patients at the end of life

Stefanie Green 2022

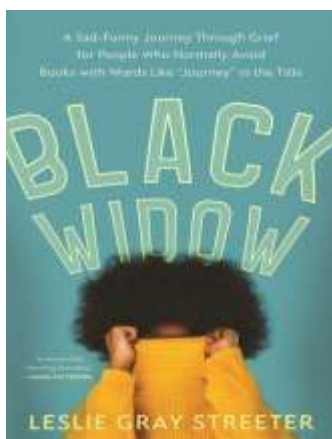


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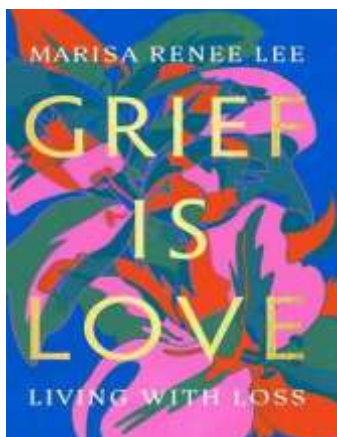
In her landmark memoir, Dr. Green reveals the reasons a patient might seek an assisted death, the process, what the event can look like, the reactions of those involved, and what it feels like to oversee a hastened death. She describes the extraordinary people she meets and the unusual circumstances as she navigates the intricacy, intensity, and utter humanity of these interactions.

**We walked him to the door: My husband's death by MAID**Lori Weber **2025****Call #:** 362.175 Web

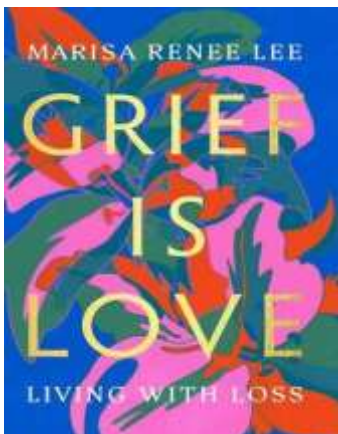
A MAID death is like no other — it is deliberate, legal, and comes at an appointed time. Through the eyes of his widow, this memoir tells the story of Ron's MAID journey and of its effects on his family. The book examines the courage it takes to stand by someone choosing MAID, the aftermath of a death, and the huge void that is created when one loses a partner of thirty-five years.

BLACK EXPERIENCE**Black Widow: A sad-funny journey through grief for people who normally avoid books with words like "journey" in the title**Leslie Grey Streeter **2021****Call #** 155.937 Str

Looking at widowhood through the prism of race, mixed marriage, and aging, Black Widow redefines the stages of grief, from coffin shopping to day-drinking, to being a grown-ass woman crying for your mommy, to breaking up and making up with God, to facing the fact that life goes on even after the death of the person you were supposed to live it with.

**Grief is love: Living with loss**Marisa Renee Lee **2022****Call #:** 155.937 Lee

Lee guides you through the pain of grief—whether you've lost the person recently or long ago—and shows you what it looks like to honor your loss on your unique terms, and debunks the idea of a grief stages or timelines. She also explores the unique impact of grief on Black people and reveals the key factors that proper healing requires: permission, care, feeling, grace and more.

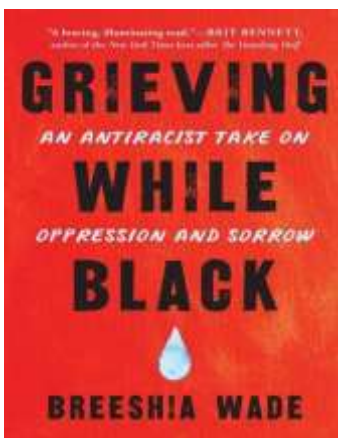


Grief is love: Living with loss [PLAYAWAY Audio Book]
 Marisa Renee Lee **2022**



Call #: PLAY 155.937 Lee

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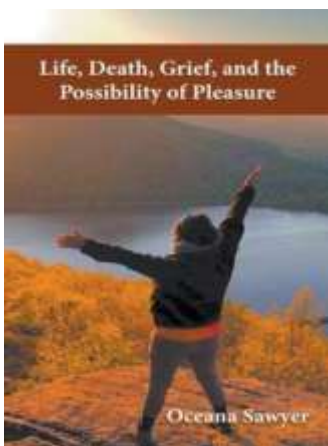


Grieving while Black: An antiracist take on oppression and sorrow

Breeshia Wade **2021**

Call #: 305.896 Wad

Breeshia Wade encourages those who are not Black to consider how their own unexplored grief amplifies the suffering of Black people. Drawing on stories from her own life as a Black woman and from the people she has midwived through the end of life, she connects sorrow not only to specific incidents but also to the ongoing trauma that is part and parcel of systemic oppression.

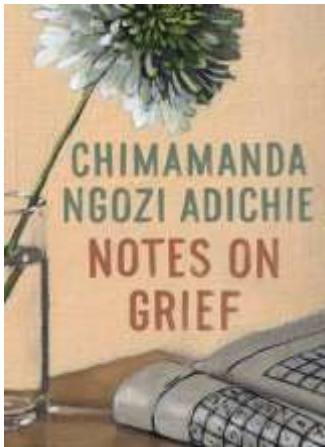


Life, death, grief, and the possibility of pleasure

Oceana Sawyer **2022**

Call #: 155.937 Saw

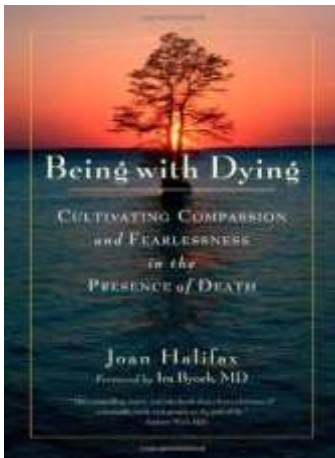
Through stories and examples, the reader will be shown how easy it can be to uplift the human experience of dying and grieving into a more expansive space that allows for greater depth and a richer journey through life all the way to the end and beyond. Most importantly, the author describes the purpose and benefits of pursuing a path of pleasure in any phase of life.

**Notes on grief**

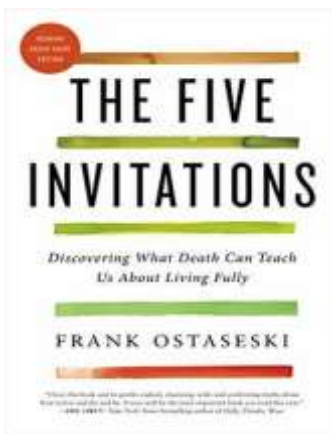
Chimamanda Ngozi Adichie

Call #: 921 Adi

During the brutal summer of 2020, Chimamanda Ngozi Adichie's beloved father, a celebrated professor at the University of Nigeria and an irreplaceable figure in a close-knit family, succumbed unexpectedly to complications of kidney failure. As Adichie wrestles with his passing, she recalls with vivid, poignant detail who her father was. A uniquely personal, profound work of remembrance and hope.

BUDDHIST**Being with dying: Cultivating compassion and fearlessness in the presence of death**Joan Halifax **2009****Call #:** 362.175 Hal

A Buddhist teacher draws from her years of experience in caring for the dying to provide inspiring lessons on how to face death with courage and compassion. Lessons from dying people and caregivers, as well as guided meditations to help readers contemplate death without fear, develop a commitment to helping others, and transform suffering and resistance into courage.

**The Five invitations: Discovering what death can teach us about living fully**Frank Ostaseski **2019****Call #:** 294.3 Ost

This is a request to show up and be fully present for every aspect of your life. It sheds light on the preciousness of every moment and reminds us that the best preparation for death is forging an authentic and meaningful life, free of regret. A reading group guide encourages thoughtful and provocative discussions to help us have meaningful conversations about loss, life, and transitions.

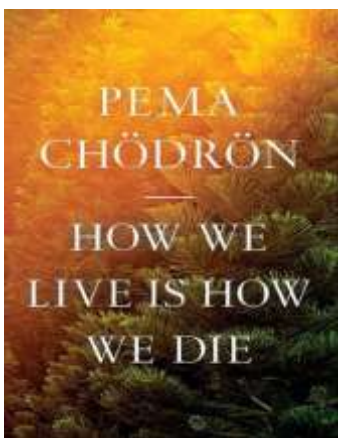


How to live when a loved one dies: Healing meditations for grief and loss

Thich Nhat Hanh **2021**

Call #: 294.3 Han

With his signature clarity and compassion, Thich Nhat Hanh will guide you through the storm of emotions surrounding the death of a loved one. How To Live When A Loved One Dies offers powerful practices such as mindful breathing that will help you reconcile with death and loss, feel connected to your loved one long after they have gone, and transform your grief into healing and joy.

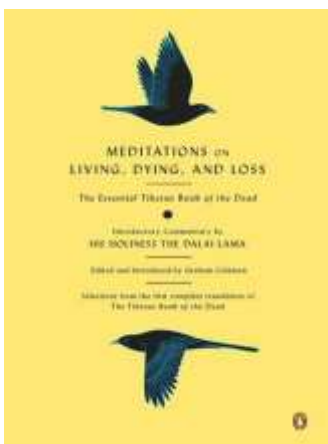


How we live is how we die

Pema Chödrön **2023**

Call #: 294.3 Chö

Chödrön shares her wisdom for working to live with ease, joy, and compassion through uncertainty, ultimately preparing for death with curiosity and openness rather than fear. Her teachings on the bardos--a Tibetan term referring to a state of transition, including what happens between this life and the next--reveal their power and relevance at each moment of our lives.



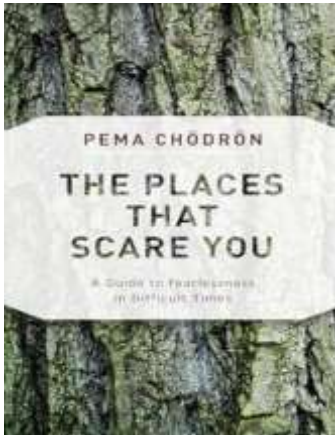
Meditations on living, dying, and loss: The essential Tibetan Book of the Dead [PLAYAWAY Audio Book]

Graham Coleman, Thupten Jinpa **2009**



Call #: PLAY 294.3 Col

Extracts from the Tibetan Book of the Dead, focusing on perspectives and insights that are the most relevant to our modern experience of life, death, and loss. Each chapter is prefaced by the editor of the acclaimed unabridged translation, Graham Coleman.

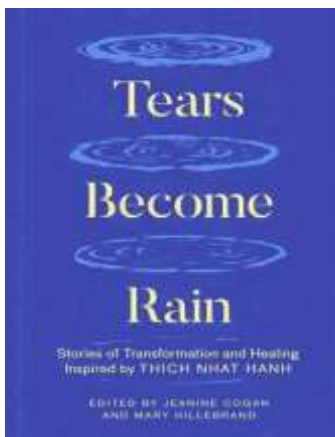


The Places that scare you: A guide to fearlessness in difficult times

Pema Chödrön **2018**

Call #: 294.3 Chö

This book shows us the strength that comes from staying in touch with what's happening in our lives right now, and it helps us unmask the ways in which our ego causes us to resist life as it is. If we go to the places that scare us, Pema suggests, we just might find the boundless life we've always dreamed of.

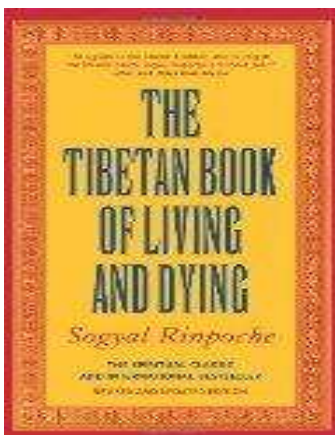


Tears become rain

Jeanine Cogan, Mary Hillebrand (Eds.) **2023**

Call #: 294.3 Tea

32 mindfulness practitioners around the world reflect on encountering the extraordinary teachings of Zen master Thich Nhat Hanh, who passed away in January 2022, exploring themes of coming home to ourselves, healing from grief and loss, facing fear, building community, and belonging.

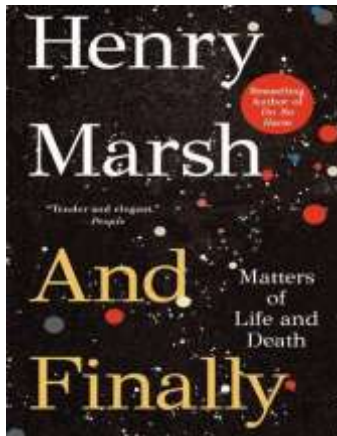


The Tibetan book of living and dying

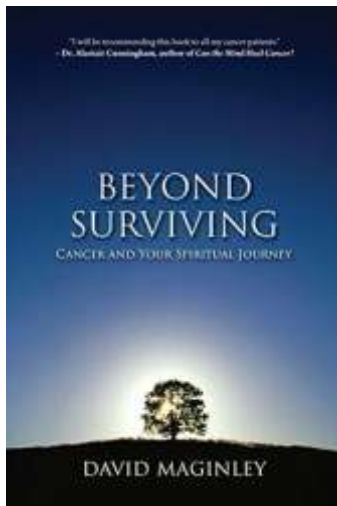
Sogyal Rinpoche **1994**

Call #: 294.3 Rin

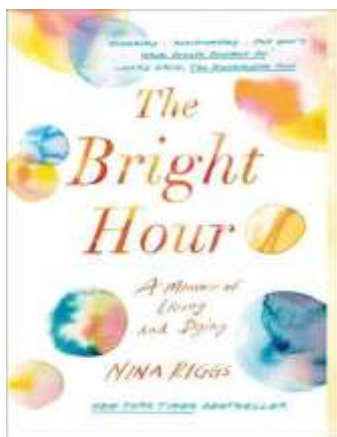
Through anecdotes and stories from religious traditions East and West, Rinpoche introduces the reader to the fundamentals of Tibetan Buddhism, moving gradually to the topics of death and dying. Concepts such as reincarnation, karma, and bardo and practices such as meditation, tonglen, and phowa teach us how to face death constructively. Rinpoche opens the door. The reader chooses to walk through.

CANCER**And finally: Matters of life and death**Henry Marsh **2024****Call #:** 921 Mar

As a retired brain surgeon, Henry Marsh thought he understood illness, but he was unprepared for the impact of his diagnosis of advanced cancer. But he is also more entranced than ever by the mysteries of science and the brain, the beauty of the natural world and his love for his family. Elegiac, candid, luminous and poignant, a book about life and what matters in the end.

**Beyond surviving: Cancer and your spiritual journey**David Maginley **2017****Call #:** 616.994 Mag

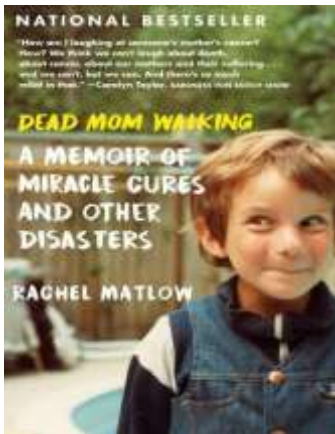
David Maginley has been there - four times. His cancer led to a near-death experience and a career helping thousands face this disease. Through profound storytelling, David brings you to the core of the cancer journey to discover the hero within. Imagine becoming a warrior of compassion who uses cancer to forge meaning in suffering, deepen love, and amplify life.

**The Bright hour**Nina Riggs **2018****Call #:** 616.994 Rig

Poet and essayist Nina Riggs was just thirty-seven years old when initially diagnosed with breast cancer--one small spot. Within a year, she received the devastating news that her cancer was terminal. Exploring motherhood, marriage, friendship, and memory, Nina asks: What makes a meaningful life when one has limited time?

**Dancing at the pity party: A dead mom graphic memoir**Tyler Feder **2022****Call #:** GN 362.175 Fed

Tyler Feder had just white-knuckled her way through her first year of college when her super cool mom was diagnosed with late-stage cancer. Now, with a decade of grief and nervous laughter under her belt, Tyler shares the story of that gut-wrenching, heart-pounding, extremely awkward time in her life. *Dancing at the Pity Party* is a frank and refreshingly funny look at what it's like to grieve.

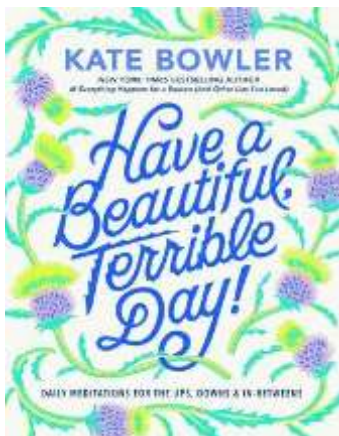
**Dead mom walking: a memoir of miracle cures and other disasters**Rachel Matlow **2022****Call #:** 616.994 Mat

Rachel Matlow's eccentric mom, Elaine, never quite followed the script handed down to her. But when Elaine decides to try to heal her cancer naturally, Rachel has to draw the line. What ensues is a tug of war between logical and magical thinking. In facing their inimitable mother's death, Rachel has written a book bursting with life--adventures, fails, and belly laughs.

**Everything happens for a reason: And other lies I've loved**Kate Bowler, **2019****Call #:** 248.4 Bow

Kate Bowler is a professor at Duke Divinity School with a modest Christian upbringing, but she specializes in the study of the prosperity gospel, a creed that sees fortune as a blessing from God and misfortune as a mark of God's disapproval. Positive thinking won't shrink her tumors. What does it mean to die, Kate wonders, in a society that insists everything happens for a reason?





Have a beautiful, terrible day! Daily meditations for the ups, downs & in-betweens

Kate Bowler **2024**



Call #: 248.4 Bow

Packed with bite-size reflections and action-oriented steps to help you get through the day, be it good, bad, or totally mediocre. This is a devotional for the rest of us--which is to say, the people who don't have magical lives that always work out for the best. Like modern-day psalms, Bowler's spiritual reflections look for the ways we can expand our capacity for courage, love, and honesty.

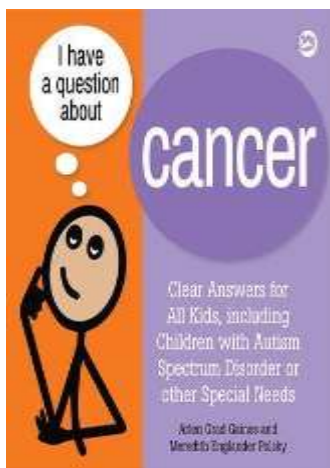


Geometry of grief

Michael Frame **2023**

Call #: 516 Fra

Michael Frame retired as professor of mathematics at Yale University in 2016, after discovering that he had an inoperable brain tumor and feeling the effects of his cancer on his teaching career. In this book, he also uses his experiences with grief to give uninitiated readers insights into advanced topics in geometry. Frame is an authentic and sympathetic voice.

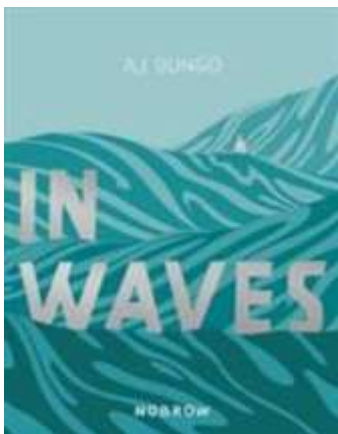


I have a question about cancer: Clear answers for all kids, including children with Autism Spectrum Disorder or other special needs

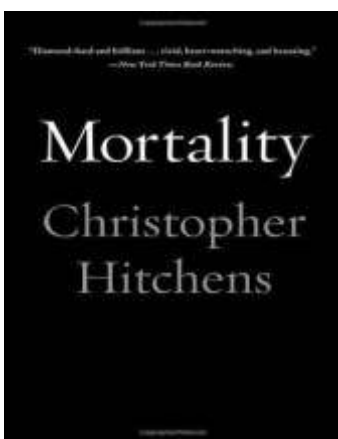
Arlen Grad Gaines, Meredith Englander Polsky **2024**

Call #: 616.994 Gai

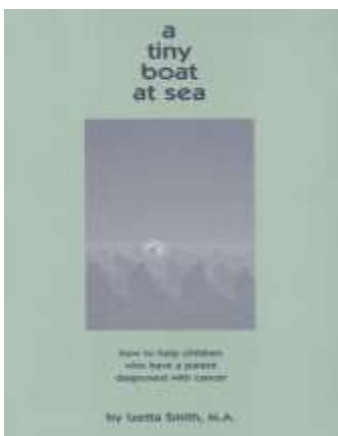
Cancer is a difficult topic for any parent, caregiver or educator to explain to a child. This book is designed to help kids, including children with autism spectrum disorder or other additional needs, to understand what it means when someone in their life has cancer. Using a question and answer format, it explores the life changes and feelings of uncertainty a child may experience.

**In waves**A. J. Dungo **2019****Call #:** GN 797.32 Dun

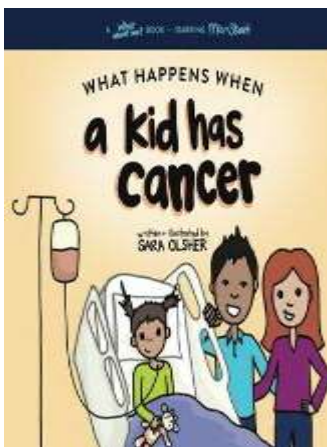
In this visually arresting graphic novel, surfer and illustrator AJ Dungo remembers his late partner, her battle with cancer, and their shared love of surfing that brought them strength throughout their time together. He intertwines his own story with those of some of the great heroes of surf in a rare work of nonfiction that is as moving as it is fascinating.

**Mortality**Christopher Hitchens **2014****Call #:** 306.9 Hit

In this riveting account of his ordeal battling esophageal cancer, Hitchens poignantly describe the torments of illness, discusses its taboos, and explores how disease transforms experience and changes our relationship to the world around us. A searching look at the human predicament.

**A Tiny boat at sea: How to help children who have a parent diagnosed with cancer**Izetta Smith **2000****Call #:** 362.19 Smi

This insightful book teaches us how to help children who have had a parent or family member who has been diagnosed with cancer. This booklet is easy to use and touches on how to support children without burying the information in pages of explanations.



What happens when a kid has cancer?

Sara Olsher 2020

Call #: PIC 616.99 Ols

A book written with the purpose of relieving the anxiety and confusion that comes from a child's cancer diagnosis and treatment. Aimed at ages 4-10, it covers the main points of pediatric cancer — what it is and what treatment is like — and shows how it can change a kid's day-to-day life. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations.



What happens when my sibling has cancer? A book for the brothers and sisters of pediatric cancer patients

Sara Olsher 2021

Call #: PIC 616.99 Ols

A child's cancer diagnosis affects all members of the family, and there are virtually no resources for siblings. As parents necessarily shift their attention to the ill child, their sibling is left feeling confused, scared, and oftentimes jealous and guilty. Kids are smart, and can handle learning the truth about most any situation — as long as it's presented in a way that makes sense to them.

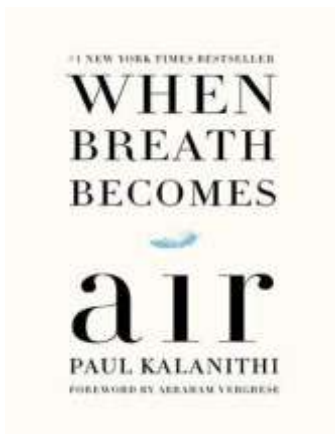


What happens when someone I love has cancer?

Sara Olsher 2020

Call #: PIC 616.99 Ols

When Sara Olsher was diagnosed with cancer at the age of 34, her first thought was how to tell her six-year-old daughter without scaring her. As it turned out, explaining cancer was only the beginning. This book helps families that want to reduce their kids' anxiety surrounding a scary diagnosis. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations.



When breath becomes air

Paul Kalanithi **2016**

Call #: 616.994 Kal

At the age of 36, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. What makes life worth living in the face of death? Kalanithi wrestles with this in this profoundly moving, exquisitely observed memoir.

CAREGIVING



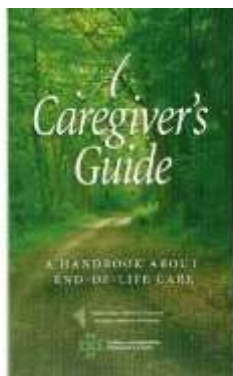
The Accidental caregiver: Wisdom and guidance for the unexpected challenges of family caregiving

Kimberly Fraser



Call #: 649.8 Fra

Estimates suggest almost half of the adult population will someday be a caregiver, whether for an aging parent, an ailing partner, or a disabled family member. It is a role that tends to fall on people without warning, and often without preparation or training. Dr. Kimberly Fraser gives readers sound, practical advice on how to meet the bewildering array of challenges facing caregivers.



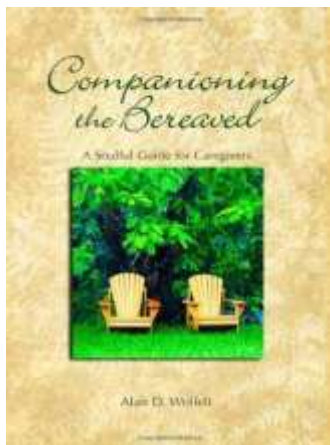
A Caregiver's guide: A handbook about end-of-life care

Karen Macmillan **2004**



Call #: 362.175 Mac

Palliative care, often referred to as hospice care, describes the care and support offered to people in their final stages of life.

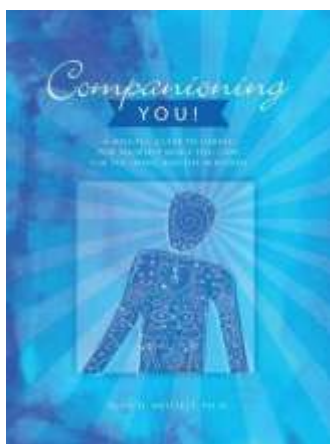


Companioning the bereaved: A soulful guide for caregivers

Alan Wolfelt, 2005

Call #: 649.8 Wol

Renowned author and educator Alan Wolfelt redefines the role of the grief counsellor in this guide for caregivers. His new model for 'companioning' the bereaved argues that grief need no longer be defined, diagnosed, and treated as an illness but rather should be an acknowledgement of an event that forever changes a person's worldview.

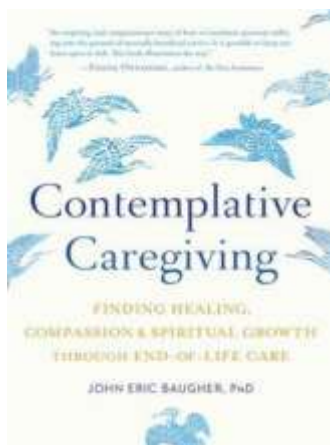


Companioning You! A soulful guide to caring for yourself while you care for the dying and the bereaved

Alan Wolfelt, 2022

Call #: 649.8 Wol

Based on Dr. Wolfelt's unique and highly regarded philosophy of "companioning" this book demonstrates how caring for oneself first allows one to be a more effective caregiver to others. Through the advice, suggestions, and practices directed to caregiving situations and needs, caregivers will learn not to lose sight of caring for themselves as they care for others.



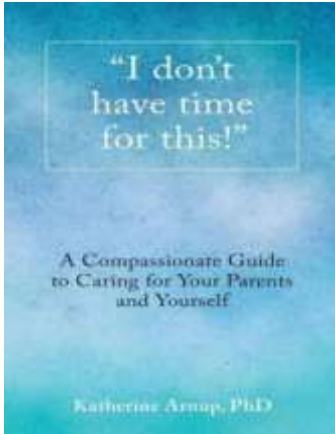
Contemplative caregiving: Finding healing, compassion & spiritual growth through end-of-life care

John Eric Baugher, 2019

Call #: 649.8 Bau

Whether you are caring for a loved one with cancer or dementia, grieving a sudden traumatic loss, or even serving time in prison, Baugher offers encouragement for showing up to the fullness of life in whatever those circumstances may be. Healing, compassion, and spiritual growth are available to us all, in this lifetime, right now. Explore the healing power of contemplative caregiving.



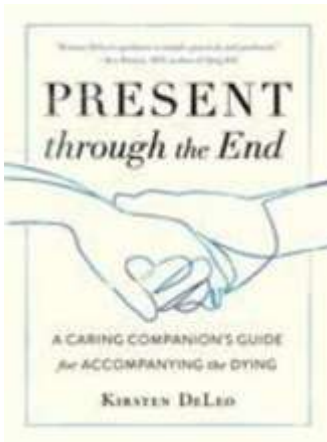


I don't have time for this! A compassionate guide to caring for your parents and yourself

Katherine Arnup **2015**

Call #: 306.874 Arn

How do we overcome the fear of aging and loss so we can show up for the challenges in our lives? How to begin conversations with your parents - before it's too late; the tools you need to thrive as a caregiver; the keys to releasing guilt and regret; the joy when you stop running from your life; the secret to asking for and receiving help; and the rewards of being present with people you love.



Present through the end: A caring companion's guide for accompanying the dying

Kirsten DeLeo **2019**

Call #: 649.8 DeL

A trusted companion and go-to resource for everyone supporting someone at the end of life--from the moment we first learn that someone is dying through the time of death and beyond. Kirsten DeLeo shares down-to-earth advice and offers short, simple tools to help us handle our emotions, deal with difficult relationships, talk about spiritual matters, practice self-care, listen fully, and

more.



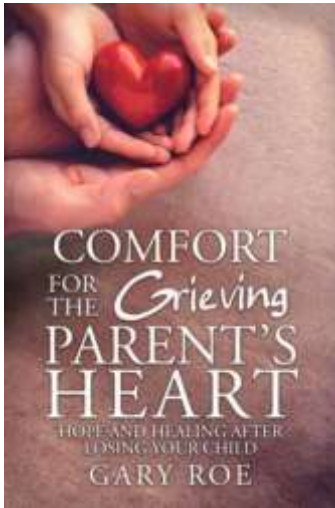
Signposts of dying: What you need to know

Martha Jo Atkins **2016**

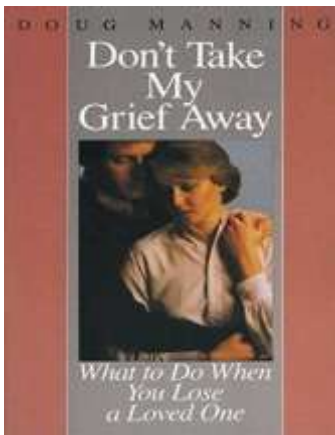
Call #: 306.9 Atk

Written as a guidebook from the author's professional and personal experiences, Signposts of Dying tells about the unique language and behaviors of the dying. Useful for caregivers, mental health pros, and hospice volunteers, Signposts will help you understand some of what you may experience as you walk with a person who is leaving this world.

CHRISTIAN

**Comfort for the grieving parent's heart: Hope and healing after losing your child**Gary Roe **2020****Call #:** 155.937 Roe

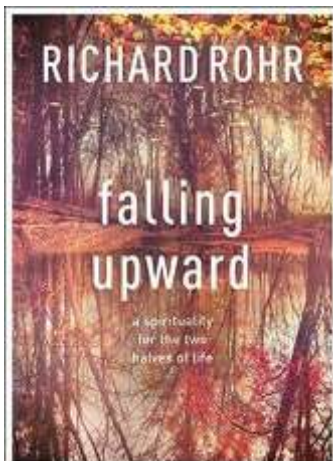
The unthinkable has happened. You've lost a child. How are you going to survive this?. The world around you speeds on as if nothing happened. Stunned, shocked, sad, confused, and angry, you blink in disbelief. Your heart is crushed. The pain is excruciating. You can barely breathe. What can you do? Multiple award-winning author, hospice chaplain, and grief counselor Gary Roe can help.

**Don't take my grief away: What to do when you lose a loved one**Doug Manning **1984****Call #:** 155.937 Man

Gently, with warm, consoling, and practical guidance, Doug Manning addresses the painful, often disorientation aftermath of the death of a loved one, helping the bereaved cope with the emotions and confront the decisions that are an inevitable part of this time of radical life adjustment.

**Everything happens for a reason: And other lies I've loved**Kate Bowler, **2019****Call #:** 248.4 Bow

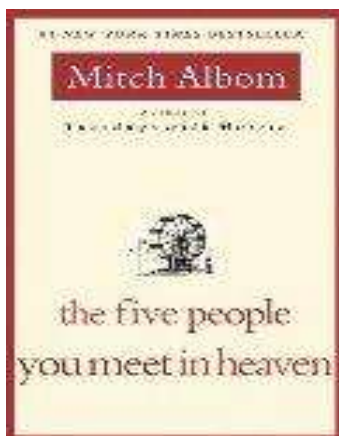
Kate Bowler is a professor at Duke Divinity School with a modest Christian upbringing, but she specializes in the study of the prosperity gospel, a creed that sees fortune as a blessing from God and misfortune as a mark of God's disapproval. Positive thinking won't shrink her tumors. What does it mean to die, Kate wonders, in a society that insists everything happens for a reason?

**Falling upward: A spirituality for the two halves of life**

Richard Rohr 2012

Call #: 248.4 Roh

We grow more spiritually by doing it wrong than by doing it right. Drawing on the wisdom from time-honoured myths, heroic poems, great thinkers and sacred religious texts, Richard Rohr explores how the heartbreaks, disappointments and loves of the first half of life are actually stepping stones to the spiritual joys that the second half has in store for us.

**The Five people you meet in heaven**

Mitch Albom 2006

Call #: FIC Alb

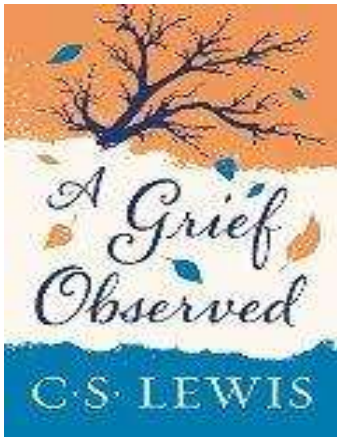
As the novel opens, readers are told that 83-year-old Eddie, unsuspecting, is only minutes away from death as he goes about his typical business at the park. Albom follows Eddie into heaven where he sequentially encounters five pivotal figures from his life. Through them Eddie understands the meaning of his own life even as his arrival brings closure to theirs.

**God gave us heaven**

Lisa Tawn Bergren 2008

Call #: PIC Ber

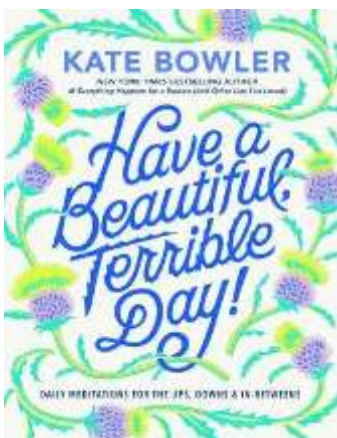
Little Cub wonders aloud, "What is heaven like?" With tender words, her Papa describes a wonderful place, free of sadness and tears, where God warmly welcomes his loved ones after their life on earth is over. Little Cub and Papa spend the day wandering their beautiful, invigorating arctic world while she asks all about God's home.

**A Grief observed**C. S. Lewis **2001****Call #:** 921 Lew

Written after his wife's tragic death as a way of surviving the "mad midnight moment," *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss.

**Grieving room: Making space for all the hard things after death and loss**Leanne Friesen **2024****Call #:** 248.4 Fri

Leanne Friesen thought she knew a lot about bereavement. She had studied it in school and preached at memorial services. But only when her own sister died from cancer did she learn, in her very bones, what grieving people don't need--and what they do. Reflection questions, practices, and prayers at the end of the book offer guidance and ideas for individuals and groups.

**Have a beautiful, terrible day!**Kate Bowler **2024****Call #:** 248.4 Bow

Packed with bite-size reflections and action-oriented steps to help you get through the day, be it good, bad, or totally mediocre. This is a devotional for the rest of us--which is to say, the people who don't have magical lives that always work out for the best. Like modern-day psalms, Bowler's spiritual reflections look for the ways we can expand our capacity for courage, love, and honesty.



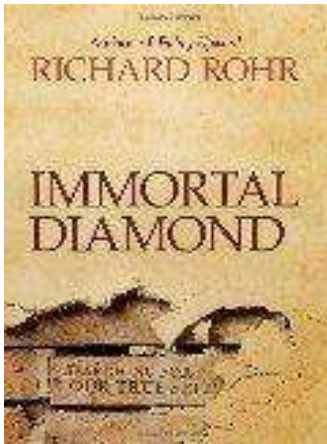


Holding space: On loving, dying, and letting go

Amy Wright Glenn **2017**

Call #: 248.866 Gle

As a hospital chaplain, Amy Wright Glenn has been present with those suffering from suicide, trauma, disease, and unforeseen accidents and has been witness to the intense grief and powerful insights that so often accompany loss. She weaves together memoir, philosophical inquiry, and cutting-edge research to chronicle how we, as individuals and as a culture, handle everything.

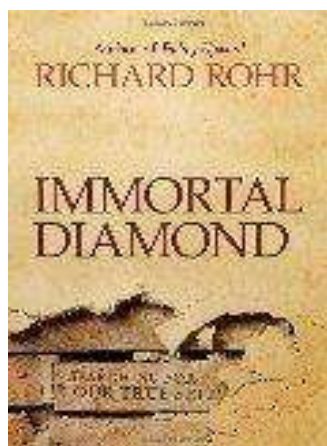


Immortal diamond: The search for our true self

Richard Rohr **2013**

Call #: 233.5 Roh

Dissolve the distractions of ego to find our authentic selves in God. In his bestselling book *Falling Upward*, Richard Rohr talked about ego (or the False Self) and how it gets in the way of spiritual maturity. But if there's a False Self, is there also a True Self? What is it? How is it found? Why does it matter? And what does it have to do with the spiritual journey?



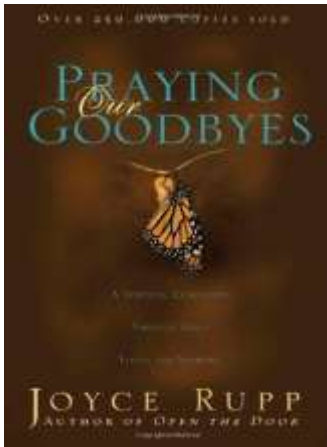
Immortal diamond: The search for our true self [Audio Book on CDs]

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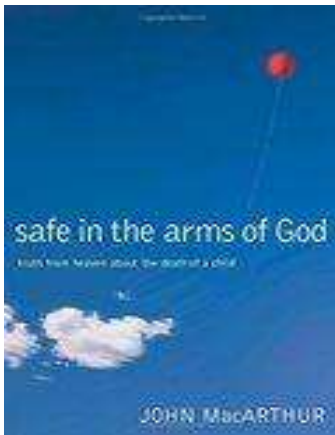


Praying our goodbyes

Joyce Rupp, 2012

Call #: 242.8 Rup

Everyone has unique goodbyes - times of losing someone or something that has given life meaning and value. With the touch of a poet, Joyce Rupp offers her wisdom on these experiences of leaving behind and moving on. This book is about the spirituality of change.

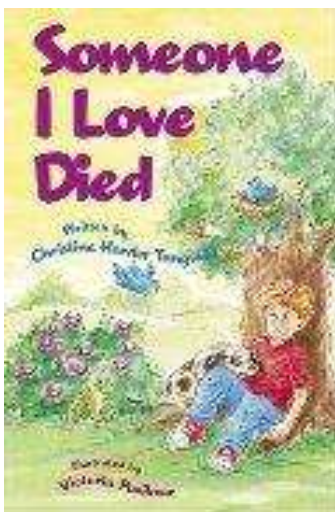


Safe in the arms of God: Truth from heaven about the death of a child

John F. MacArthur 2003

Call #: 248.866 Mac

"Is my baby in Heaven?" This is the most important question a grieving parent can ask. MacArthur highlights the Bible's many references to God's unfailing love for children and their eternal safety.

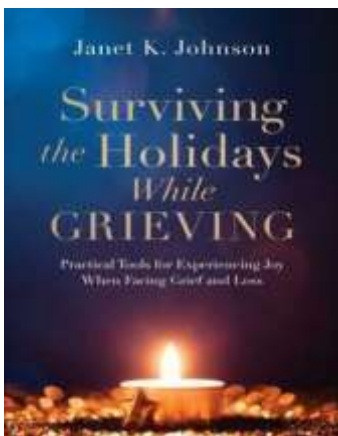


Someone I love died

Christine Harder Tangvald 1988

Call #: PIC 248.866 Tan

Discusses death from a Christian perspective, explaining God's plan for everlasting life

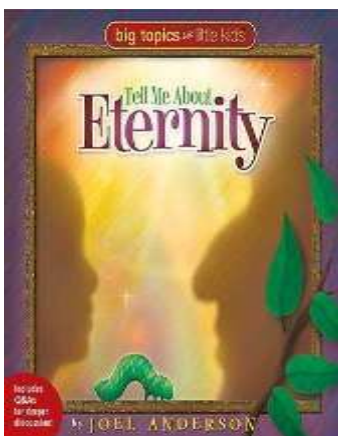


Surviving the holidays while grieving: Practical tools for experiencing joy when facing grief and loss

Janet K. Johnson **2020**

Call #: 155.937 Joh

Healing from the pain of losing a loved one doesn't happen overnight. It can be a battle to keep unpredictable emotions under control-especially around holidays like Thanksgiving and Christmas, which can bring losses into full focus. Through the pages of this tenderly composed book written from a Christian perspective, readers will find hope for healing and a toolkit for taking steps forward.



Tell me about eternity

Joel Anderson **2005**

Call #: PIC And

"What does eternity mean?" When a question like this comes from a little one, adults sometimes find themselves searching for a simple way to explain the answers. This book explores eternity through the touching story of the birth of a baby and the passing of an old man. Through these examples, children will begin to understand the big-people concept of eternity.

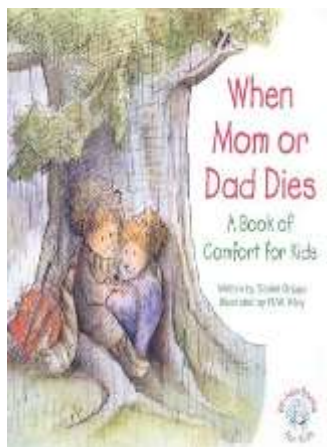


When bad things happen: A guide to help kids cope

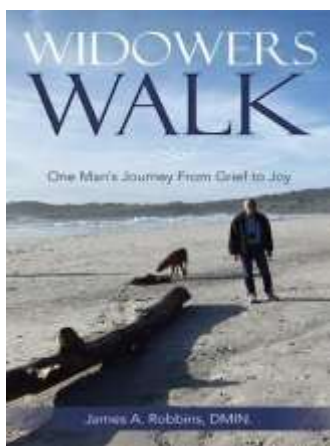
Ted O'Neal, R. W. Alley (Illustrator) **2003**

Call #: PIC 248.86 ONE

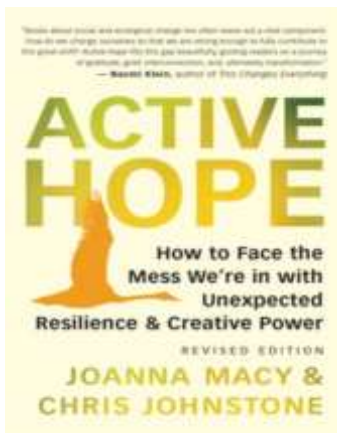
Helps parents deal with their children's fears and sadness, showing adults how to restore a child's trust that life, after all, is good.

**When Mom or Dad dies: A book of comfort for kids**Daniel Grippio, RW Alley (Illustrator) **2008****Call #:** J 248.866 Gri

When Mom or Dad dies, children grieve deeply, but we can show our care and love for them by encouraging them to share their feelings of sorrow and loss. We can give them the time and space they need to adjust and listen to - if not answer - their questions. We can listen to their hurt and respond in a loving and supportive way. References to God as the Parent.

**Widowers walk: One man's journey from grief to joy**James Robbins **2024****Call #:** 155.937 Rob

No one prepares you for the loss of your spouse. It is a gut wrenching journey that can make the biggest man crumble. It may even lead to a crisis in faith. Dr. Robbins has experienced the pain, the grief, the loneliness and the rediscovery of life after marriage and weaves his insight into the hard lessons learned with practical recommendations and spiritual connection.

CLIMATE**Active hope: How to face the mess we're in with unexpected resilience & creative power**Joanna Macy; Chris Johnstone, **2020****Call #:** 363.7 Mac

We have a planetary emergency of overwhelming proportions. This revised, tenth anniversary edition shows us how to strengthen our capacity to face these crises so we can respond with unexpected resilience and creative power. A transformational process informed by mythic journeys, modern psychology, spirituality, and holistic science.

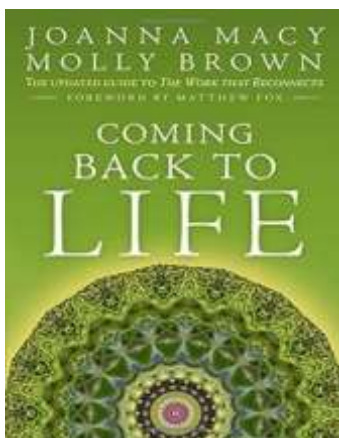


All the feelings under the sun: How to deal with climate change

Leslie Davenport, Jessica Smith (Illustrator) **2021**

Call #: J 363.7 Dav

A timely, thoughtful workbook that will help young readers work through their feelings of anxiety about climate change. Through informative text and activities, the book gives children age-appropriate information about the climate crisis and gives them the tools they need to manage their anxiety and work toward making change.

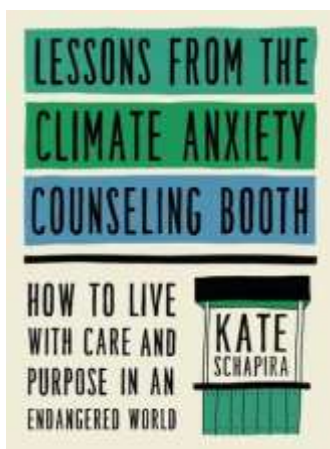


Coming back to life: The updated guide to the work that reconnects

Joanna Macy, Molly Young Brown **2014**

Call #: 363.7 Mac

Deepening global crises surround us, causing many to fall prey to denial and despair. This book shows how grief, anger and despair are healthy responses to harsh realities. Describes how the Work That Reconnects can free us from paralysis and move us toward creative action, ultimately providing personal empowerment in the face of planetary despair.

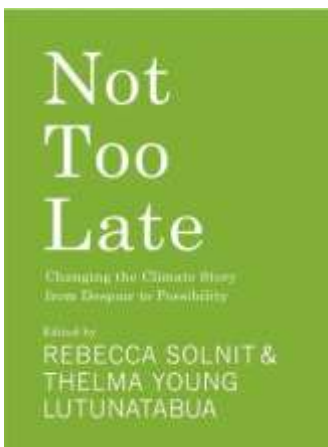


Lessons from the climate anxiety counseling booth: How to live with care and purpose in an endangered world

Kate Schapira **2024**

Call#: 363.7 Sch

Climate anxiety is real—and this practical, accessible guide helps address it on personal, relational, and structural levels, from the founder of the Climate Anxiety Counseling Booth. By moving through your personal and general climate anxiety, frustration, helplessness and grief, you can move toward a sense of shared purpose and community care.



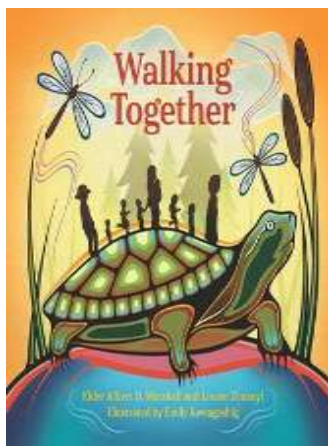
Not too late: Changing the climate story from despair to possibility

Rebecca Solnit, Thelma Young Lutunatabua (Eds.)



Call #: 363.7 Not

Brings strong climate voices from around the world to address the political, scientific, social, and emotional dimensions of the most urgent issue human beings have ever faced. Accessible, encouraging, and engaging, it's an invitation to everyone to understand the issue more deeply, participate more boldly, and imagine the future more creatively.



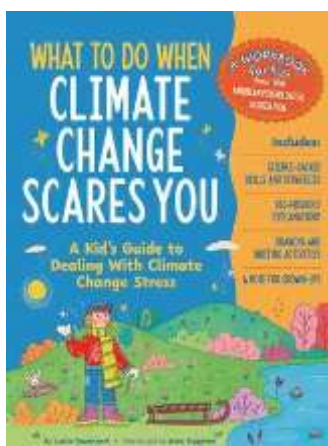
Walking together

Elder Albert D. Marshall, Louise Zimanyi, Emily Kewageshig (Illustrator) **2023**



Call # PIC 304.2 Mar

Introduces the concepts of Etuaptmumk--or Two-Eyed Seeing and Netukulimk - protecting Mother Earth. A joyful celebration as spring unfolds: we await Robin's return, listen for Frog's croaking, and wonder at Maple tree's gift of sap. Nurtures respectful, reciprocal, relationships with the Land and Water, plants, animals.



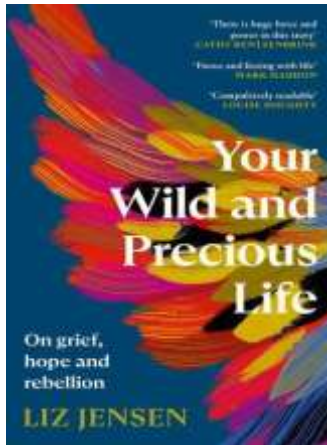
What to do when climate change scares you: A kid's guide to dealing with climate change stress

Leslie Davenport, Irma Ruggiero (Illustrator) **2024**

Call #: J 363.7 Dav

The first book of its kind to offer age-appropriate coping tools for six- to twelve-year-olds experiencing eco-anxiety. This workbook uses activities along with approachable illustrations and language to distill this complicated topic for young minds. In addition to identifying and working with eco-emotions, kids are encouraged to find ways to help create a healthier world without placing the

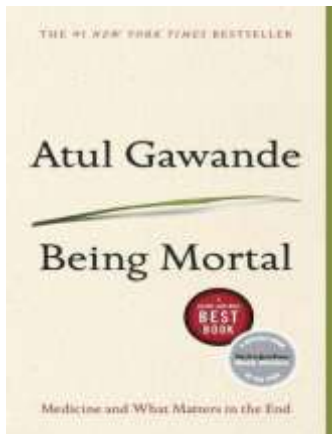
burden on them.

**Your wild and precious life: On grief, hope and rebellion**

Liz Jensen

Call #: 155.937 Jen 2024

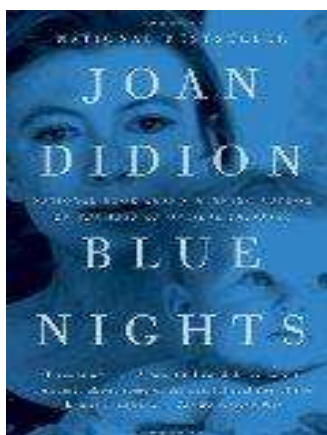
Liz Jensen's son, a zoologist, conservationist and ecological activist, was twenty-five when he collapsed and died unexpectedly. She fell apart. As she grieved, forest fires raged, coral reefs deteriorated, CO2 emissions rose and fossil fuels burned. This is the story of how a mother rebuilt herself, reoriented her life and rediscovered the enchantment of the living world.

DEATH & DYING**Being mortal: Medicine and what matters in the end**

Atul Gawande 2017

Call #: 362.175 Gaw

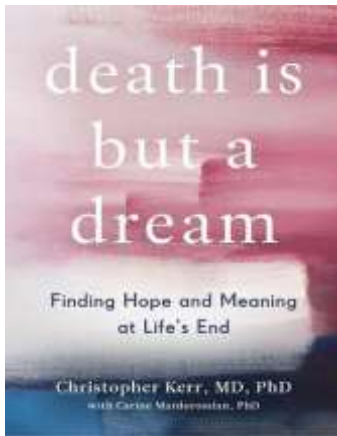
From surgeon and bestselling author Atul Gawande, a book that has the potential to change medicine--and lives. Being Mortal looks at the way modern medicine has changed the experience of dying, what the implications of this change are for each of us, and what we would need to do to change a system that knows a lot about prolonging life but little about tending to death.

**Blue nights**

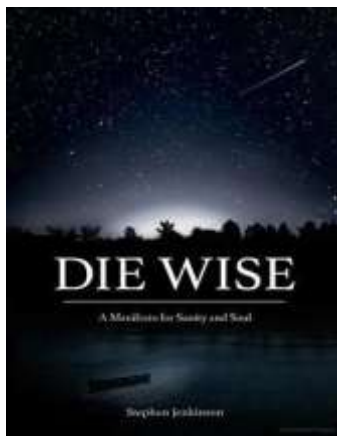
Joan Didion, 2012

Call #: 921 Did

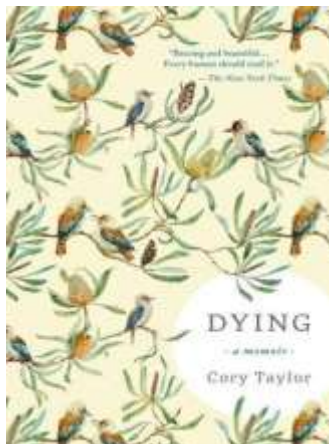
Richly textured with memories from her own childhood and married life with her husband, John Gregory Dunne, and daughter, Quintana Roo, this new book by Joan Didion is an intensely personal and moving account of her thoughts, fears, and doubts regarding having children, illness and growing old. An iconic book of incisive and electric honesty, haunting and profound.

**Death is but a dream: Finding hope and meaning at life's end**Christopher Kerr **2020****Call #** 306.9 Ker

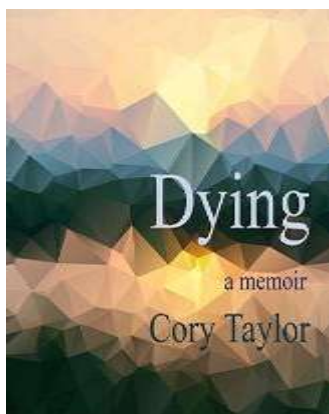
The first book to validate the meaningful dreams and visions that bring comfort as death nears. Christopher Kerr is a hospice doctor. All of his patients die. Yet he has cared for thousands of patients who, in the face of death, speak of love and grace. Beyond the physical realities of dying are unseen processes that are remarkably life-affirming.

**Die wise: a manifesto for sanity and soul**Stephen Jenkinson **2015****Call #:** 306.9 Jen

Die Wise does not offer seven steps for coping with death. It does not suggest ways to make dying easier. It pours no honey to make the medicine go down. Instead, with lyrical prose, deep wisdom, and stories from his two decades of working with dying people and their families, Stephen Jenkinson places death at the center of the page and asks us to behold it in all its painful beauty.

**Dying: A memoir**Cory Taylor, **2017****Call #:** 921 Tay

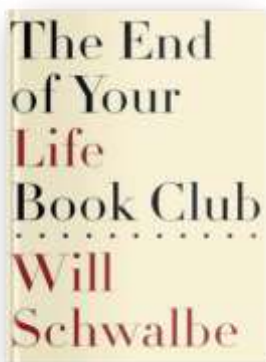
At the age of sixty, Cory Taylor is dying of melanoma-related brain cancer. Her illness is no longer treatable: she now weighs less than her neighbor's retriever. As her body weakens, she describes the experience--the vulnerability and strength, the courage and humility, the anger and acceptance--of knowing she will soon die. A deeply affecting, funny, and wise meditation on death.

**Dying: A memoir [Audio Book on CDs]**

Cory Taylor, 2017

**Call #:** CD 921 Tay

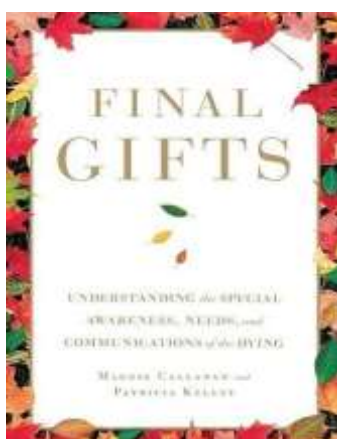
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**The End of your life book club**

Will Schwalbe, 2013

Call #: 921 Sch

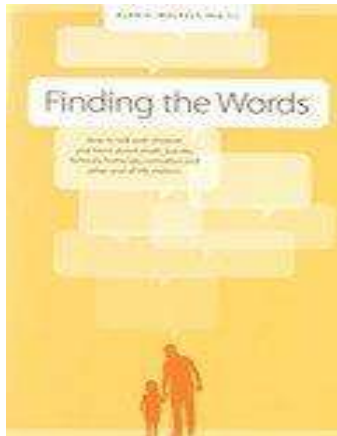
The inspiring story of a son and his dying mother, who form a "book club" that brings them together as her life comes to a close. Mary Anne Schwalbe is waiting for her chemotherapy treatments when Will casually asks her what she's reading. The conversation they have grows into tradition: soon they are reading the same books so they can have something to talk about in the hospital waiting room.

**Final gifts: Understanding the special awareness, needs, and communications of the dying**

Maggie Callanan, Patricia Kelley 2012

Call #: 306.9 Cal

Intimate experiences with patients at the end of life, drawn from more than twenty years experience tending the terminally ill. Through their stories, we come to appreciate the near-miraculous ways in which the dying communicate their needs, reveal their feelings, and even choreograph their own final moments. We also discover the gifts of wisdom, faith, and love that the dying leave for the living to share.

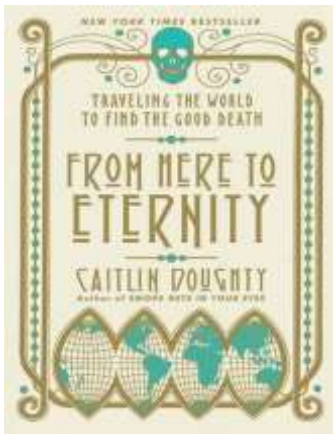


Finding the words: How to talk with children and teens about death, suicide, homicide, funerals, cremation, and other end-of-life matters

Alan D. Wolfelt 2013

Call #: 306.9 Wol

Includes dozens of suggested phrases to use with preschoolers, school-agers, and teenagers as you explain death in general or the death of a parent, sibling, grandparent, or pet. Includes words and ideas to draw on when talking to kids about a death by suicide, homicide, or terminal illness. Offers guidance for difficult conversations with dying children.



From here to eternity: Traveling the world to find the good death

Caitlin Doughty 2018

Call #: 306.9 Dou

Fascinated by our pervasive fear of dead bodies, mortician Caitlin Doughty embarks on a global expedition to discover how other cultures care for the dead. She investigates the world's funerary customs and expands our sense of what it means to treat the dead with dignity. It seems the most effective traditions are ones that allow mourners to personally attend to the body of the deceased.

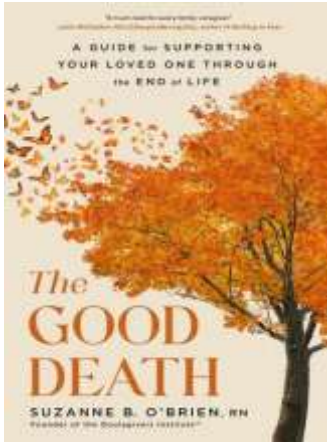


From the inside looking out: Competing ideas about growing old

Jeanette A. Auger, Diane Tedford-Little, Brenda Wallace-Allen, 2018

Call #: 305.26 Aug

This book documents the lived experiences of older persons obtained from a series of focus group discussions and interviews across Nova Scotia. In this field of study, there are few instances where the voices of older persons are heard. Furthermore, the voices of Indigenous and African-Canadians are typically unheard. Topics include health care, life satisfaction, death and dying, and more.

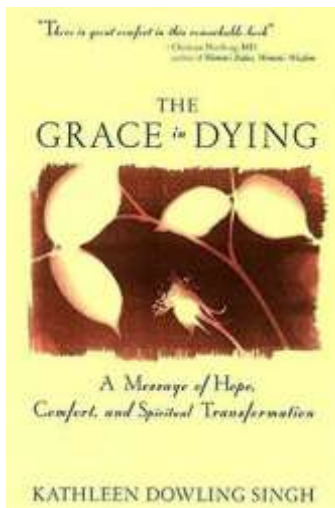


The Good death: A guide for supporting your loved one through the end of life

Suzanne O'Brien, **2025**

Call#: 306.9 OBr

Many of us have to show up for someone we love at the end of life. Knowing how to do that changes everything. With empathy and a careful approach, this is not only a comprehensive, compassionate, and in-depth resource, it is a beacon of hope and support.

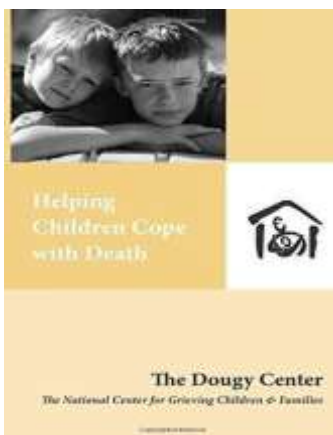


The Grace in dying: A message of hope, comfort and spiritual transformation

Kathleen D. Singh **2000**

Call #: 306.9 Sin

Examining the end of life in the light of current psychology, religious wisdom, and compassionate medical science, Singh offers a fresh, deeply comforting message of hope and courage. Written for those aware that their life is coming to an end, those who care for the dying, and, ultimately, for all of us who must inevitably face death.

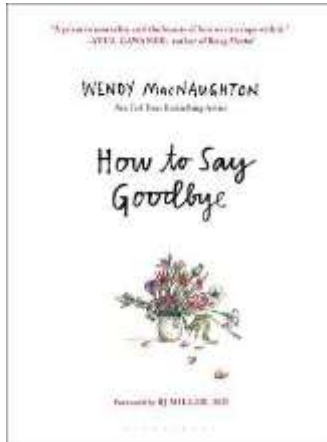


Helping children cope with death

The Dougy Center **2015**

Call #: 155.937 Dou

This guidebook offers a clear and comprehensive look into children's grief responses following a death, accompanied by strategies for supporting them. It explores how children view, understand and process death; how to talk with children about death at various ages and developmental stages; how to be supportive and helpful throughout their grieving process; and when to seek professional help.

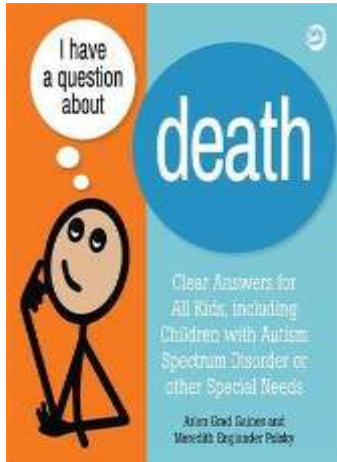


How to say goodbye: The wisdom of hospice caregivers

Wendy MacNaughton **2023**

Call #: 306.9 Mac

Wisdom from hospice caregivers: how to be, when to help, what to say--with full-color drawings throughout. Using a framework of "the five things" taught to her by a professional caregiver, How to Say Goodbye provides a model for having conversations of love, respect, and closure: with the words *I forgive you, Please forgive me, Thank you, I love you, and Goodbye.*

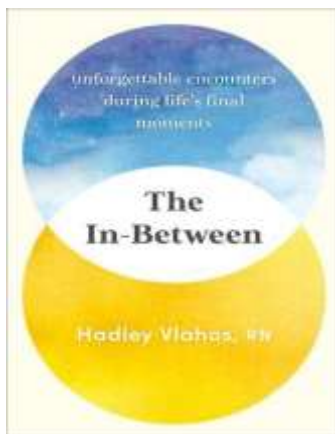


I have a question about death: Clear answers for all kids, including children with autism spectrum disorder or other special needs

Arlen Grad Gaines, Meredith Englander Polsky **2017**

Call #: 306.9 Gai

Death is a difficult topic for any parent or educator to explain to a child, perhaps even more so when the child has Autism Spectrum Disorder or other special needs. This book is designed specifically to help children with these additional needs to understand what happens when someone dies. Clear illustrations throughout with information for parents and guardians.

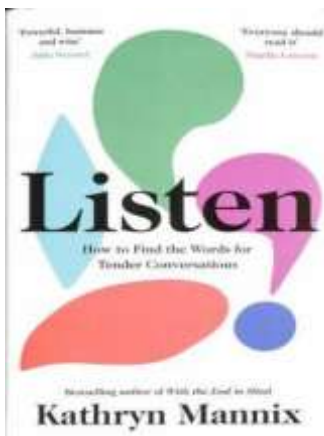


The In-between: Unforgettable encounters during life's final moments

Hadley Vlahos **2023**

Call #: 616.029 Vla

At the forefront of changing attitudes around palliative care is hospice nurse Hadley Vlahos, who shows that end-of-life care can teach us just as much about how to live as it does about how we die. This is a heartrending memoir that shows how caring for others can transform a life while also offering wisdom and comfort for those dealing with loss and providing inspiration for how to live now.

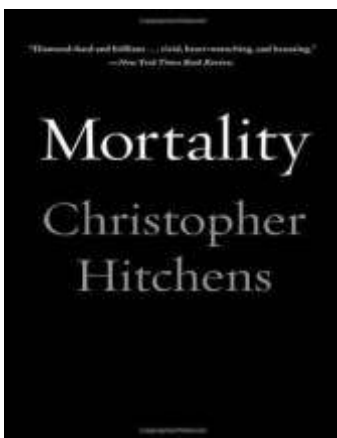


Listen: How to find the words for tender conversations

Kathryn Mannix **2022**

Call #: 153.68 Man

Most of us have a conversation we're avoiding. It might be something as important and inevitable as death. With a lifetime's experience working in palliative medicine, Kathryn Mannix offers stories and expertise to help us better speak our minds and be there for others when we need to be.

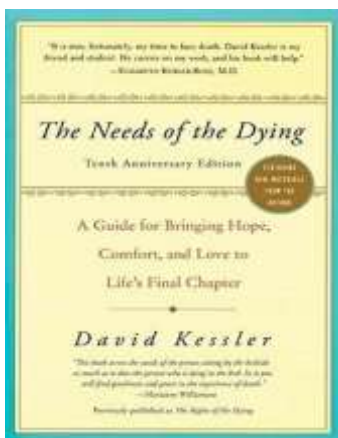


Mortality

Christopher Hitchens **2014**

Call #: 306.9 Hit

In this riveting account of his ordeal battling esophageal cancer, Hitchens poignantly describe the torments of illness, discusses its taboos, and explores how disease transforms experience and changes our relationship to the world around us. A searching look at the human predicament.

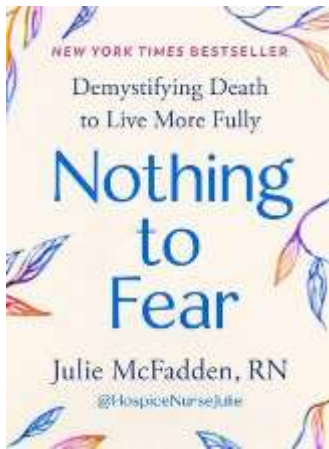


The Needs of the dying: A guide for bringing hope, comfort, and love to life's final chapter

David Kessler **2007**

Call #: 306.9 Kes

Helps us through the last chapter of our lives. Kessler identifies key areas of concern: the need to be treated as a living human being, the need for hope, the need to express emotions, the need to participate in care, the need for honesty, the need for spirituality, and the need to be free of physical pain. Comforting and touching stories provide information to help us meet loved ones' needs.



Nothing to fear: Demystifying death to live more fully

Julie McFadden **2024**

Call #: 306.9 McF

A comforting and informative guide that demystifies our end-of-life journey, from the compassionate expert known as @hospicenursejulie. What if we didn't consider death the worst possible outcome? What if we discussed it honestly, embraced hospice care, and prepared for the end of our lives with hope and acceptance? This guide demystifies end-of-life care for both patients and caregivers.



Queer dying: Workbook

captain Snowdon **2023**

Call #: 306.9 Sno

A collection of embodied resourcing activities, conversation/writing prompts, experiments and questions of deep wonder for you and your community to play with.

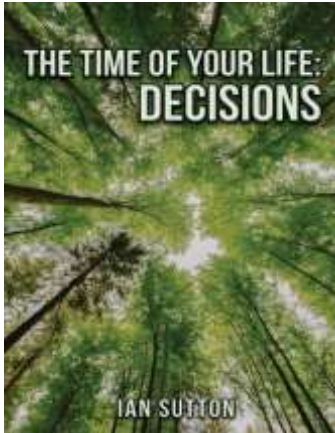


Signposts of dying: What you need to know

Martha Jo Atkins **2016**

Call #: 306.9 Atk

Written as a guidebook from the author's professional and personal experiences, Signposts of Dying tells about the unique language and behaviors of the dying. Useful for caregivers, mental health pros, and hospice volunteers, Signposts will help you understand some of what you may experience as you walk with a person who is leaving this world.

**The Time of your life: Decisions**

Ian Sutton 2025

Call #: 614.6 Sut

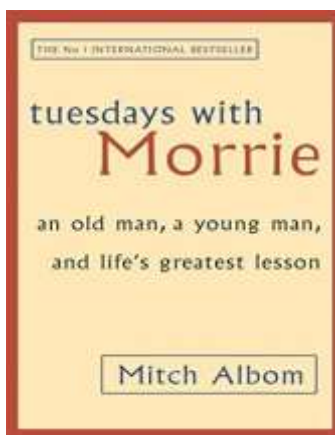
This book is about acceptable methods of disposition of the deceased for those who care about the environment. It explains the most recent technology of cremation by water or aquamation, technically known as alkaline hydrolysis, the new eco-friendly, affordable and available method of body disposition.

**The Top five regrets of the dying**

Bronnie Ware 2019

Call #: 306.9 War

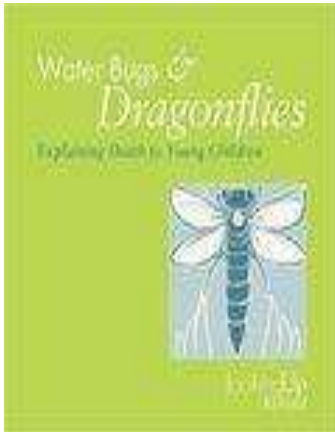
During the time she spent tending to those who were dying, Bronnie's life was transformed. Later, she wrote an Internet blog post, outlining the most common regrets that the people she had cared for had expressed. By applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for everyone to die with peace of mind.

**Tuesdays with Morrie: An old man, a young man, and life's greatest lesson**

Mitch Albom 2002

Call #: 921 Sch

Maybe it was a grandparent, or a teacher, or a colleague. Someone stood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor.



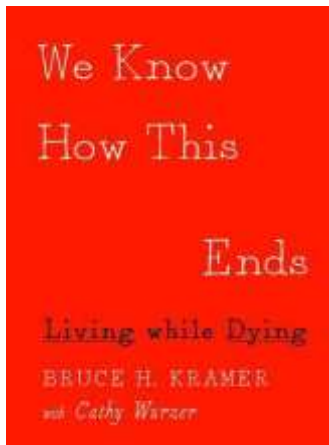
Water bugs and dragonflies: Explaining death to children

Doris Stickney **2004**

Call #: 306.9 Sti

After a water bug suddenly leaves her pond and is transformed into a dragonfly, her friends' questions about such departures are like those children ask when someone dies.

A short booklet, 16 pages.



We know how this ends: Living while dying

Bruce H. Kramer, Cathy Wurzer **2015**

Call #: 921 Kra

Written with wisdom, genuine humor, and down-to-earth observations, *We Know How This Ends* is far more than a memoir of ALS. It is a dignified, courageous, and unflinching look at how acceptance of loss and inevitable death can lead us all to a more meaningful and fulfilling life.

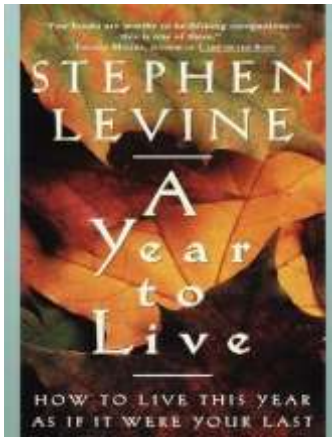


What happens when someone I love can't get better? A book to prepare and cope with end of life

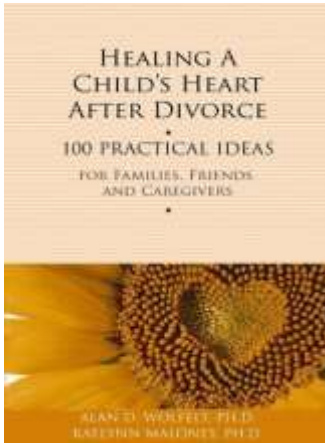
Sara Olsher **2024**

Call #: PIC 306.9 Ols

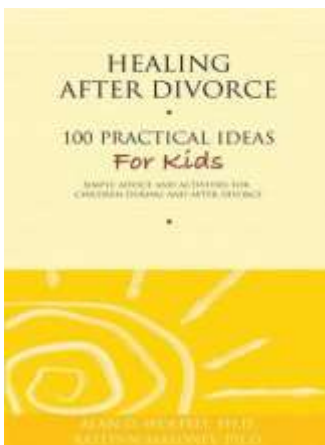
A shortened life expectancy is hard. Let's make talking about it easier. This book explains how bodies work, why they might stop working, and how to prepare when we don't have as much time as we'd hoped. It's designed to empower kids with knowledge, reduce stress by showing kids what to expect, and help kids learn how to cope with big emotions in tough situations.

**A Year to live: How to live this year as if it were your last**Stephen Levine **1998****Call #:** 170.44 Lev

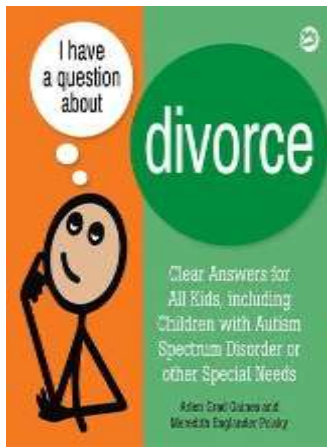
On his deathbed, Socrates exhorted his followers to practice dying as the highest form of wisdom. Levine decided to live this way himself for a whole year, and now he shares with us how such immediacy radically changes our view of the world and forces us to examine our priorities. Whenever the ultimate moment does arrive for each of us, we will not feel that it has come too soon.

DIVORCE**Healing a child's heart after divorce: 100 practical ideas for families, friends and caregivers**Alan Wolfelt **2011****Call#:** 306.89 Wol

Addressing the significant loss that divorce represents for children, this title helps adults to guide children through the natural grief that accompanies the experience. Contending that children can continue to thrive if they are shown the way, it provides 100 practical suggestions for supporting them.

**Healing after divorce: 100 practical ideas for kids**Alan Wolfelt, **2011****Call#:** 306.89 Wol

Focusing on the natural grief children endure when their parent's divorce, this guide helps children process the common feelings of shock, sadness, anger, guilt, and relief while highlighting their most vital need - love and support. It helps children name and understand these strange emotions.

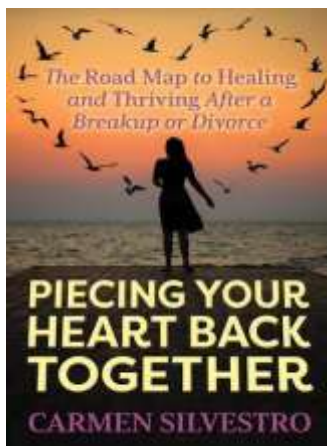


I have a question about divorce: Clear answers for all kids, including children with Autism Spectrum Disorder or other special needs

Arlen Grad Gaines, Meredith Englander Polsky 2022

Call #: 306.89 Gai

Divorce is a difficult topic for any parent or educator to explain to a child, perhaps even more so when the child has ASD or other special needs. This book is designed to help children understand what divorce means. Using a question and answer format, it explores changes and feelings a child may experience and provides ideas to help cope with this big change.

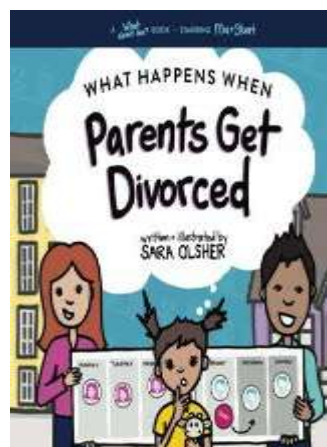


Piecing your heart back together: The road map to healing and thriving after a breakup or divorce

Carmen Silvestro 2021

Call #: 306.89 Sil

Certified life coach, Carmen Silvestro, has developed a process that helped stop endless days of consuming thoughts about her broken marriage so she could find acceptance, peace, and love. For women to discover how to turn this devastating pain and loss into a powerful transformational journey. Learn how to move on from the past and rewrite your story.



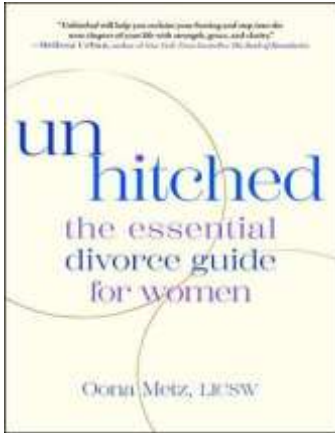
What happens when parents get divorced?

Sara Olsher 2019

Call #: PIC 306.89 Ols

stuff.

A book for families that want to reduce their kids' anxiety surrounding divorce and separation. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations. Aimed at families with kids ages 4 to 10, this method of teaching is based on decades of solid science about how kids learn and cope with major changes that result from life's toughest

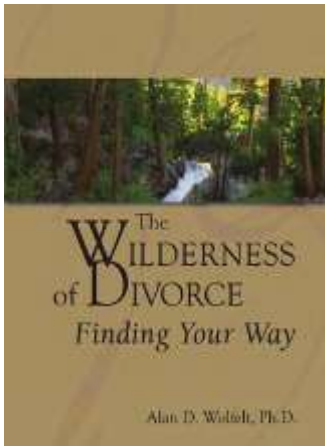


Unhitched: The essential divorce guide for women

Oona Metz **2026**

Call #: 306.89 Met

Practical guidance, relatable vignettes, and engaging exercises to help make the journey through divorce less overwhelming and more empowering. Topics include: The five phases of divorce grief; Establishing separation boundaries; Supporting children through the process; Rediscovering your identity and confidence; Exploring new relationships post-divorce.



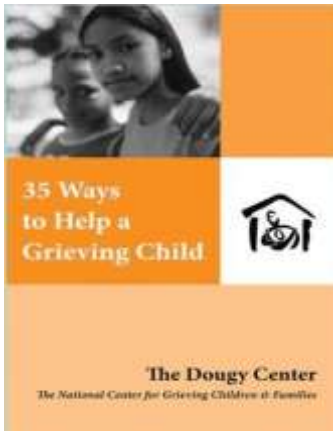
The Wilderness of divorce: Finding your way

Alan Wolfelt **2009**

Call #: 306.89 Wol

Addressing a significant loss in life, this guidebook enables those who have experienced a divorce to mourn sufficiently and begin to heal. Delving into the 10 essential touchstones of the healing process, this resource encourages the exploration of feelings of loss, identifying the specific needs of divorce transition, and understanding the divorced person's bill of rights.

EDUCATORS

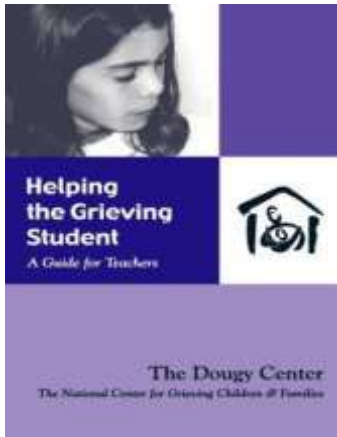


35 ways to help a grieving child

The Dougy Center **2010**

Call #: 155.937 Dou

This guidebook presents 35 simple and practical suggestions for supporting a grieving child. It explores behaviors and reactions of children at different ages and maturity levels; outlets for children to safely express their thought and feeling; and ways to be supportive during difficult times, such as a memorial service, anniversary or holiday.



Helping the grieving student: A guidebook for teachers

The Dougy Center **1998**

Call #: 155.937 Dou

An essential resource for elementary, middle, and high school teachers who encounter students who are grieving. This book explores practical tips for telling students about a death; responding to and supporting a student who is grieving; how to address students' questions and concerns; how to not only take care of the students, but also of oneself; and when to seek additional professional help.



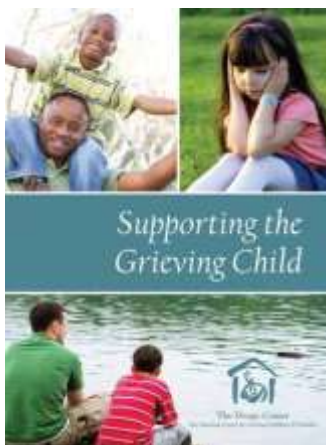
A More compassionate school system [Booklet]

Karen Berezowski, Lisa Weatherbee, Susan MacLeod (Illustrator) **2025**

Call #: 155.937 Ber



Two Master's students (a teacher and a palliative care nurse) worked together designing a project to help high school students in Nova Scotia improve their social and emotional wellbeing. The project offered practical tools focused on stress, loss, and grief in young people's daily lives. In this booklet, Susan MacLeod, Cartoonist-In-Residence, captured students debriefing their experience.



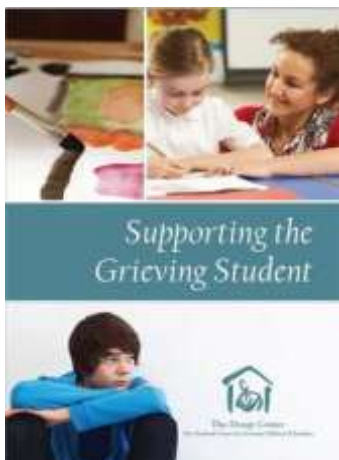
Supporting the grieving child [DVD]

The Dougy Center **2012** - 23 minutes

Call #: DVD 155.937 Dou



A must-have resource for parents, therapists, counselors, teachers and school administrators, members of the clergy, and anyone wishing to understand and support children grieving a death. Bonus material on telling children about a death, their emotions and behaviors at different ages and stages of development, the role of kids at funerals, and more.



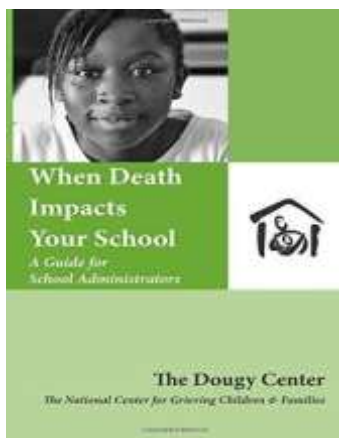
Supporting the grieving student [DVD]

The Dougy Center **2014** - 29 minutes



Call #: DVD 155.937 Dou

Whether you're a parent, teacher, concerned friend, school counselor, or educational administrator, the information contained in this DVD will give you a deeper understanding of grief and concrete strategies to support those who are dealing with a death.



When death impacts your school: A guide for school administrators

The Dougy Center **2015**

Call #: 155.937 Dou

For school administrators facing a death or tragedy in their school community. Ways schools can support students after learning of a death; planning healthy memorials where students can safely express feelings; addressing difficult issues related to suicide and violence; and seeking additional professional assistance. Includes instructions for developing a school crisis and intervention plan.

FUNERALS

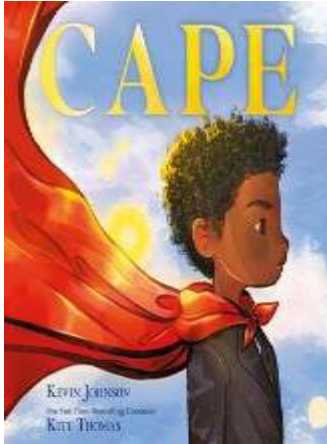


The Boy and the gorilla

Jackie Azúa Kramer, Cindy Derby (Illustrator) **2020**

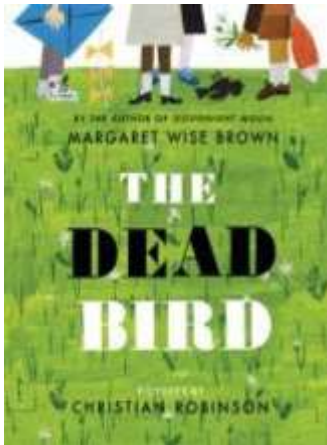
Call #: PIC Kra

On the day of his mother's funeral, a young boy conjures the very visitor he needs to see: a gorilla. Wise and gentle, the gorilla stays on to answer the heart-heavy questions the boy hesitates to ask his father: Where did his mother go? Will she come back home? Will we all die? With the gorilla's friendship, the boy slowly begins to discover moments of comfort.

**Cape**Kevin Johnson **2023**

Call #: PIC Joh

When a child loses the person in his life that he loves more than anything, he uses his cape as protection from his grief. On the day of the funeral, he uses it to block out the pictures and stories people share, refusing to acknowledge the memories that keep bubbling up. Then, he remembers. Their laugh, their smile, the moment they gave him the cape. The cape transforms into a source of comfort.

**The Dead bird**Margaret Wise Brown, Christian Robinson (Illustrator) **2016**

Call #: PIC Bro

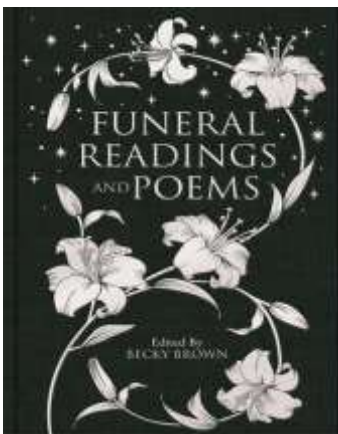
This heartwarming classic picture book is beautifully re-illustrated for a contemporary audience. One day, the children find a bird lying on its side with its eyes closed and no heartbeat. They are very sorry, so they decide to say good-bye. In the park, they dig a hole for the bird and cover it with warm sweet-ferns and flowers. Finally, they sing sweet songs to send the little bird on its way.

**The Funeral**Matt James **2018**

Call #: PIC Jam



Norma and her parents are going to her great-uncle Frank's funeral, and Norma is more excited than sad. She is looking forward to playing with her favorite cousin, Ray, but when she arrives at the church, she is confronted with new rituals and ideas. This sensitive and life-affirming story leads young readers to ask their own questions about life, death, and memories.

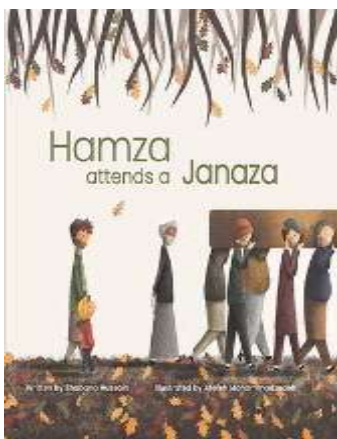


Funeral readings and poems

Becky Brown (Ed.) **2022**

Call #: 808.81 Fun

To find solace from grief, we have always turned to the written word. With poetry and prose spanning continents, religions and cultures, this moving anthology examines loss, celebrates lives well lived and offers words of consolation.

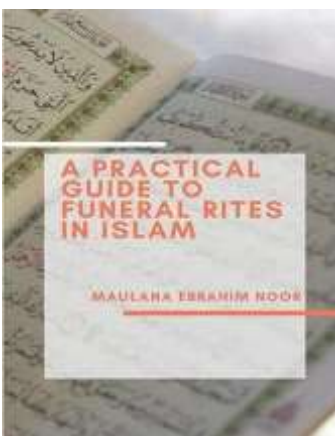


Hamza attends a janaza

Shabana Hussain, Atefeh Mohammadzadeh (Illustrator) **2023**

Call #: PIC Hus

Hamza's usual fun Saturday is cancelled when his family receives the sad news that Uncle Sameer has died. Follow Hamza through the day as he learns about the various aspects of a janaza. This story is a gentle introduction to attending an Islamic funeral, told from a child's perspective.

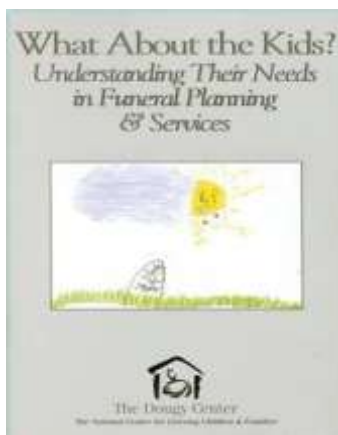


A Practical guide to funeral rites in Islam

Maulana Ebrahim Noor **2020**

Call #: 297.385 Noo

While this book does not go over all the preparations one must make before they pass away - as our whole lives should be preparation for the hereafter - it covers the necessary steps we must take as Muslims when another Muslim is about to pass away or passes away. It comprehensively reviews the process which will enable the burial to take place quickly, easily and in accordance with Shari'ah



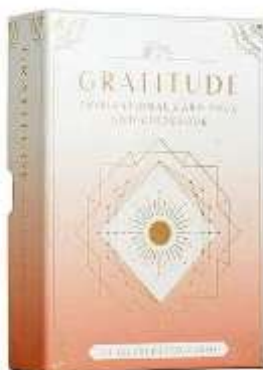
What about the kids? Understanding their needs in funeral planning and services

Dougy Center **1999**

Call #: 393.93 Dou

This guidebook has been developed to help parents and caregivers support their children before, during and after a funeral or memorial service. Thousands of children, teens and their families have coped with the death of a parent, adult caregiver, sibling or friend. These are some of their practical suggestions and ideas about what kids want and need from funerals.

GRATITUDE



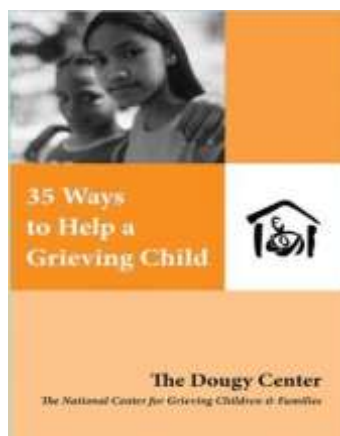
Gratitude: Inspirational card deck and guidebook

Caitlin Scholl **2021**

Call #: 179.9 Sch

The life-changing power of gratitude is at your fingertips with this beautifully-illustrated card deck. In today's busy and stress-inducing world, optimism can sometimes feel impossibly out of reach. This gratitude card deck provides the guidance and space you need to recognize and amplify positivity in your life, no matter what the day brings.

GRIEF

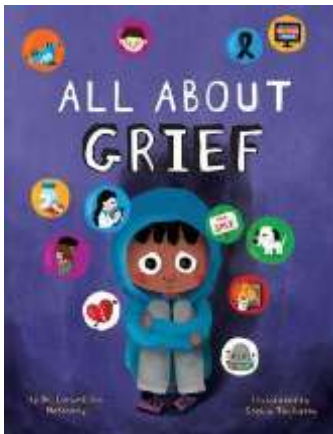


35 ways to help a grieving child

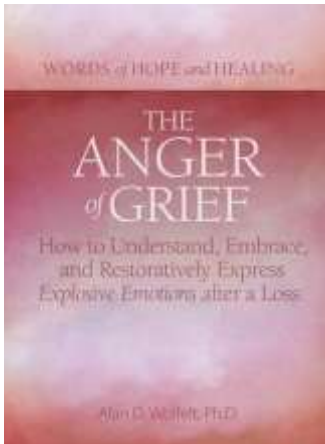
The Dougy Center **2010**

Call #: 155.937 Dou

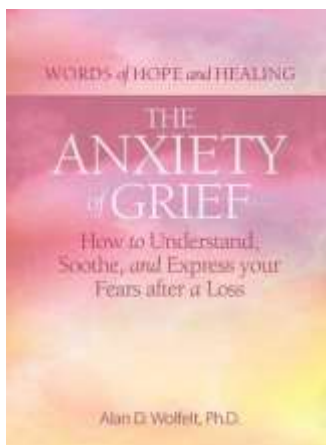
This guidebook presents 35 simple and practical suggestions for supporting a grieving child. It explores behaviors and reactions of children at different ages and maturity levels; outlets for children to safely express their thought and feeling; and ways to be supportive during difficult times, such as a memorial service, anniversary or holiday.

**All about grief**Lora-Elle McKinney, Sophia Touliatou (Illustrator) **2024****Call #:** J 155.937 McK

This engaging handbook looks at grief from many different angles, examining how it influences our emotions and relationships, our brains and bodies, and our behavior. Preteen readers will get to know when and why we are most likely to grieve, what purpose grief serves, and strategies for healing and finding hope moving forward.

**The Anger of grief: How to understand, embrace and restoratively express explosive emotions after a loss**Alan Wolfelt, **2021****Call #:** 155.937 Wol

Anger in grief is natural. It's normal to feel anger and other explosive emotions such as hate, blame, terror, resentment, rage, and jealousy after the death of someone you love or another significant life loss. This book will show you how to understand and express your anger and other explosive emotions in restorative ways. If you are angry, let us begin.

**The Anxiety of grief: How to understand, soothe, and express your fears after a loss**Alan Wolfelt, **2024****Call #:** 155.937 Wol

It's normal to experience anxiety in grief. While it's not pleasant to feel anxious, it's natural because loss shakes our sense of security in the present and often raises worries about the future. You don't need to live in anxiety, and you shouldn't because it's bad for your health. You'll learn ways to comfort yourself and discover that expressing your fears is key to taming them.

a revolutionary approach
to understanding and healing
the impact of loss

ANXIETY the missing stage of grief

Claire Bidwell Smith, LCPC

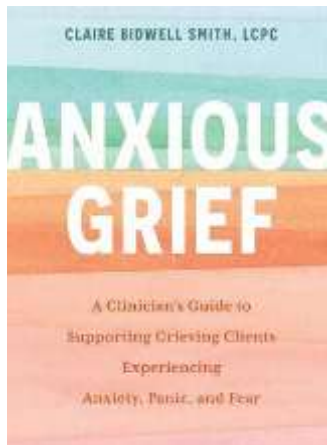
Anxiety: The missing stage of grief [Playaway Audio Book]

Claire Bidwell Smith



Call #: PLAY 155.937 Smi

Anxiety takes a big step beyond Elisabeth Kübler-Ross's widely accepted five stages to unpack everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel. With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Smith bridges these two emotions in a way that is deeply empathetic and eminently practical.

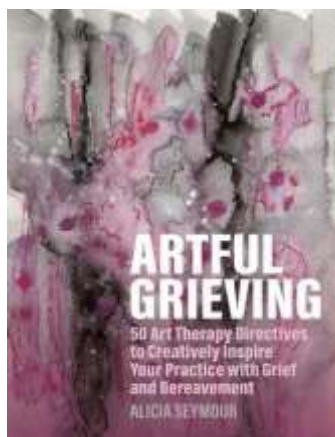


Anxious grief: A clinician's guide to supporting grieving clients experiencing anxiety, panic, and fear

Claire Bidwell Smith, 2023

Call #: 155.937 Smi

Grief and anxiety are inextricably linked. With Claire's own journey of loss, grief, and healing woven throughout, this workbook provides you with the tools to walk alongside the griever, bear witness to their experience, and help carry the burden of their loss. No one will journey through life untouched by loss, but we can serve as steady companions for clients.

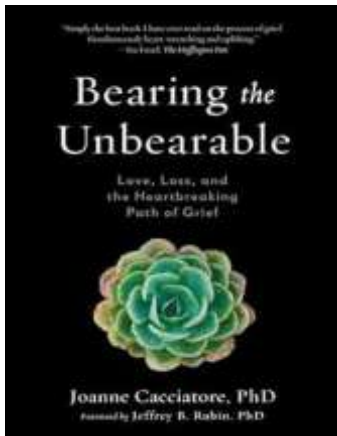


Artful grieving: 50 art therapy directives to creatively inspire your practice with grief and bereavement

Alicia Seymour 2025

Call #: 615.85 Sey

Based on empirically supported, award-winning research, a renowned grief model and proven clinical experiences, Artful Grieving provides a collection of 50 grief-specific art therapy directives to address the wide range of potential emotional responses and life adjustments for the grieving client. A guide for the well-being of those experiencing profound loss and grief.

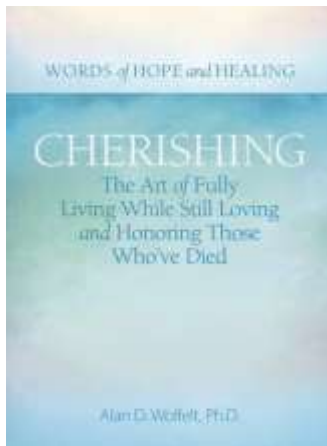


Bearing the unbearable: Love, loss, and the heartbreaking path of grief

Joanne Cacciatore **2017**

Call #: 155.937 Cad

Organized into fifty-two short chapters, perfect for being read aloud in support groups. This is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the essence of our shared humanity. Dr. Joanne Cacciatore - bereavement educator and Zen priest - accompanies us along the heartbreaking path of love, loss, and grief.

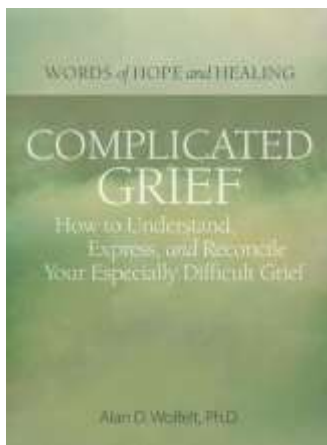


Cherishing: The art of fully living while still loving and honoring those who've died

Alan Wolfelt, **2023**

Call #: 155.937 Wol

After the death of someone close to you, you enter a time of deep grief. After this time has passed, how do you continue to love and honour the special person, even as you fully live your own days here on earth? To cherish means to protect and care for lovingly, and to hold dear. The mindset, suggestions, and practices will help you build cherishing into your daily routines.

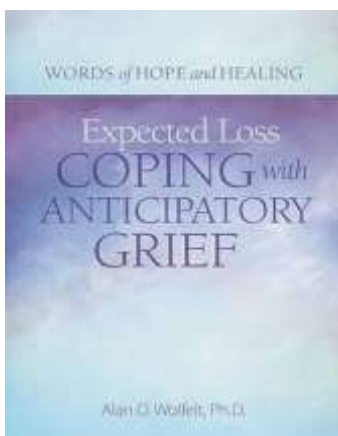


Complicated grief: How to understand, express, and reconcile your especially difficult grief

Alan Wolfelt **2022**

Call #: 155.937 Wol

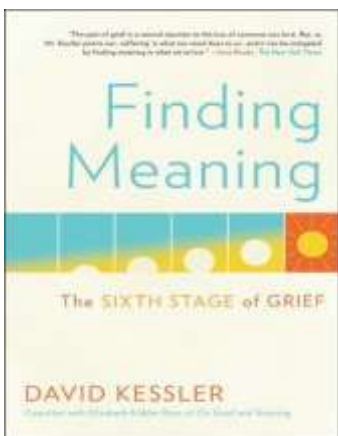
Grief is always difficult, but if yours feels especially painful, stuck, or complex, you may be experiencing complicated grief. Complicated grief is not an illness or disorder. It's simply normal grief that's been made more challenging by circumstances that overwhelm the person in mourning. There is a path through and beyond the wilderness of complicated grief.

**Expected loss: Coping with anticipatory grief**

Alan Wolfelt 2021

Call #: 155.937 Wol

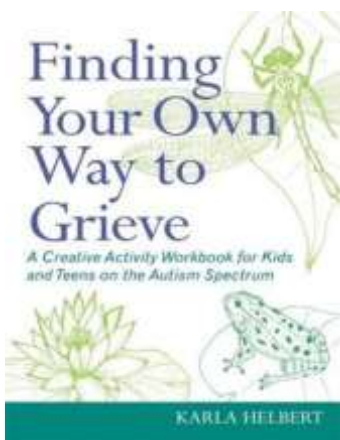
We don't only experience grief after a loss--we often experience it before. If someone we love is seriously ill, or if we're concerned about upcoming hardships of any kind, we naturally begin to grieve right now. This process of anticipatory grief is normal, but it can also be confusing and painful. Life is change, and change is hard. This book will help see you through.

**Finding meaning: The sixth stage of grief**

David Kessler 2020

Call #: 155.937 Kes

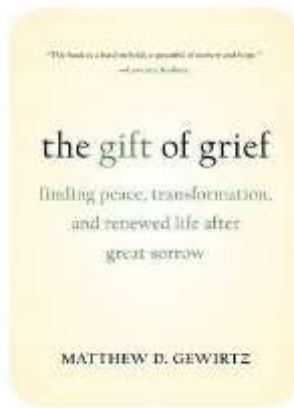
In this book, David Kessler journeys beyond the classic five stages to discover a critical sixth stage: meaning. Kessler's insight is both professional and intensely personal. As a child, he witnessed a mass shooting at the same time his mother was dying. His own life was upended by the sudden death of his twenty-one-year-old son. How does a grief expert handle tragic losses?

**Finding your own way to grieve: A creative activity workbook for kids and teens on the autism spectrum**

Karla Helbert 2012

Call #: 155.937 Hel

Children and teenagers with autism can struggle to cope with the loss of a loved one, and the complicated and painful emotions of bereavement. This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.



a richer life.

The Gift of grief: Finding peace, transformation, and renewed life after great sorrow

Matthew D. Gewirtz **2008**

Call #: 155.937 Gew

Rabbi Matthew D. Gewirtz offers a graceful, insightful, and inspiring education on the true meaning of grief: how it breaks and remakes us, bringing us closer to our strongest sense of self. Gewirtz identifies the ways we block our experience of sorrow and loss and guides us to encounter these feelings fully, with compassion and clarity, and incorporate the lessons we learn into

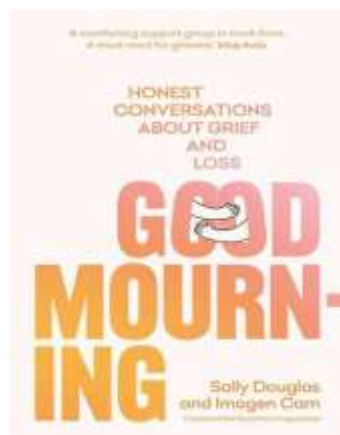


Geometry of grief

Michael Frame **2023**

Call #: 516 Fra

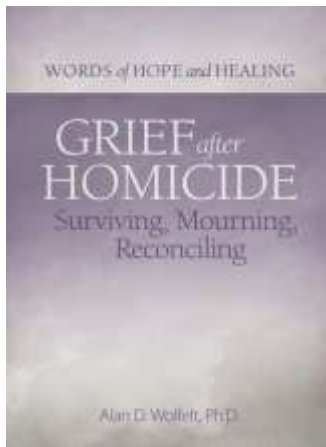
Michael Frame retired as professor of mathematics at Yale University in 2016, after discovering that he had an inoperable brain tumor and feeling the effects of his cancer on his teaching career. In this book, he also uses his experiences with grief to give uninitiated readers insights into advanced topics in geometry. Frame is an authentic and sympathetic voice.



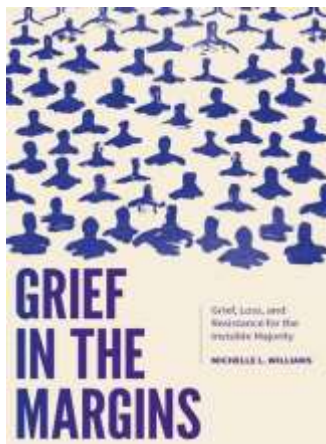
Good mourning: Honest conversations about grief and loss

Sally Douglas, Imogen Carn **2023**

From the creators of the popular podcast Good Mourning, this support-group-in-a-book helps readers navigate grief and loss with warmth, humour, raw honesty and the affirmation that they are not alone.

**Grief after homicide: surviving, mourning, reconciling**Alan Wolfelt **2021****Call#:** 155.937 Wol

If someone you love died by homicide, your grief is naturally traumatic and complicated. Not only might your grief journey be intertwined with painful criminal justice proceedings, you may also struggle with understandably intense rage, regret, and despair. This book offers suggestions for reconciling yourself to the death on your own terms and finding ways to mourn.

**Grief in the margins: Grief, loss, and resistance for the invisible majority**Michelle Williams **2025****Call #:** 155.937 Wil

Williams illustrates how systemic oppression compounds experiences of loss for the “Invisible Majority” (racialized and underrepresented groups). Grief - as a culturally mediated response to loss - bears the imprint of dominant and often harmful Eurocentric societal norms. Gain insight and understanding of a universal human experience that is systematically and structurally inequitable.

**Grief is for people [PLAYAWAY Audio Book]**Sloane Crosley **2024****Call #:** PLAY 155.937 Cro

After the pain and confusion of losing her closest friend to suicide, Crosley looks for answers in philosophy and art, hoping for a framework more useful than the unavoidable stages of grief. A category-defying story of the struggle to hold on to the past without being consumed by it.



A Grief like no other: Surviving the violent death of someone you love

Kathleen O'Hara **2006**

Call #: 155.937 Oha

Violent deaths - which include suicide, drug overdose, homicide, drunk driving and more - bring to survivors a different kind of grief. Kathleen O'Hara knows this. After her son was murdered, she developed concrete, practical, and compassionate steps for those who are grieving through this harrowing journey.

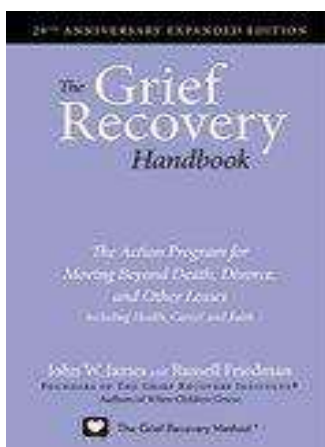


Grief recovery for teens: Letting go of painful emotions with body-based practices

Coral Popowitz **2017**

Call #: 155.937 Pop

Did you know that grief can also affect your body? That's because the brain and the body are much more connected than you might think. In this compassionate guide, you'll discover how your mind can affect the way you feel physically, and discover body-oriented skills to help your body heal after experiencing loss, anxiety and confusion.

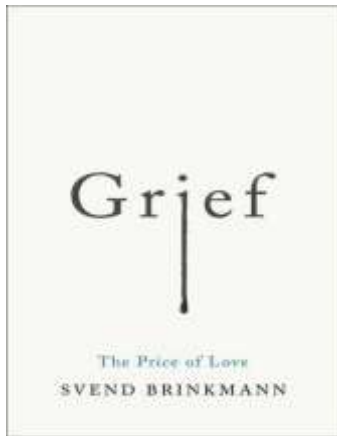


The Grief recovery handbook: The action program for moving beyond death, divorce, and other losses: including health, career, and faith

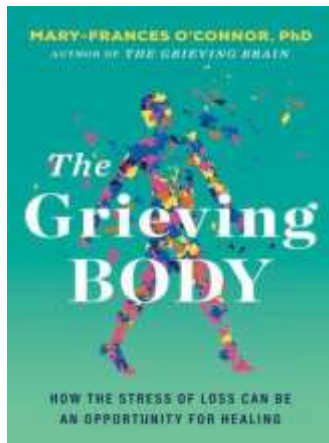
John James **2009**

Call #: 155.937 Jam

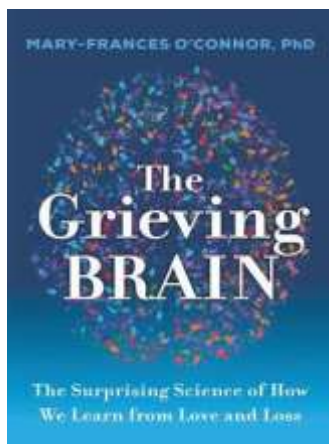
Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Offers grievers the specific actions needed to move beyond loss. This edition includes guidance for dealing with Loss of faith - Loss of career and financial issues - Loss of health - Growing up in an alcoholic or dysfunctional home.

**Grief: The price of love**Svend Brinkmann **2020****Call #:** 155.937 Bri

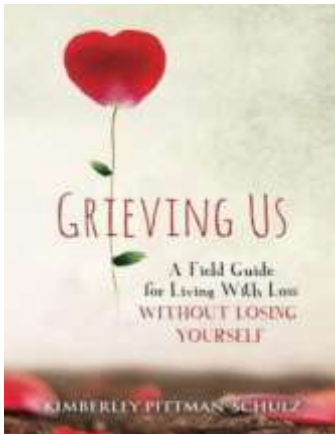
Wherever love and death meet there is grief. It affects us all regardless of ethnicity, age, class, or sexual orientation. Brinkmann gets to the heart of what it is to grieve: The sorrow we experience is a necessary and meaningful dimension of human existence. However painful, it unites us. Rather than trying to escape or smother grief, we feel and accept it as the price we pay for love.

**The Grieving body: How the stress of loss can be an opportunity for healing**Mary-Frances O'Connor **2025****Call #:** 155.937 OCo

Coping with death and grief is one of the most painful human experiences. While we can speak to the psychological ramifications of loss and sorrow, we often overlook its impact on our physical bodies. O'Connor combines research and personal stories to explore the toll loss takes on our cardiovascular, endocrine, and immune systems and the larger implications for our long-term well-being.

**The Grieving brain: The surprising science of how we learn from love and loss**Mary-Frances O'Connor **2023****Call #:** 155.937 OCo

Neuroscientist and psychologist Mary-Frances O'Connor, PhD, gives us a fascinating new window into one of the hallmark experiences of being human. With love, our neurons help us form attachments to others; but, with loss, our brain must come to terms with where our loved ones went, or how to imagine a future without them.

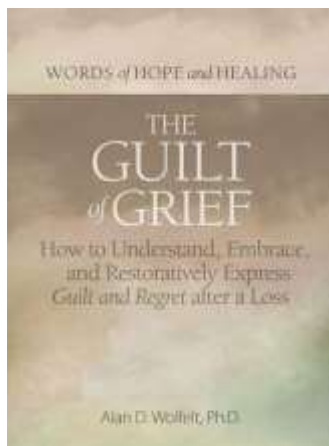


Grieving us: A field guide for living with loss without losing yourself

Kimberley Pittman-Schulz **2021**

Call #: 155.937 Pit

Loss comes along. First it breaks your heart. Then it stays. How do you live with loss without losing yourself? Death happens. It touches those you love and changes your world in unimagined ways. While loss comes along with you for life, grief doesn't have to be forever. This book is about learning to live with loss and with joy every day.



The Guilt of grief: How to understand, embrace, and restoratively express guilt and regret after a loss

Alan Wolfelt **2022**

Call#: 155.937 Wol

Guilt and regret are two of the most common feelings in grief. For many grieverers it's normal to ponder "if-onlys" and experience the pain of mistakes made and opportunities missed. This book offers compassionate insight and tools you need to evolve from guilt to grace, one healing day at a time.

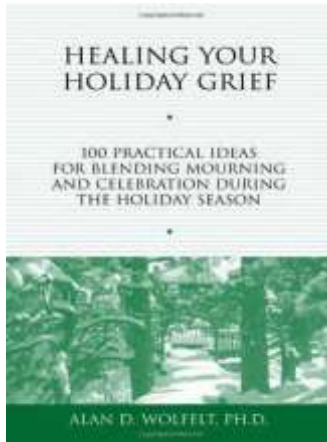


H Is For Hawk

Helen Macdonald, **2016**

Call #: 598.944 Mac

H is for Hawk is a record of a spiritual journey -- an unflinchingly honest account of Macdonald's struggle with grief during the difficult process of a hawk's taming...and her own untaming.

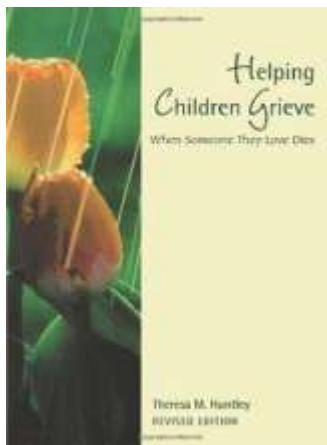


Healing your holiday grief: 100 practical ideas for blending mourning and celebration during the holiday season

Alan Wolfelt **2005**

Call #: 155.937 Wol

With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year—the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration. Follows the popular 100 ideas “page a day” format.

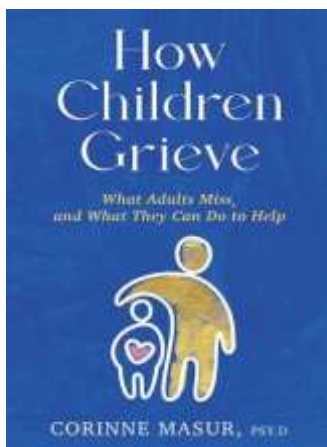


Helping children grieve: When someone they love dies

Theresa M. Huntley **2002**

Call #: 155.937 Hun

A guide to children's grief that will help you listen to children, answer their questions, and guide them in coping with their feelings. Also included is substantial advice for parents and caregivers to guide them in helping children who are dying.

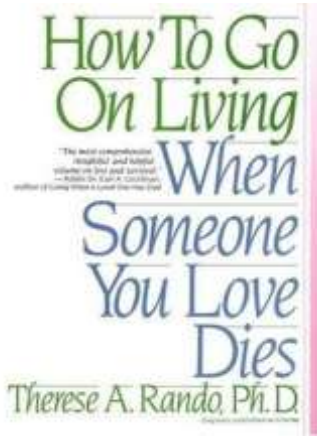


How children grieve: What adults miss and what they can do to help

Corinne Masur **2024**

Call #: 155.937 Mas

Dr. Masur, clinical psychologist specializing in grief and mourning, describes how to understand, help, and guide children at each age and stage of development and uses her own childhood experience with loss through empathetic yet clinically informed advice. Masur shares her expertise, giving you the tools you need to help a child or teenager mourn, move forward, and make meaning of loss.

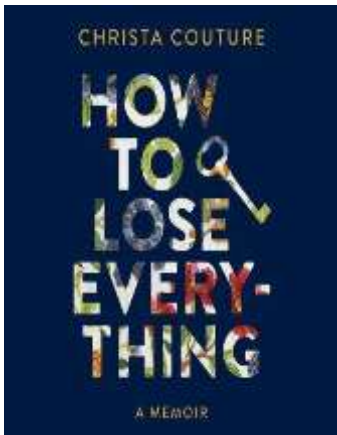


How to go on living when someone you love dies

Therese A. Rando **1991**

Call #: 155.937 Ran

Mourning the death of a loved one is a process all of us will go through at one time or another. Whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Rando leads you gently through the painful but necessary process of grieving in the best way for yourself.



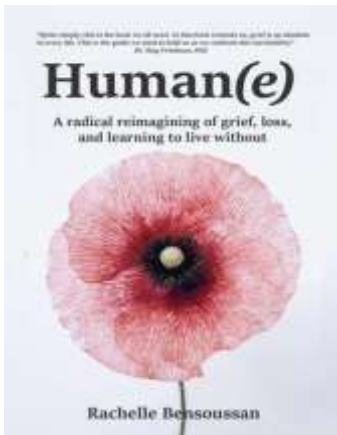
How to lose everything: a memoir

Christa Couture **2020**



Call #: 921 Cou

From the amputation of her leg, to her first child's single day of life, the heart transplant and subsequent death of her second child, the divorce born of grief and then the thyroidectomy that threatened her career as a professional musician, Couture bears witness to the shift in perspective that comes with loss, and how it can deepen compassion for others.



Human(e): A radical reimagining of grief, loss, and learning to live without

Rachelle Bensoussan **2024**



Call #: 155.937 Ben

Written by a Queer woman of North African and Middle Eastern descent, Human(e) takes a radically non-pathology-based approach to grief and loss. Grief is human, and to grieve is to be human. Rachelle seamlessly and beautifully weaves together her vast professional expertise on grief with her own personal lived experiences of loss. Human(e) is a must read for anyone learning to live without.

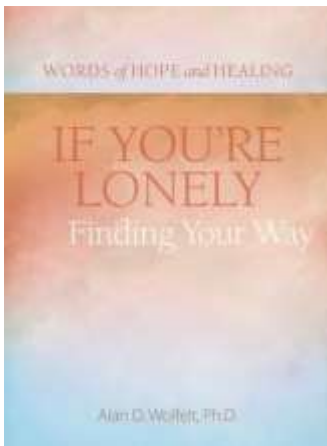


I wasn't ready to say goodbye: Surviving, coping & healing after the sudden death of a loved one

Brook Noel, Pamela D. Blair **2008**

Call #: 155.937 Noe

Explores sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one. Covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. Covers men and women's grieving styles, religion and faith, myths and misunderstandings, and reflects the shifting face of grief.

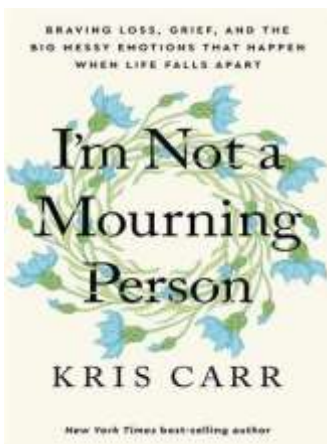


If you're lonely: Finding your way

Alan Wolfelt **2021**

Call#: 155.92 Wol

Ironically, if you are lonely, you're not alone. People the world over are experiencing an epidemic of loneliness. Loneliness hurts, and it can lead to depression, addiction, physical problems, and other harmful consequences. This compassionate guide offers a variety of practical suggestions for reclaiming community and building meaningful connections in ways that suit you.

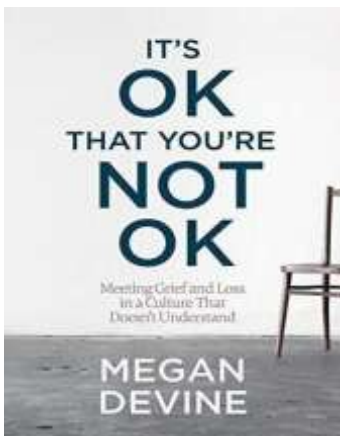


I'm not a mourning person: Braving loss, grief, and the big messy emotions that happen when life falls apart

Kris Carr

Call #: 155.937 Car

Kris shares her (embarrassing, painful, helpful, hilarious, and sometimes inappropriate) stories and observations about what to expect when you're not expecting your world to fall apart. If your life has been turned upside down--whether it be the dissolving of a relationship or marriage, the end of a job or career, any other number of significant unexpected transitions.



It's OK that you're not OK: Meeting grief and loss in a culture that doesn't understand

Megan Devine 2017

Call #: 155.937 Dev

A profound approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with healthier middle path, alongside grief.



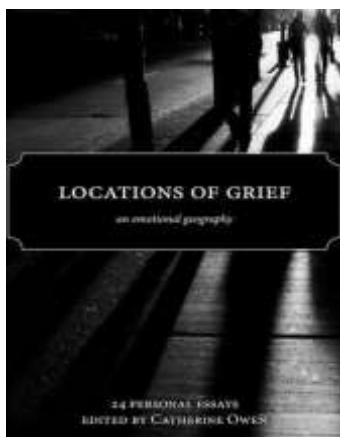
It's OK that you're not OK [Audio book on CDs]

Megan Devine 2017



Call #: CD 155.937 Dev

A profound approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with healthier middle path, alongside grief.



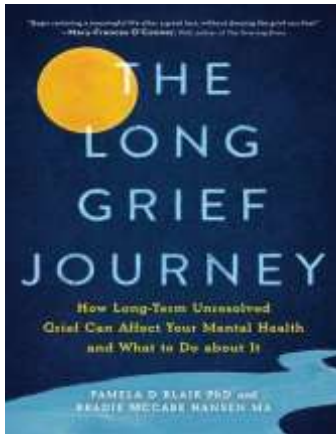
Locations of grief: An emotional geography

Catherine Owen (Ed.) 2020



Call #: 155.937 Loc

Exploring the landscapes of death and grief, this collection takes the reader through a series of essays, drawn together from twenty-four Canadian writers. The essays reach across different ages, ethnicities and gender identities as they share their thoughts, struggles and journeys relating to death, and how the places in our lives can be irreversibly changed by the lingering presence of death.



The Long grief journey: How long-term unresolved grief can affect your mental health and what to do about it

Pamela Blair, Bradie McCabe Hansen **2023**

Call #: 155.937 Bla

An essential grief guide and recovery workbook for those who have said, "I thought I'd feel better by now." Grief does not follow a timeline or a set path. It is nonlinear and messy, doubling back on itself just when you thought you were out of the woods. If you feel "stuck" after experiencing the death of a loved one, even if much time has passed, this book is for you.

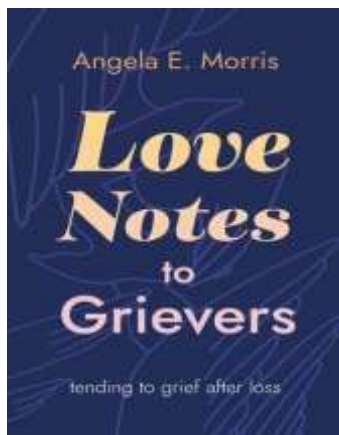


Losing pieces of our hearts: A journey of love, loss & finding joy again

Jacqueline Belliveau **2025**

Call #: 155.937 Bel

A heartfelt and honest account of one woman's journey through daughterhood, motherhood, caregiving, and grief. With compassion and clarity, Belliveau shares the lessons she wishes she had known while caring for her mother--offering insights into illness, a flawed medical system, and the emotional terrain of loss. Her story is raw, real, and deeply personal.



Love notes to grievors: Tending to grief after loss

Angela E. Morris **2023**

Call #: 155.937 Mor

Helps readers grieve, without the confines of other people's timelines and expectations. Love Notes to Grievors is a collection of poetic notes by Angela E. Morris, written following the death of her father, friend, and beloved grandmother, all within a short period. She shares them with other grievors as love notes to remind us to honour your love, and make space for your grief.



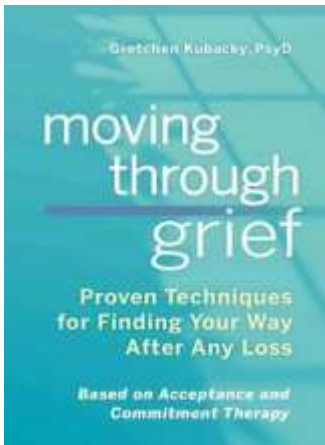


Moving on doesn't mean letting go: A modern guide to navigating loss

Gina Moffa **2024**

Call #: 155.937 Mof

Grief and trauma therapist Gina Moffa illuminates a non-linear path through grief, with tools and practices to grieve at your own pace and use loss as a catalyst for a more connected, meaningful life moving forward. Gina gives readers permission to grieve authentically—with none of the toxic positivity that bypasses the possibility of true healing and transformation.



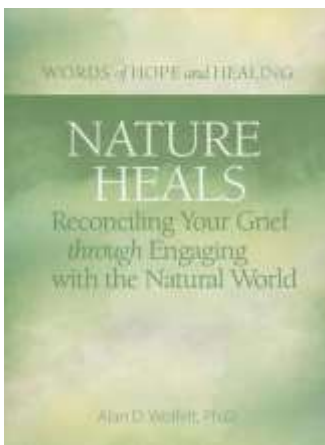
Moving through grief: Proven techniques for finding your way after any loss [PLAYAWAY Audio Book]

Gretchen Kubacki **2019**



Call #: PLAY 155.937 Kub

Based on the acceptance and commitment therapy (ACT) approach, this audio book provides simple and effective techniques to help you get unstuck and start living a rich and fulfilling life again, even after loss. ACT is about embracing all aspects of your experience—including the painful parts—and committing to actions that will improve and enrich your life.

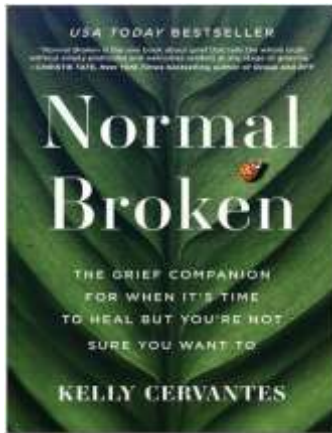


Nature heals: Reconciling your grief through engaging with the natural world

Alan Wolfelt **2021**

Call #: 155.937 Wol

When we're grieving, we need relief from our pain. Today we often turn to technology for distraction when what we really need is the opposite: generous doses of nature. Engaging with the natural world is effective at helping reconcile grief. How to bring short bursts of nature time (indoors and outdoors) into your everyday life, plus tips for actively mourning in nature.

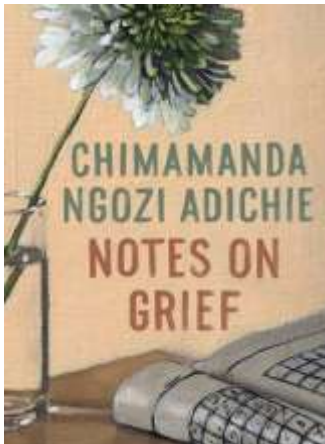


Normal broken: The grief companion for when it's time to heal but you're not sure you want to

Kelly Cervantes **2023**

Call #: 155.937 Cer

None of us make it through life without experiencing loss that leaves us feeling broken. That's what makes grief so normal. Kelly shares stories from her ongoing journey, along with advice she wishes someone had given her, and simple exercises to help you reflect on where you are. A helpful companion through your own grief journey.

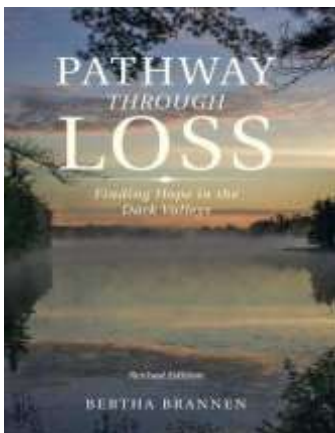


Notes on grief

Chimamanda Ngozi Adichie

Call #: 921 Adi

During the brutal summer of 2020, Chimamanda Ngozi Adichie's beloved father, a celebrated professor at the University of Nigeria and an irreplaceable figure in a close-knit family, succumbed unexpectedly to complications of kidney failure. As Adichie wrestles with his passing, she recalls with vivid, poignant detail who her father was. A uniquely personal, profound work of remembrance and hope.



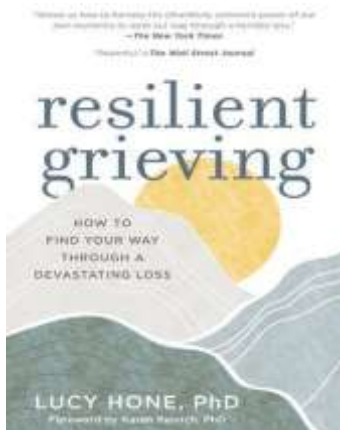
Pathway through loss: Finding hope in the dark valleys

Bertha Brannen **2023**

Call #: 155.937 Bra



In life, there will be many different losses. This book expands on the importance of acknowledging grief to move toward recovery. Storytelling is highlighted as a means of sharing our sorrows as we learn from one another. It is also the story of one man's journey into dementia and the lessons he taught through his humor.

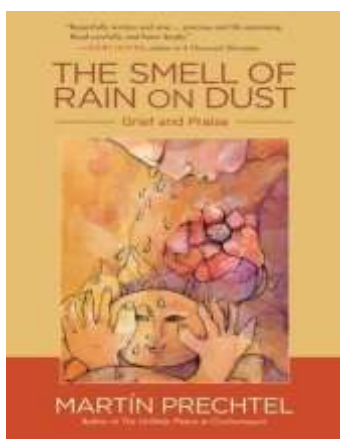


Resilient grieving: How to find your way through a devastating loss

Lucy Hone **2017**

Call #: 155.937 Hon

Lucy Hone, a pioneer in positive psychology and bereavement research, was faced with her own inescapable sorrow when, in 2014, her 12-year-old daughter was killed in a car accident. By following the strategies of resilient grieving, rather than the five stages of grief, she found a proactive way to move through her grief, and, over time, embrace life again.

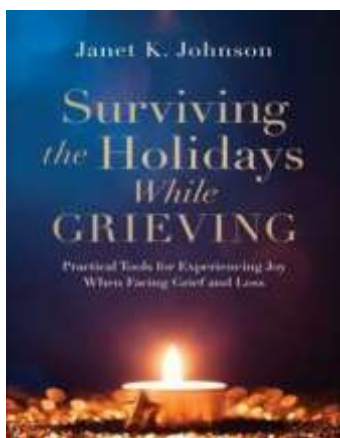


The Smell of rain on dust: Grief and praise

Martín Prechtel **2015**

Call #: 155.937 Pre

In modern society, grief is something we usually experience in private, alone, and without the support of a community. Yet, Prechtel says, "Grief expressed out loud for someone we have lost, or a country or home we have lost, is in itself the greatest praise we could ever give them." Explores both religious and spiritual approaches to grief.

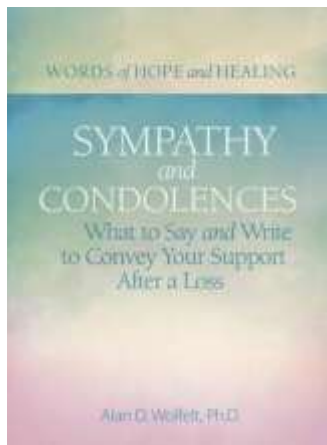


Surviving the holidays while grieving: Practical tools for experiencing joy when facing grief and loss

Janet K. Johnson **2020**

Call #: 155.937 Joh

Healing from the pain of losing a loved one doesn't happen overnight. It can be a battle to keep unpredictable emotions under control-especially around holidays like Thanksgiving and Christmas, which can bring losses into full focus. Through the pages of this tenderly composed book written from a Christian perspective, readers will find hope for healing and a toolkit for taking steps forward.



Sympathy and condolences: What to say and write to convey your support after a loss

Alan Wolfelt 2021

Call #: 155.937 Wol

Tips for how to talk or write to a grieving person to convey your genuine concern and support. What to say, what not to say, sympathy card etiquette, how to keep in touch, not only after a death but also during other major life transitions that are both happy and sad.



Talking to people who have died: The story of a wind phone

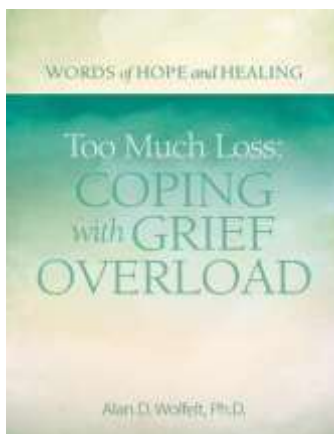
Susan MacLeod, Grief Matters



Call #: 133.91 Mac

Many people feel a profound longing to reach out to those they've lost. A Wind Phone offers a unique way to do just that. This short cartoon booklet tells the story of how a Wind Phone in Quebec was established and how it continues to bring comfort and peace to numerous grievers.

- 19-page booklet

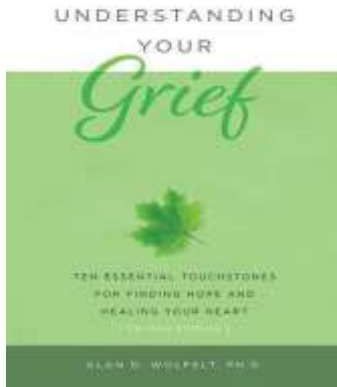


Too much loss: Coping with grief overload

Alan Wolfelt 2020

Call #: 155.937 Wol

Grief overload is what you feel when you experience too many significant losses all at once, in a relatively short period of time, or cumulatively. In addition to the deaths of loved ones, such losses can also include divorce, estrangement, illness, relocation, job changes, and more. Through intentional, active mourning, you can and will find your way back to hope and healing.



Understanding your grief: Ten essential touchstones for finding hope and healing your heart

Alan D. Wolfelt **2021**

Call #: 155.937 Wol

Dr. Wolfelt's Ten Touchstones are basic principles to learn and actions to take to help yourself engage with your grief and create momentum toward healing. This second edition maintains the content of the first edition but builds on it by adding concise wisdom on new topics such as the myth of closure, complicated and traumatic grief, grief overload, and more.

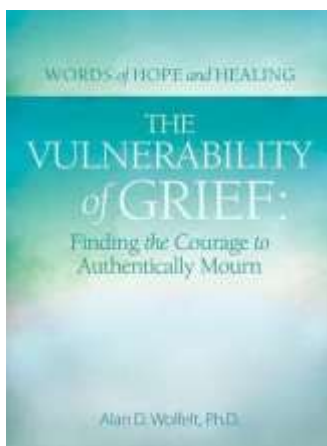


Unruly grief: There are no rules for grieving

Ally Doube **2024**

Call #: 155.937 Dou

Unruly Grief is not a typical grief book. There is no right or wrong way to read it. There is no sugar spun glossy bits, nor an obsession with healing and hope. It's a raw and unfiltered account of what happens. A collection of everything the author learned on her journey. A collection of the things she wishes she could have known when she was lost inside loss.

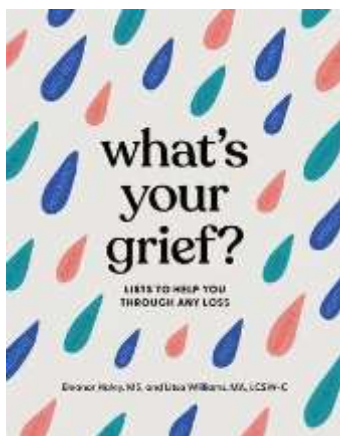


The vulnerability of grief: Finding the courage to authentically mourn

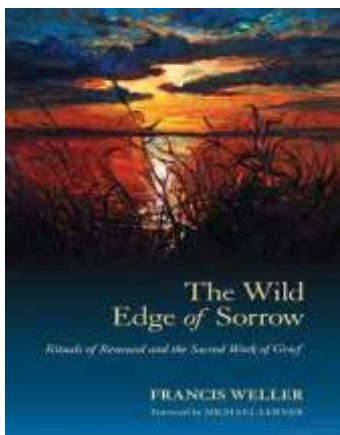
Alan Wolfelt **2024**

Call #: 155.937 Wol

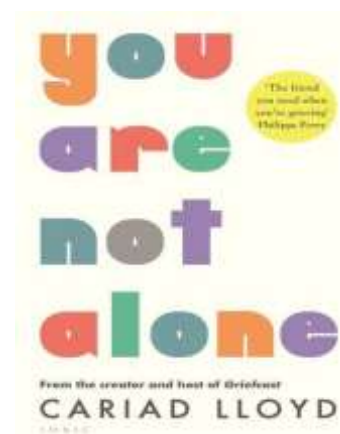
Grief hurts. While it's natural to want to avoid pain, healing after a loss requires engaging with and expressing the pain. This book will help you understand why and how to be vulnerable in grief. It will help you find the courage to mourn authentically, one small bit at a time. And it will help you embrace the paradoxical power of vulnerability in living a rich, full life.

**What's your grief? Lists to help you through any loss**Eleanor Haley, Litsa Williams **2022****Call #:** 155.937 Hal

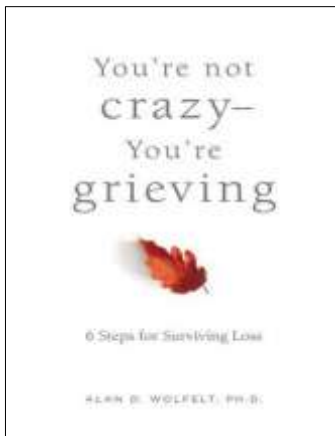
A friendly and accessible book of 75 lists that will help anyone experiencing a change or loss. Losses, big and small, turn your world upside down. Many life changes need to be grieved, from the loss of a loved one, to the loss of a job, from a breakup to a relocation, and all the rest of life's ebbs and flows. This unique book will help you move through whatever it looks like and feels like to you.

**The Wild edge of sorrow: Rituals of renewal and the sacred work of grief**Francis Weller **2015****Call #:** 155.937 Wel

Offers a new vision for grief as a communal ritual to be embraced for healing. Profoundly moving, beautifully written, this book is a balm for the soul and a necessary salve for moving together through difficult times.

**You are not alone: From the creator and host of Griefcast**Cariad Lloyd **2023****Call #:** 155.937 Llo

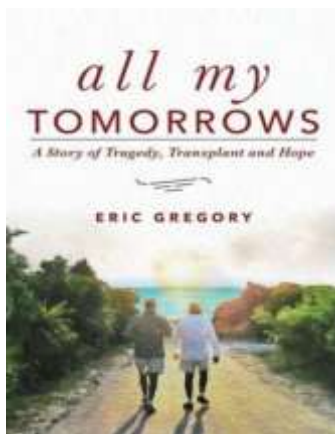
When Cariad was just fifteen, her dad died. She became the person-whose-dad-had-died; a mess of emotions and questions; a grief-mess. Years later, she began trying to unravel this tightly wound grief. What had happened? What effect had it had on who she was? She started Griefcast, the podcast that talks openly, honestly and at times cheerfully, about life's most difficult moment: its end.

**You're not crazy-You're grieving**

Alan D. Wolfelt 2023

Call #: 155.937 Wol

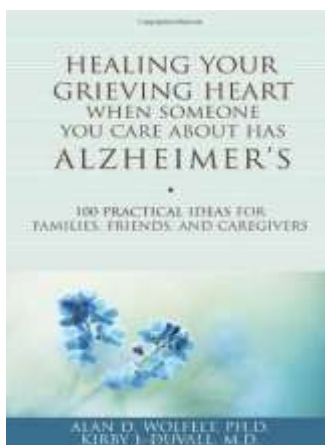
After a significant loss, it's common to feel like we're going crazy. The sudden absence of someone we love is not only devastating, it's disorienting. The first year or two of grief is often unbelievably painful and confusing. We're in shock, often for weeks or months. Time seems out of whack. We feel powerless, helpless, and ineffective. This compassionate book will help you endure.

ILLNESS (including ALZHEIMER'S, DEMENTIA, PARKINSONS)**All my tomorrows: A story of tragedy, transplant and hope**

Eric Gregory 2017

Call #: 617.954 Gre

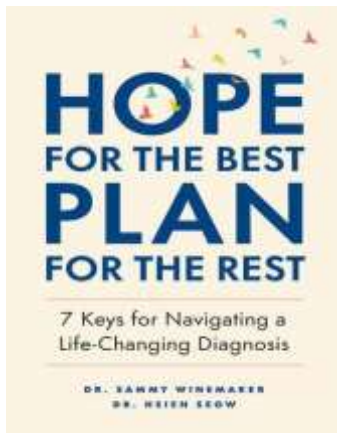
Five people who had been near death lived to see another day because they received nineteen-year-old Chris Gregory's organs. Eric Gregory, his father, wrote this book to chronicle this miracle of science and how meeting the recipients of his son's organs filled a special need in their hearts - that few outside the organ donation community can understand. Now a film: 2 Hearts.

**Healing your grieving heart when someone you care about has Alzheimer's: 100 practical ideas for families, friends and caregivers**

Alan Wolfelt 2011

Call #: 616.831 Wol

Navigating the challenging journey that families and friends of Alzheimer's patients must endure, this heartfelt guide reveals how their struggle is as complex and drawn out as the illness itself. Confronting their natural but difficult process of grieving and mourning, the study covers the inevitable feelings that come with dementia's onset.



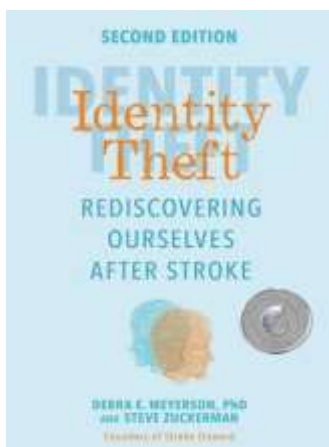
Hope for the best, plan for the rest: 7 keys for navigating a life-changing diagnosis

Sammy Winemaker, Hsien Seow **2023**



Call #: 155.916 Win

The essential guide for every patient and family. The doctor's office called. It's not good news. What comes next? Being diagnosed with a life-changing illness can be overwhelming. While your diagnosis cannot be changed, the way you experience your illness can. This book is about hope in the face of uncertainty: how to live well, be fully informed, and feel more like a person, not a patient.

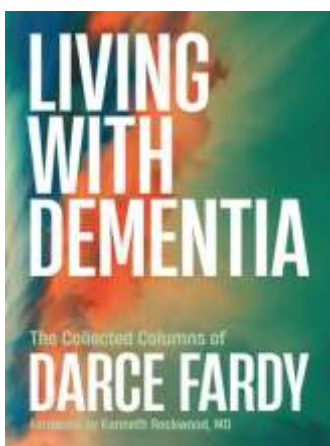


Identity theft: Recovering ourselves after stroke

Debra Meyerson, Steve Zuckerman **2023**

Call#: 616.81 Mey

Virtually every stroke survivor is haunted by questions like “Who am I now?” and “How do I rebuild a meaningful and rewarding life?” after losing so much of what they had before—capabilities, careers and jobs, relationships, and more. This is a book full of hope for survivors—from stroke or other life-changing injuries or illnesses—as well as their care partners, families, and communities.



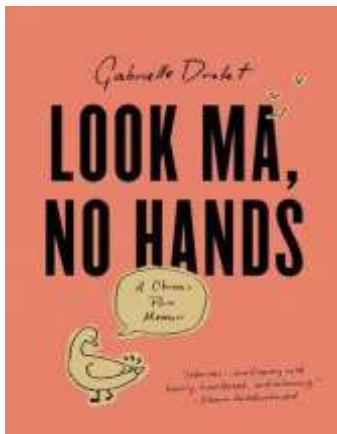
Living with dementia: The collected columns of Darce Fardy

Darce Fardy **2025**

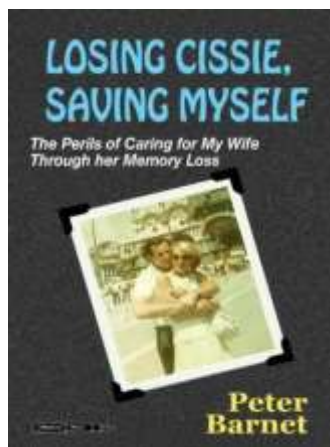


Call #: 616.831 Far

The collected columns from former reporter and head of CBC current affairs, illuminating his experience following a dementia diagnosis. In 2013 Darce Fardy was diagnosed with dementia. He was 81 years old. As a former journalist, it was natural for him to document his experience. Here, Fardy's columns from the following six years have been compiled into a poignant and illuminating collection.

**Look Ma, no hands: A chronic pain memoir**Gabrielle Drolet **2025****Call #:** 921 Dro

A humorous, profound debut memoir about chronic pain, accessibility, and young adulthood, by an acclaimed essayist and cartoonist. In 2021, Gabrielle Drolet developed a condition that made her unable to use her hands. Look Ma, No Hands explores both the difficulty and the humour of developing chronic and life-altering pain in her twenties.

**Losing Cissie, saving myself: The perils of caring for my wife through her memory loss**Peter Barnet **2021****Call #:** 616.631 Bar

Peter Barnet's moving account of his battle against his wife's Alzheimer's. We learn that those at risk from this terrible malady are not just those directly afflicted, but their caregiving spouses as well. Lacing his narrative with insight and humour, Barnet does not shy from expressing his private thoughts and feelings as he relates this couple's daunting struggle.

**No love like it: Feeding someone who is sick**Cath Morley **2025****Call #:** 616.23 Mor

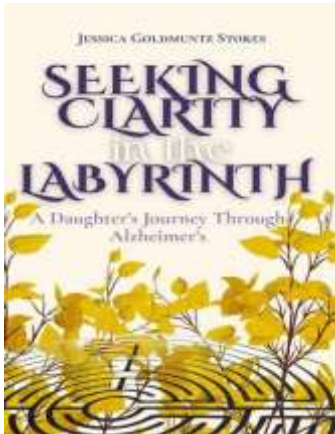
Based on decades of experience offering nutrition counselling to individuals and families, Dr. Catherine Morley's book reassures readers that they are not alone in the challenges of feeding the sick. Food relationships during a time of changed health status are normal, but often come as a surprise. Morley reminds caregivers to nourish themselves as their own eating is often in disarray.

**Notes of a love song: Day-to-day with Parkinson's Disease**

Claire Verney 2015

**Call #:** 616.833 Ver

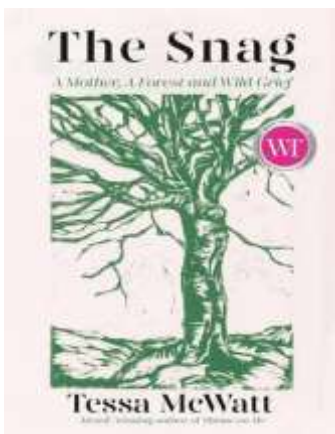
Chronicles their lives as Claire becomes her husband's full-time caregiver and advocate as he struggles with end-stage Parkinson's. It spans the final four years of Michael's life at home where he lived and died with dignity through her constant care. It is written as a love story, a tribute, but is equally a how-to manual, imparting valuable medical information about Parkinson's Disease.

**Seeking clarity in the labyrinth: A daughter's journey through Alzheimer's**

Jessica Goldmuntz Stokes 2023

Call #: 616.831 Sto

Winner of the Nautilus Silver award 2024 for Death & Dying / Grief & Loss. This book is not for everyone. It is brutally honest. Glossing over the despair of Alzheimer's Disease serves no one. This book is for those willing to explore the stages of Alzheimer's and accept the uphill journey of navigating the loss of a loved one with dementia. Thoughtful, honest, uplifting, and tender.

**The Snag: A mother, a forest and wild grief**

Tessa McWatt 2025

**Call #:** 921 McW

Every day, we hear about and experience griefs, large and small, in our families, friendships, communities, and worldwide. As her mother's dementia advances and she can no longer live independently, Tessa McWatt confronts personal and political losses, and finds herself wandering in a forest asking, how do we grieve? And what does nature tell us about how to live?



Tangles: A story about Alzheimer's, my mother, and me

Sarah Leavitt **2010**

Call #: GN 616.831 Lea



In this powerful graphic memoir, Sarah Leavitt reveals how Alzheimer's disease transformed her mother Midge and her family forever. In spare black and white drawings and clear, candid prose, Sarah shares her family's journey through a harrowing range of emotions, all while learning to cope with the devastating diagnosis and managing to find moments of happiness.

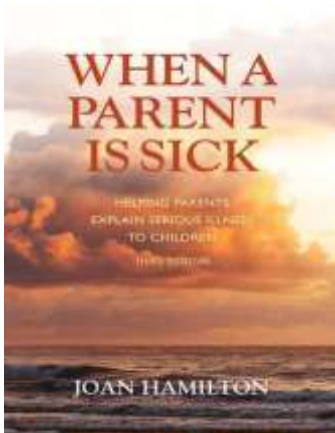


What happens when someone I love doesn't feel good? A book about illness that won't go away

Sara Olsher **2023**

Call #: PIC 616 Ols

Explaining a chronic or terminal illness to a kid is hard. Medical terms difficult to understand as adults, but figuring out how to translate them into kidspeak can be next to impossible. Join Mia and Stuart as they learn how bodies work, why some bodies don't always feel good, and what to do when someone they love has an illness that won't go away.



When a parent is sick: Helping parents explain serious illness to children

Joan Hamilton **2021**

Call #: 362.1 Ham



What do you tell children when a parent has been diagnosed with a serious illness? What should you do? What should you talk about? When do you tell them? What words should you use? This book provides parents and other caregivers with suggestions on how to approach children with the information that their parent is seriously ill. There are many examples of how and what to say.



When your patient is dying: Quality care for children and families [DVD video]

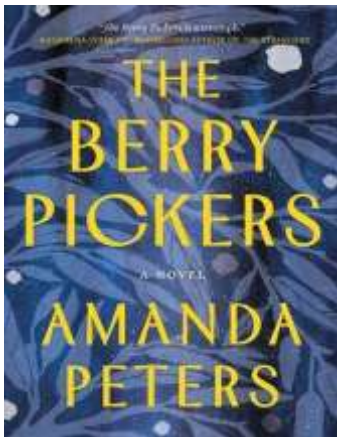
The Dougy Center **2016** - 20 minutes



Call #: DVD 616.029 Dou

For health care professionals wanting to understand how to better support and care for patients and their families living with an advanced serious illness. A 20-minute DVD plus a printed companion booklet with discussion questions and bonus information. Downloads and fillable PDFs included.

INDIGENOUS



The Berry pickers

Amanda Peters, **2024**



Call #: FIC Pet

July 1962. A Mi'kmaq family from Nova Scotia arrives in Maine to pick blueberries for the summer. Ruthie, their youngest child, is seen sitting at the edge of a field before vanishing. In Maine, a young girl named Norma grows up as an only child in an affluent family. Norma senses there is something her parents aren't telling her. *Depicts intimate partner violence Ch. 9*



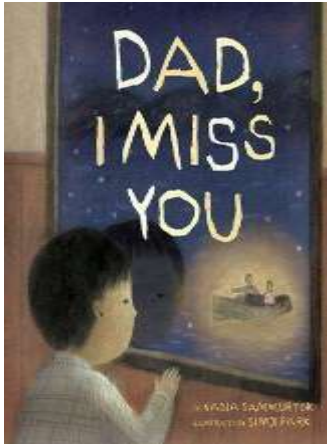
Birdsong

Julie Flett **2019**



Call #: PIC Fle

When a young girl moves from the country to a small town, she feels lonely and out of place. But soon she meets an elderly woman next door, who shares her love of arts and crafts. Can the girl navigate the changing seasons and failing health of her new friend? An activity guide is available at greystonebooks.com for FREE download.



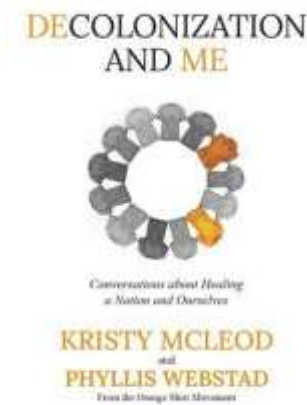
Dad, I miss you: A residential school story

Nadia Sammurtok, Simji Park (Illustrator), **2024**

Call #: PIC Sam



Told in the voice of a boy and his father by turns, this book takes a thoughtful and heartfelt look at the emotional toll of a child being taken from their family and community to attend residential school. Based on the author’s family history of residential school separation, this book provides a unique perspective on the difficult cycle of loss, reconnection, and regaining hope for the future.



Decolonization and me: Conversations about healing a nation and ourselves

Kristy McLeod, Phyllis Webstad, **2025**

Call #: 305.897 McL



Step into a space of reflection on your personal relationship with truth, reconciliation, and Orange Shirt Day. Written in response to the increase of residential school denialism, this book challenges readers through a series of sensitive conversations that explore decolonization, Indigenization, healing, and every person’s individual responsibility to truth and reconciliation.



Grampy's Chair

Rebecca Thomas, Coco A. Lynge (Illustrator) **2024**

Call #: PIC Tho



A heartwarming story about lifelong love and loss told from the perspective of a grandfather's favorite chair. Grampy's chair sits in the middle of his living room and always keeps an eye on My Love. As My Love grows up, The Chair sees Grampy grow older and My Love must care for him. One day Grampy is gone. Will The Chair see My Love again? A poignant story inspired by Rebecca's own grandfather.



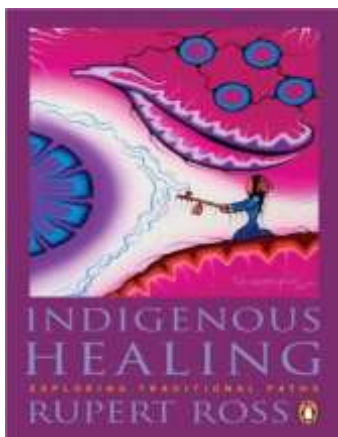
I won't feel this way forever

Kim Spencer **2025**

Call #: J Fic Spe



It's the summer of 1989. When a call comes in from the clinic to say her grandmother has to go to the hospital in Vancouver, everyone realizes this is serious. Mia and her mom and aunties head to the city to be by her grandmother's side. At a basketball camp at the Friendship Centre, Mia meets a teen coach who inspires her to delve into her Indigeneity. But Mia's beloved grandma might not get better.



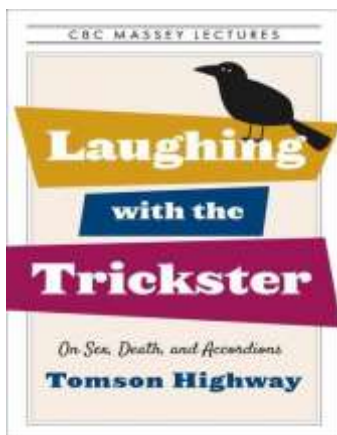
Indigenous healing: Exploring traditional paths

Rupert Ross **2014**

Call #: 303.372 Ros



Imagine a world in which people see themselves as embedded in the natural order, with ethical responsibilities not only toward one another, but also toward rocks, trees, water and all nature. Imagine seeing yourself not as a master of Creation, but as the most humble, dependent and vulnerable part.



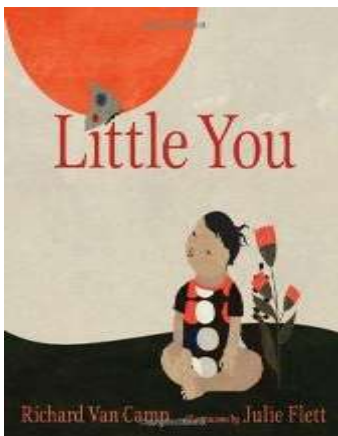
Laughing with the Trickster: On sex, death, and accordions

Tomson Highway **2022**

Call #: 398.45 Hig



Highway brings his signature irreverence to an exploration of five themes central to the human condition: language, creation, sex and gender, humour, and death. Comparative analysis of Christian, classical, and Cree mythologies reveals their contributions to Western thought, life, and culture--and how Indigenous mythologies provide unique, timeless solutions to our modern problems.



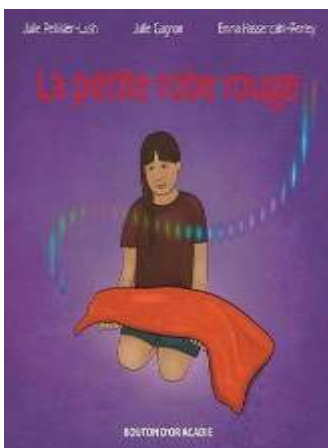
Little you

Richard Van Camp **2013**



Call #: BB Van

Richard Van Camp has partnered with talented illustrator Julie Flett to create a tender board book for babies and toddlers that honors the child in everyone. With its delightful contemporary illustrations, Little You is perfect to be shared, read or sung to all the little people in your life--and the new little ones on the way!



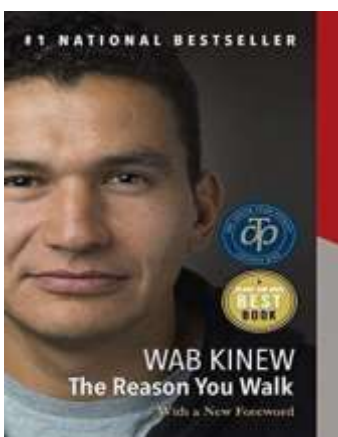
La Petite robe rouge = Apje'ji'jk Mekwe'k Mtoqan = The little red dress

Julie Pellissier-Lush, Julie Gagnon, Emma Hassencahl-Perley (Illustrator) **2024**



Call #: PIC Gag

Sakari loves to rummage through her grandmother's house, but she still doesn't know what's hidden in the woven basket in the attic. Then, one day, she sees her nukumi in tears by the open basket, holding a photo album. Photos that Sakari has never seen prompt the older woman to tell her the story of her younger sister. This trilingual picture book aims to raise awareness about MMIWG.



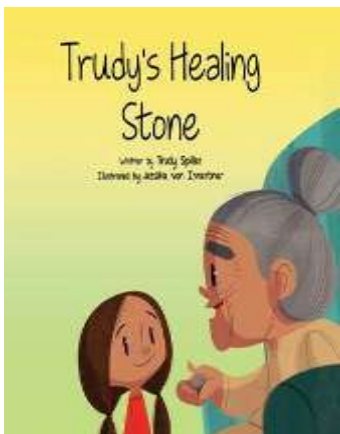
The Reason you walk

Wab Kinew **2017**



Call #: 921 Kin

When his father was given a diagnosis of terminal cancer, Winnipeg broadcaster and musician Wab Kinew decided to spend a year reconnecting with the accomplished but distant aboriginal man who'd raised him. The Reason You Walk spans the year 2012, chronicling painful moments in the past and celebrating renewed hopes and dreams for the future.



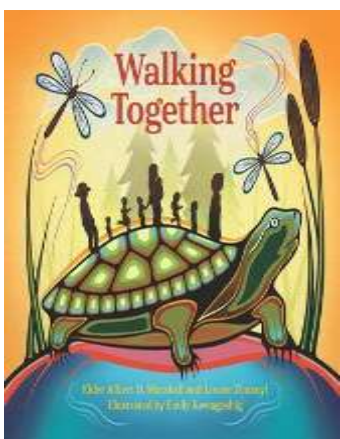
Trudy's healing stone

Trudy Spiller, Jessika von Innertner (Illustrator) **2019**

Call #: PIC Spi



Everyone gets sad, angry, frustrated and disappointed. Difficult emotions are a natural part of life. In this book, Trudy's Healing Stone, Trudy Spiller shares a special teaching about a practice that anyone can use to help them process their feelings with the help of Mother Earth.



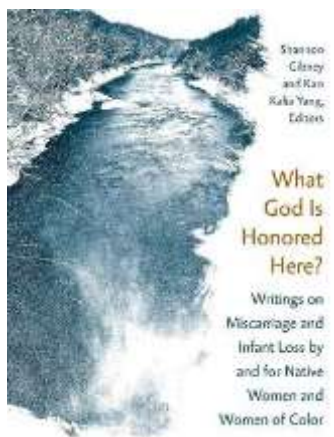
Walking together

Elder Albert D. Marshall, Louise Zimanyi, Emily Kewageshig (Illustrator) **2023**

Call # PIC 304.2 Mar



Introduces the concepts of Etuaptmumk--or Two-Eyed Seeing and Netukulimk - protecting Mother Earth. A joyful celebration as spring unfolds: we await Robin's return, listen for Frog's croaking, and wonder at Maple tree's gift of sap. Nurtures respectful, reciprocal, relationships with the Land and Water, plants, animals.



What god is honored here? Writings on miscarriage and infant loss by and for Native women and women of color

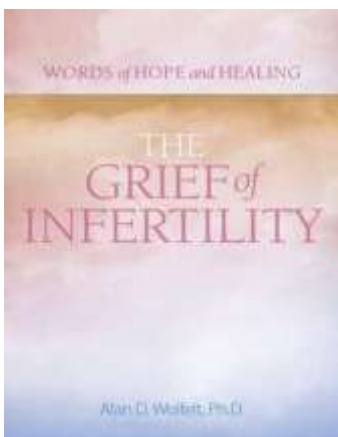
Shannon Gibney, Kao Kalia Yang (Eds.) **2019**

Call #: 618.39 Wha

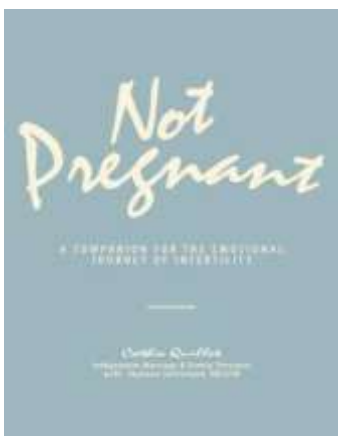
In its heartbreaking beauty, this book offers an integral perspective on how culture and religion, spirit and body, unite in the reproductive lives of women of color and Indigenous women as they bear witness to loss, search for what is not there, and claim for themselves and others their fundamental humanity.

**With our orange hearts**Phyllis Webstad, Emily Kewageshig (Illustrator) **2022****Call #:** PIC 371.829 Web

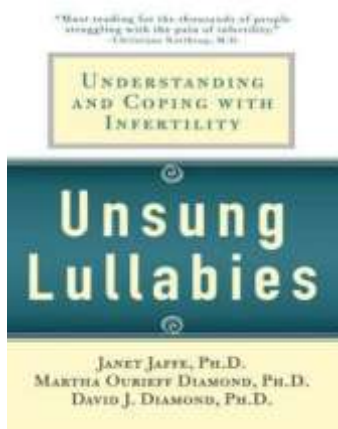
Listening is a first step towards reconciliation. It's never too early to start. "Every child matters, including you and me. With our orange hearts, we walk in harmony." As a young child, your little world can be full of big feelings. Phyllis Webstad, founder of Orange Shirt Day, shows how sharing her true story with the world helped her process her feelings, and encourages young children to open their hearts too.

INFERTILITY**The Grief of infertility**Alan Wolfelt **2020****Call #:** 616.692 Wol

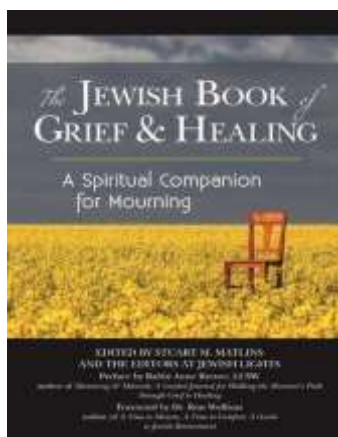
When you are struggling with fertility challenges, it's normal to experience a range and mixture of ever-changing feelings. These feelings are a natural and necessary form of grief. Whether you continue to hope to give birth or you've stopped pursuing pregnancy, this compassionate guide will help you affirm and express your feelings about infertility. Tips for both women and men.

**Not pregnant: A companion for the emotional journey of infertility**Cathie Quillet, Shannon Sutherland **2016****Call #:** 616.692 Qui

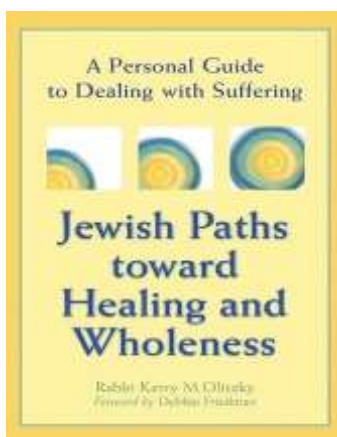
Quillet offers a place for women who are experiencing infertility to come together, validate their emotions, and let go of their pain. This book addresses infertility's effects on sex and marriage, and handling the public's general ignorance about infertility and miscarriages. With real stories from women (and men), and an added scientific perspective from Dr. Shannon Sutherland.

**Unsung lullabies: Understanding and coping with infertility**Janet Jaffe, Martha Diamond, David Diamond **2005****Call #:** 616.692 Jaf

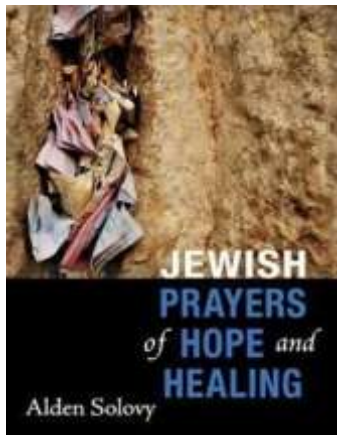
For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha and David Diamond - who have experienced their own struggle with infertility - give couples tools to mourn the losses of infertility and move on.

JEWISH**The Jewish book of grief and healing**Stuart M. Matlins (Ed.) **2016****Call #:** 296.76 Jew

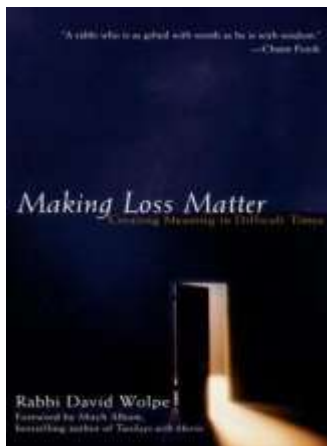
Wisdom, solace and inspiration from Jewish tradition to bring you hope and healing after loss. Beloved and respected spiritual leaders from across the Jewish denominational spectrum share insights from their experience, Jewish tradition and their personal encounters with grief and healing. This wide range of perspectives, offered with grace and compassion, will be a treasured resource.

**Jewish paths toward healing and wholeness**Kerry M. Olitzky **2000****Call #:** 296.72 Oli

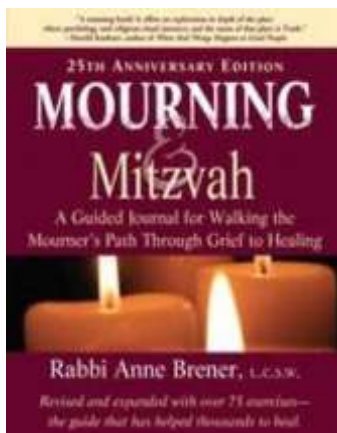
Grounded in the spiritual traditions of Judaism, this book provides healing rituals, psalms and prayers that help us initiate a dialogue with God, to guide us through the complicated path of healing and wholeness. Olitzky brings together his inspiring guidance in using Jewish texts to demonstrate how the healing of the soul is an indispensable counterpart to curing the body.

**Jewish prayers of hope and healing**Alden Solovy **2014****Call #:** 296.72 Sol

This simple and profound collection of meditations, poetry and prayer is from well-known liturgist, Alden Solovy, whose voice emerged after the sudden death of his wife from traumatic brain injury. Many of the prayers include English, Hebrew and transliterated closings. *Jewish Prayers of Hope and Healing* is a resource for moments of sorrow and celebration.

**Making loss matter: Creating meaning in difficult times**David Wolpe **2000****Call #:** 296.311 Wol

It was the loss that surrounded him that let David Wolpe to become a rabbi. He questioned not why we lose so much - but how we could use this inevitable experience as a source of strength rather than despair. "Could I," he asked, "with the powers of my own hand and heart...turn a painful, inexplicable loss into a generator of purpose and of hope?" The answer has been a resounding yes.

**Mourning & mitzvah: A guided journal for walking the mourner's path through grief to healing**Anne Brener **2017****Call #:** 296.72 Bre

Anne Brener brings us an innovative integration of Jewish tradition and modern professional resources. *Mourning & Mitzvah* gives spiritual insight and healing wisdom to those who mourn a death, to those who would help them, and to those who face a loss of any kind. This book teaches you the power and strength available to you in the fully experienced mourning process.



Sitting Shiva

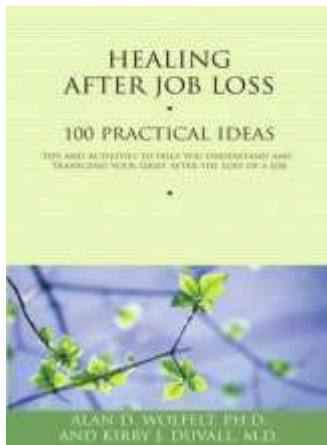
Erin Silver 2022

Call #: PIC Sil

In this gorgeously illustrated, deeply moving picture book, a young girl learns about the practice of sitting Shiva after her mother dies.



JOB LOSS

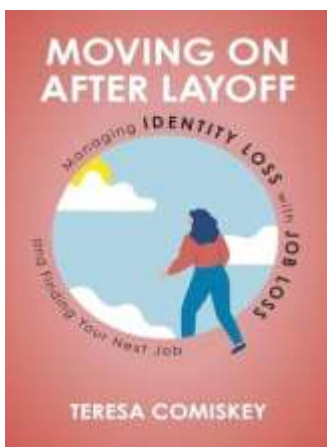


Healing after job loss: 100 practical ideas

Alan Wolfelt 2010

Call #: 155.937 Wol

Simple, useful tips and activities to counter the typically negative reactions to job loss, such as loss of self esteem, and explores thoughts and feelings with the goal of healing. Whether downsized, fired, furloughed, or laid off, this guide provides you a healthy way of dealing with overwhelming feelings in a healthy, hopeful manner.



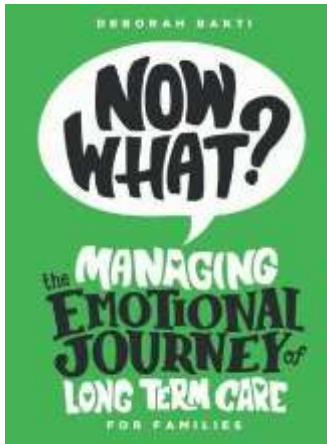
Moving on after layoff: Managing identity loss with job loss and finding your next job

Teresa Comiskey 2024

Call #: 331.137 Com

Losing a job can be one of the most stressful experiences one might face in their lifetime, not just financially but emotionally. Laid-off employees can feel lost, hopeless, and even fall into depression...but it doesn't have to be that way.

LONG TERM CARE



Now what?: Managing the emotional journey of long term care for families

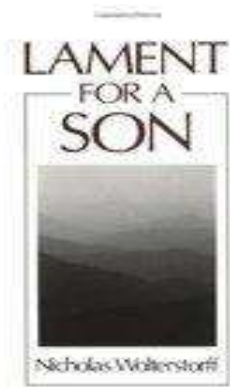
Deborah Bakti **2021**



Call #: 618.97 Bak

Your playbook to manage this emotional journey so you can transition through this very important role with more ease and grace, and less guilt and anxiety. In this book you'll discover: Your role in the Relational Triangle, The 7 A's of this emotional journey, Strategies to manage your energy effectively, Answers to 20 typical misconceptions of long term care, and how to respond to your grief.

LOSS OF ADULT CHILD



Lament for a son

Nicholas Wolterstorff **1987**

Call #: 155.937 Wol

To those who are left behind, the death of a friend or family member is a beginning as much as an end. For Nicholas, who lost his 25-year-old son Eric in a mountain climbing accident, it meant the start of a long, unwanted journey to come to terms with his grief. *Lament for a Son* avoids easy answers about suffering. Its honest depiction of struggle will help open the floodgates for those who cannot find words for their own pain. Recommended by Sheree Fitch as vital to her healing journey.



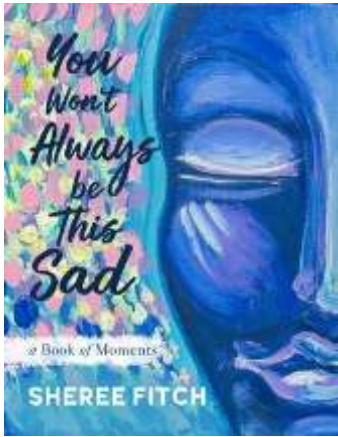
The Little black funeral dress: Five things I wish I had known about grief

Shirley L. Thiessen **2018**



Call #: 155.937 Thi

It's not if, but when. Those who love will also grieve. To our detriment, society would rather sanitize or skip over the topic of grief. Twelve days after her son's wedding, Shirley Thiessen was thrown into the unimaginable task of planning his funeral. Grief threatened to extinguish her purpose for living.



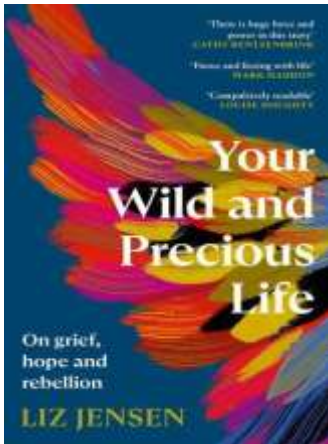
You won't always be this sad: A book of moments

Sheree Fitch **2019**



Call #: 921 Fit

Capturing her own struggles as she emerges from shock in the wake of her son's unexpected death at age thirty-seven, author and storyteller Sheree Fitch writes lyrically and unabashedly, with deep sorrow, unexpected rage, and boundless love.



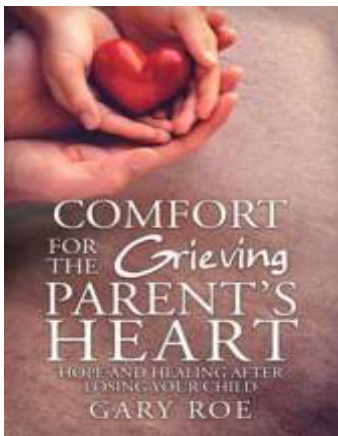
Your wild and precious life: On grief, hope and rebellion

Liz Jensen

Call #: 155.937 Jen **2024**

Liz Jensen's son, a zoologist, conservationist and ecological activist, was twenty-five when he collapsed and died unexpectedly. She fell apart. As she grieved, forest fires raged, coral reefs deteriorated, CO2 emissions rose and fossil fuels burned. This is the story of how a mother rebuilt herself, reoriented her life and rediscovered the enchantment of the living world.

LOSS OF CHILD



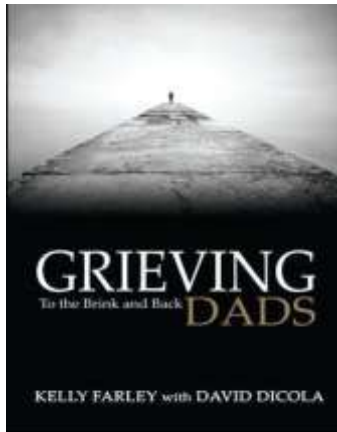
Comfort for the grieving parent's heart: Hope and healing after losing your child

Gary Roe **2020**

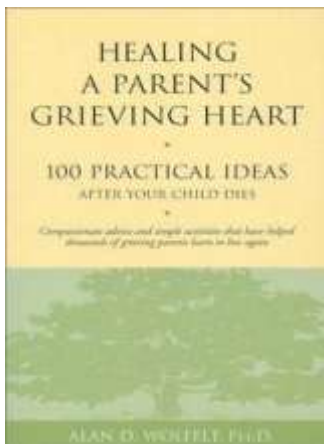
Call #: 155.937 Roe

The unthinkable has happened. You've lost a child. How are you going to survive this?. The world around you speeds on as if nothing happened. Stunned, shocked, sad, confused, and angry, you blink in disbelief. Your heart is crushed. The pain is excruciating. You can barely breathe. What can you do? Multiple award-winning author, hospice chaplain, and grief counselor Gary

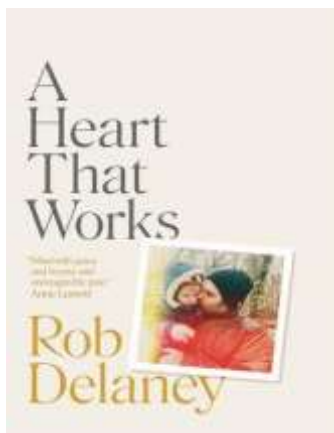
Roe can help.

**Grieving dads: To the brink and back**Kelly Farley **2012****Call #:** 155.937 Far

"Provides a rare glimpse into the aftermath of what grieving dads deal with when their child has died. This book helps the grieving dad realize that they are not alone in the pain inflicted by the death of a child. This book is a wonderful antidote to the invisibility of men's grief in our culture." Tom Golden, LCSW

**Healing a parent's grieving heart: 100 practical ideas after your child dies**Alan Wolfelt **2002****Call #:** 155.937 Wol

Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book; and remembering others who may still be struggling.

**A Heart that works**

Rob Delaney

Call #: 921 Del

In 2018, Rob Delaney's two-year-old son, Henry, died of a brain tumor. This is Delaney's intimate, unflinching, and at times fiercely funny exploration of Henry's beautiful, bright life and the devastation of his loss--from the harrowing illness to the vivid, bodily impact of grief and the blind, furious rage that followed through to the forceful, unstoppable love that remains.



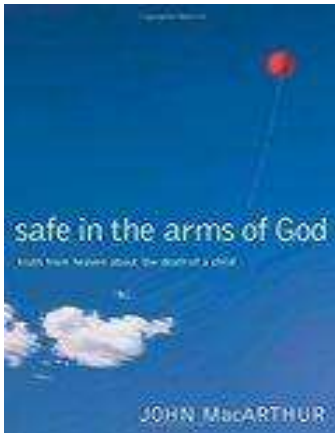
One strong girl: Surviving the unimaginable - a mother's memoir

Lesley Buxton **2018**

Call #: 616.8 Bux



A mother's vivid account of what it is like to lose her daughter, India, to a rare debilitating disease. The story is a bold description of what it means to deal with deep sorrow and still find balance and beauty in an age steeped in the denial of death. It is a story of what it's like to outlive an only child. It describes both the intensity and most importantly, the joy to be found.



Safe in the arms of God: Truth from heaven about the death of a child

John F. MacArthur **2003**

Call #: 248.866 Mac

"Is my baby in Heaven?" This is the most important question a grieving parent can ask. MacArthur highlights the Bible's many references to God's unfailing love for children and their eternal safety.

LOSS OF INFANT/STILLBIRTH/MISCARRIAGE

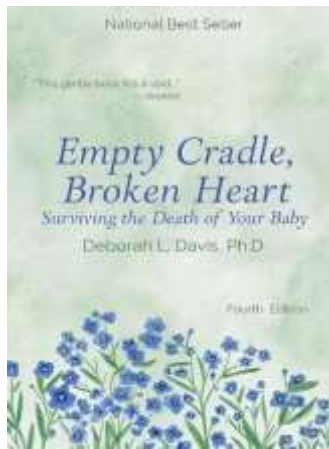


The Baby loss guide: practical and compassionate support with a day-by-day resource to navigate the path of grief

Zoë Clark-Coates, **2024**

Call #: 618.39 Cla

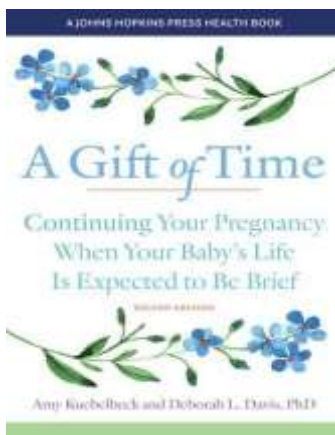
A supportive and practical guide to walk people through their darkest days of suffering and give them hope for the future. Whether someone's loss is recent or historic, this support will help an individual walk the scary path of grief. Zoë's friendly and down to earth approach means she removes the often over used medical terminology, making the information readable and easy to absorb.

**Empty Cradle, Broken Heart**Deborah L. Davis **2024****Call #:** 618.39 Dav

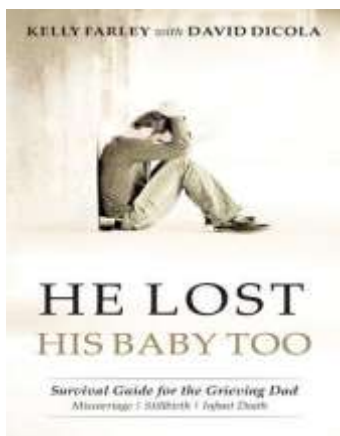
Grieving the death of a baby is a heart-wrenching journey. Whether your baby died during pregnancy, around birth, or in infancy, Empty Cradle, Broken Heart is a gentle guide that will accompany you. Full of information and practical suggestions, this book can help you accept the variety and depth of your emotions; find answers to questions such as "What's normal?" and "Why me?"

**Ghostbelly: A memoir**Elizabeth Heineman **2014****Call #:** 618.39 Hei

In our mother-blaming culture, women who make unconventional choices find themselves under fire. Elizabeth Heineman makes unusual has a baby at an advanced maternal age, chooses home birth with a midwife, and then, when her baby is born dead, she spends time with him. She recounts her indescribable grief, her extraordinary bonding with the baby's body, and the impossible task of saying goodbye.

**Gift of time: Continuing your pregnancy when your baby's life is expected to be brief**Amy Kuebelbeck, Deborah L. Davis **2023****Call #:** 618.32 Kue

A gentle and comprehensive guide for parents expecting a baby with a prenatal diagnosis of a life-limiting condition. When prenatal testing reveals that a baby is expected to die before or shortly after birth, many parents choose to proceed with the pregnancy and embrace the time they have. With compassion and support, this book walks parents through this challenging experience.

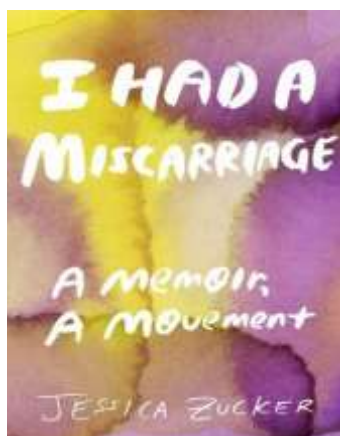


He lost his baby too: Survival guide for the grieving dad: Miscarriage - stillbirth - infant death

Kelly Farley, David DiCola **2023**

Call #: 618.39 Far

This book was written specifically for fathers grappling with the unbearable aftermath of losing a baby. It is all too easy for a bereaved father to succumb to a haunting sense of isolation after such a loss. However, within these pages lies a lifeline—a survival guide infused with wisdom, providing a roadmap through the complicated path of grief.

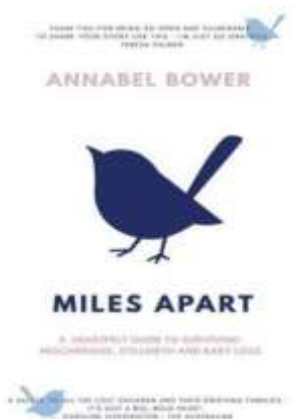


I had a miscarriage: A memoir, a movement

Jessica Zucker **2022**

Call #: 618.39 Zuc

Sixteen weeks into her second pregnancy, psychologist Jessica Zucker miscarried at home, alone. Suddenly, her career, spent specializing in reproductive and maternal mental health, was no longer just theoretical. She embarked on a mission to upend the trio of silence, shame, and stigma that surrounds reproductive loss—and the result is her striking memoir meets manifesto.



Miles apart: A heartfelt guide to surviving miscarriage, stillbirth and baby loss

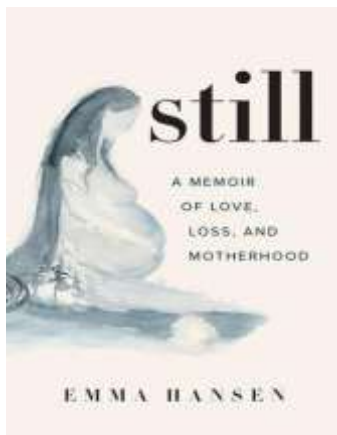
Annabel Bower **2020**

Call #: 618.39 Bow

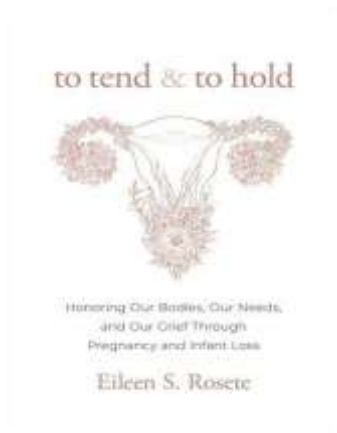
Told by Annabel Bower after her fourth child Miles was stillborn, Miles Apart offers heartfelt advice on navigating grief and heartache after the loss of a baby at any stage of pregnancy or infancy. By sharing her own raw, unfiltered story, Annabel hopes anyone suffering can feel supported, understood and reassured that they will get through this and one day laugh and smile again.

**Notes for the everlost: A field guide to grief**Kate Inglis **2018****Call #:** 618.39 Ing

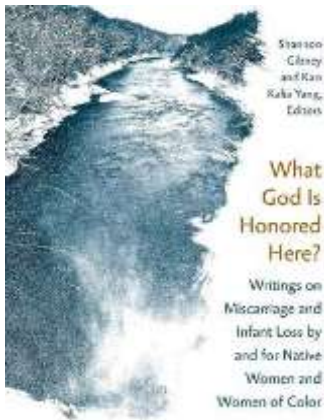
When Kate Inglis's twin boys were born prematurely, one survived and the other did not. This is the powerful, unsparing account of her experience, her bereavement, and ultimately how she was able to move forward and help other parents who had experienced such profound loss. Inglis's story is a springboard that can help other bereaved parents reflect on key aspects of the experience.

**Still: A memoir of love, loss, and motherhood**Emma Hansen **2020****Call #:** 618.39 Han

Emma Hansen is 39 weeks and 6 days pregnant when she feels her baby go quiet inside of her. Her worst fears are confirmed: doctors explain that her baby has died, and she will need to deliver him, still. Hansen gives birth to her son, Reid, amidst an avalanche of grief. Honest, brave, and uplifting, Still is about one woman's search for her own definition of motherhood, and life after loss.

**To tend and to hold: Honoring our bodies, our needs, and our grief through pregnancy and infant loss**Eileen S. Rosete **2023****Call #:** 618.39 Ros

Pregnancy loss. Infant loss. Womb loss. Such losses are as valid as any other, yet these experiences and the individuals who endure them remain largely unrecognized and unsupported. This book honors survivors and the depth of what they've gone through with a reverence that has, until now, been missing. A heartfelt, holistic source of solace for all who bear loss.



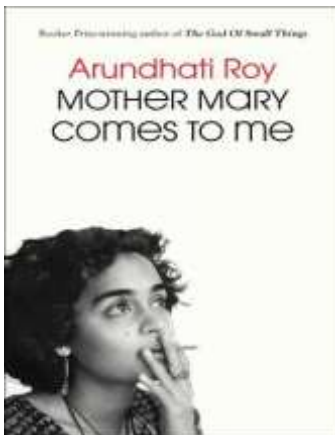
What god is honored here? Writings on miscarriage and infant loss by and for Native women and women of color

Shannon Gibney, Kao Kalia Yang (Eds.) **2019**

Call #: 618.39 Wha

In its heartbreaking beauty, this book offers an integral perspective on how culture and religion, spirit and body, unite in the reproductive lives of women of color and Indigenous women as they bear witness to loss, search for what is not there, and claim for themselves and others their fundamental humanity.

LOSS OF PARENT



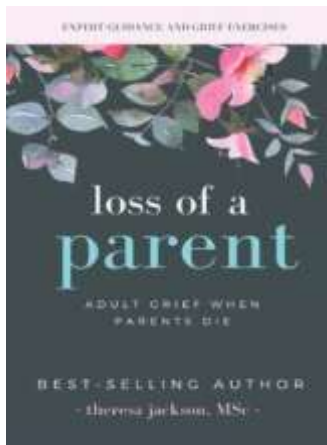
Mother Mary comes to me

Arundhati Roy **2025**



Call #: 921 Roy

“Heart-smashed” by her mother Mary’s death in September 2022, yet puzzled and “more than a little ashamed” by the intensity of her response, Roy began to write, to make sense of her feelings about the mother she ran from at age eighteen, “not because I didn’t love her, but in order to be able to continue to love her.” And so begins this astonishing memoir like no other.



Loss of a parent: Adult grief when parents die

Theresa Jackson **2016**

Call #: 155.937 Jac

Theresa Jackson lost her father in 2007 and struggled to come to terms with the loss. She has combined the most effective resources, healing practices for grief and expert guidance on bereavement. Sharing hers and others' personal journeys of coming to terms with the loss of a parent, she hopes to help more bereaved adult children on their healing journeys.



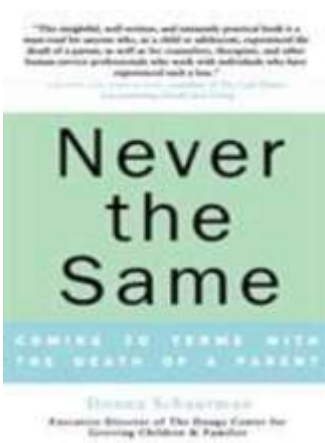
May it have a happy ending: A memoir of finding my voice as my mother was losing hers

Minelle Mahtani **2024**

Call #: 921 Mah



Minelle Mahtani had just begun hosting her own radio show, finding her place in the majority white newsroom. She was handed devastating news: her Iranian mother had been diagnosed with tongue cancer. Just as Minelle was finding her voice, her mother was losing hers. What does it mean to amplify voices of others while the stories of your ancestors are being buried in your mother's mouth?

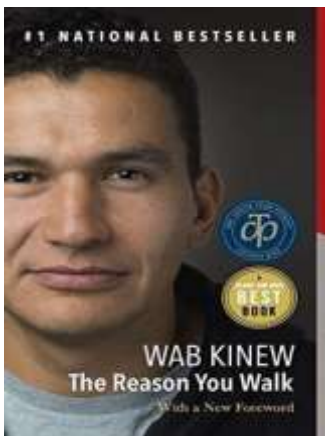


Never the same: Coming to terms with the death of a parent

Donna Schuurman **2004**

Call #: 155.937 Sch

For those who experienced the death of parent during their childhood or teen years, a guide to understanding and working through the impact this loss continues to have on their adult lives. Schuurman offers expert advice and encouragement to empower readers to reflect on their unique situation, come to terms with the influence of their parent's death, and live more healthful, peaceful lives.



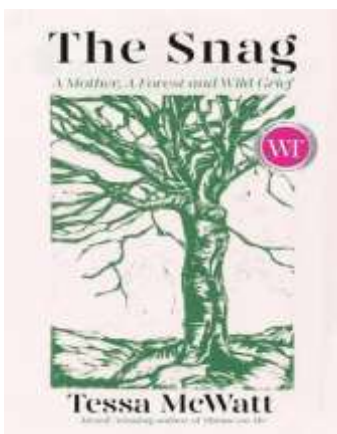
The Reason you walk: A memoir

Wab Kinew **2017**

Call #: 921 Kin



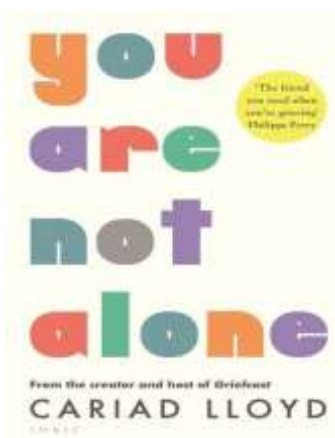
When his father was given a diagnosis of terminal cancer, Winnipeg broadcaster and musician Wab Kinew decided to spend a year reconnecting with the accomplished but distant aboriginal man who'd raised him. The Reason You Walk spans the year 2012, chronicling painful moments in the past and celebrating renewed hopes and dreams for the future.

**The Snag: A mother, a forest and wild grief**

Tessa McWatt 2025

**Call #:** 921 McW

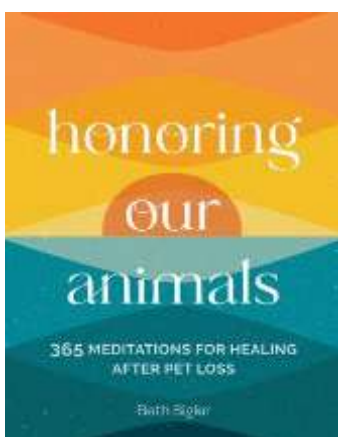
Every day, we hear about and experience griefs, large and small, in our families, friendships, communities, and worldwide. As her mother's dementia advances and she can no longer live independently, Tessa McWatt confronts personal and political losses, and finds herself wandering in a forest asking, how do we grieve? And what does nature tell us about how to live?

**You are not alone: From the creator and host of Griefcast**

Cariad Lloyd 2023

Call #: 155.937 Llo

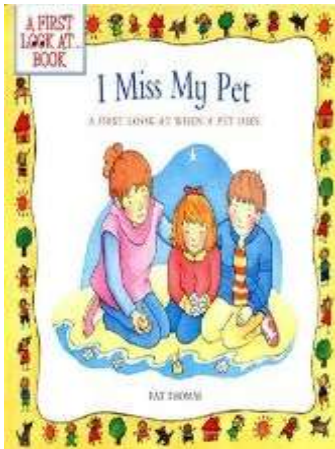
When Cariad was just fifteen, her dad died. She became the person-whose-dad-had-died; a mess of emotions and questions; a grief-mess. Years later, she began trying to unravel this tightly wound grief. What had happened? What effect had it had on who she was? She started Griefcast, the podcast that talks openly, honestly and at times cheerfully, about life's most difficult moment: its end.

LOSS OF PET**Honoring our animals: 365 meditations for healing after pet loss**

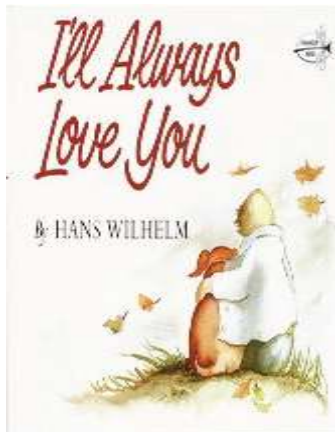
Beth Bigler 2025

Call #: 155.937 Big

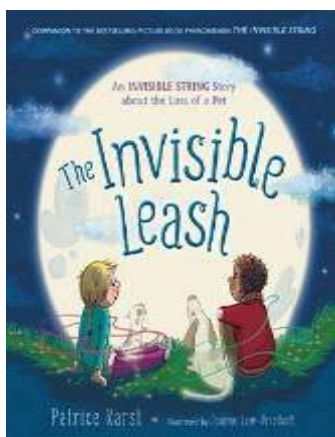
Each section invites you to engage with your emotions through inspiring prompts, contemplative exercises, and creative connection. Each day, you're encouraged to cherish your beloved pet through simple yet meaningful moments—quiet reflection, written expression, and sacred acts that nurture your heart and spirit. This book doesn't ask you to "move on" but instead affirms that devotion endures, and grief for our animals deserves space.

**I miss my pet: A first look at when a pet dies**Pat Thomas **2012****Call #:** PIC 155.937 Tho

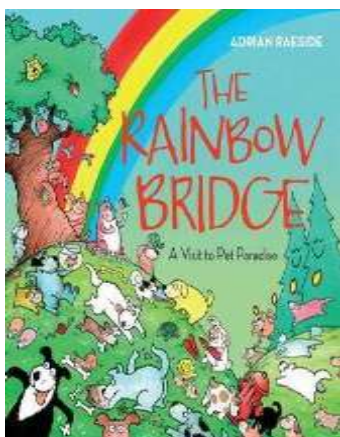
Explores the issue of the death of a pet in a simple but realistic way. Children's worries and questions surrounding the difficult experience of loss are made accessible and approachable.

**I'll always love you**Hans Wilhelm **1988****Call #:** PIC Wil

"In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolor illustrations, tender and warm in color and mood, suit the simple text perfectly."--School Library Journal.

**The Invisible leash: An invisible string story about the loss of a pet**Patrice Karst, Joanne Lew-Vriethoff (Illustrator) **2021****Call #:** PIC Kar

Using the same bonding concept from *The Invisible String*, which has been used for healing countless readers living with grief, *The Invisible Leash* illustrates the spiritual connection pet owners have with their animals. After Zach's dog, Jojo, dies, his friend Emily comforts him with the "best news ever": an invisible leash around our hearts connects everyone to their pets wherever they are.

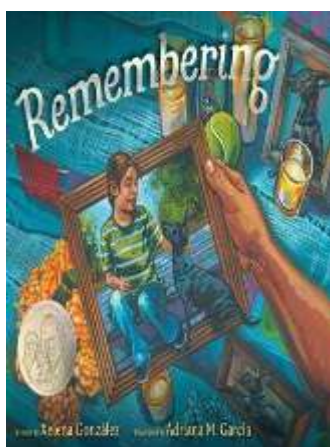


The Rainbow bridge: A visit to pet paradise

Adrian Raeside **2012**

Call #: PIC Rae

After his beloved pet Koko has passed away, Ricky meets Buster, a messenger dog, who flies him to the Rainbow Bridge where all pets happily wait for their human companions.

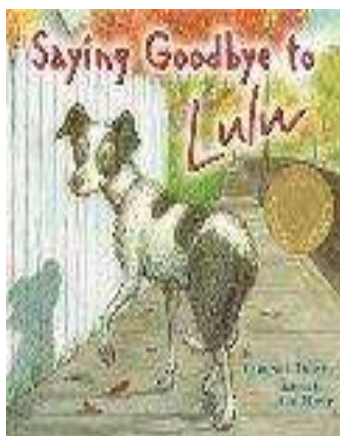


Remembering

Xelena González, Adriana M. Garcia (Illustrator) **2023**

Call #: PIC Gon

A child and their family observe the customs of Día de los Angelitos, one of the ritual celebrations of Día de Muertos, to celebrate the life of their beloved dog who passed away. They build a thoughtful ofrenda to help lead the pet's soul home and help the little one process their grief in this moving reminder that loved ones are never really gone if we take the time to remember them.



Saying goodbye to Lulu

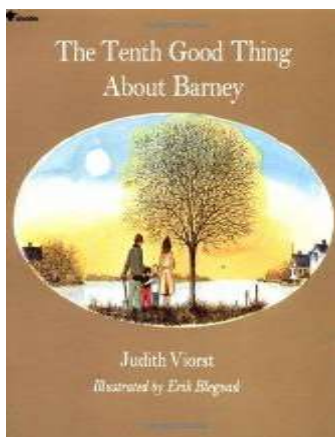
Corinne Demas **2009**

Call #: PIC Dem

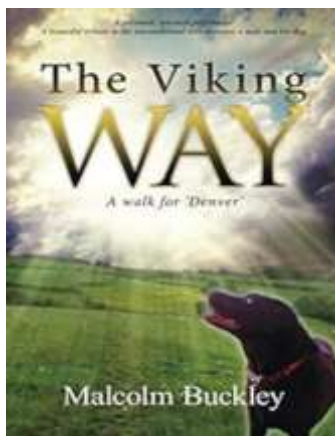
Lulu is the best dog a girl could ever hope for, but when she grows older and gradually becomes weak, the little girl must face the sad possibility of losing her dear friend, and inevitably, cope with the death of her canine companion. Though she is deeply saddened by Lulu's passing, over time the little girl discovers that the sweet memory of her beloved Lulu will live on...in her heart.

**A Stone for Sascha**Aaron Becker **2018****Call #:** PIC Bec

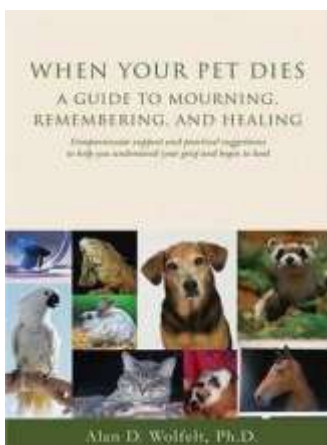
A girl grieves the loss of her dog in an achingly beautiful wordless epic. This year's summer vacation will be very different for a young girl and her family without Sascha, the beloved family dog, along for the ride. But a wistful walk along the beach to gather cool, polished stones becomes a brilliant turning point in the girl's grief.

**The Tenth good thing about Barney**Judith Viorst **1987****Call #:** PIC Vio

A classic story for readers of all ages. "My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney." The small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth - and begins to understand.

**The Viking way: A walk for Denver**Malcolm Buckley **2020****Call #:** 155.937 Buc

The Viking Way is a challenging 147-mile footpath in the UK, from The Humber Bridge to Oakham in the County of Rutland. My pilgrimage along this amazing footpath in June 2019 spanned 12 consecutive days. The purpose of the walk was to assist in my coming to terms with the loss of my chocolate labrador Denver in June 2018. An emotional roller coaster of grief and joy.



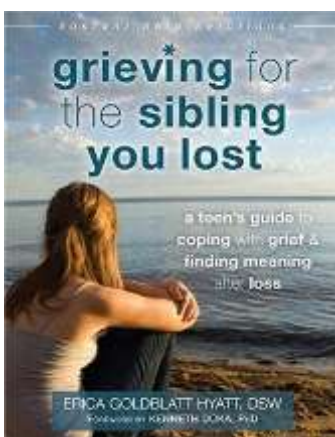
When your pet dies: a guide to mourning, remembering, and healing

Alan Wolfelt 2004

Call #: 155.937 Wol

Affirming a pet owner's struggle with grief when his or her pet dies, this book helps mourners understand why their feelings are so strong and helps them overcome the loss. Topics include the many emotions experienced; understanding why grief for pets is unique; celebrating and remembering your pet; helping children understand pet death; and things to keep in mind before getting another pet.

LOSS OF SIBLING

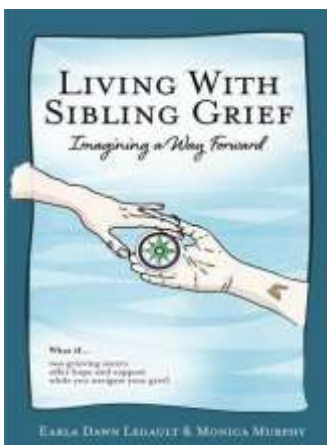


Grieving for the sibling you lost: A teen's guide to coping with grief and finding meaning after loss

Erica Goldblatt Hyatt 2015

Call #: 155.937 Gol

Losing a sibling can be especially difficult. You may feel sad, lonely confused, or even angry. This compassionate guide will help you understand your grief, deal with overwhelming emotions, and find constructive ways to manage your loss so you can discover new meaning in your life. Most importantly, you'll learn when and how to ask for help from parents, friends, or school counsellors.



Living with sibling grief: Imagining a way forward

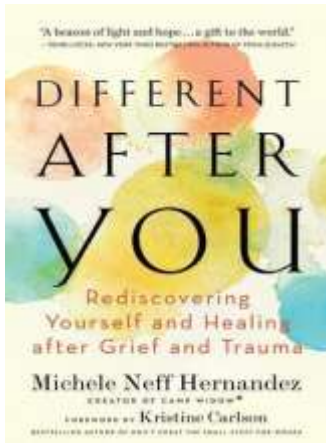
Earla Dawn Legault, Monica Murphy 2024



Call #: 155.937 Leg

Two grieving sisters share experiences while advocating for a societal change surrounding grief literacy. "We wrote the book we wished we'd had in the early days of grieving our sisters. We are telling our stories to inspire you to tell yours." Feeling like the forgotten mourners as siblings are often labelled, they write as supportive siblings telling their story, illustrating what peer support can be.

LOSS OF SPOUSE



Different after you: Rediscovering yourself and healing after grief and trauma

Michele Neff Hernandez **2022**

Call #: 155.937 Her

Living through a devastating event often leaves people feeling alone and even alienated. Michele Neff Hernandez experienced this when her thirty-nine-year-old husband died after being hit by a car while riding his bicycle. There is no going back or bucking up. Life is now different. Readers will discover a map for grieving what they've lost, and learning to embrace the person they've become.

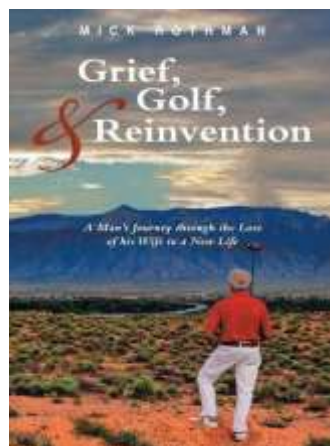


Feeling left behind: Permission to grieve

Kim Murdock **2019**

Call #: 155.937 Mur

The grief that accompanies the loss of a loved one is crippling. Author Kim Murdock knows what it feels like to be woefully blindsided by music or at the grocery store, to reconsider the future alone, and to connect with a person who is no longer alive. You are normal. And you deserve as much time as possible to figure out how to survive in your own way.

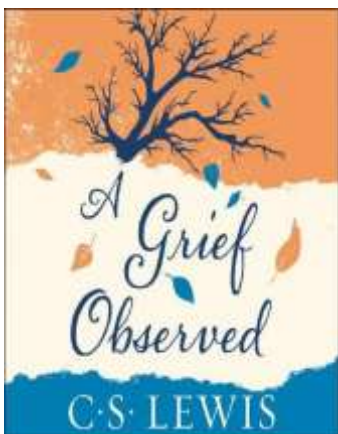


Grief, golf, & reinvention: A man's journey through the loss of his wife to a new life

Mic Rothman **2015**

Call #: 155.937 Rot

The inspiring story of a retired man who suddenly finds himself widowed, alone and needing to define his new life. It is a story about the long journey from shattered pieces, through acceptance, to renewal, strength, and personal reinvention. It is a journey from loss to a new normal, with the love of friends & family, a beginner's mind, and the regularity and peace to be found in golf.

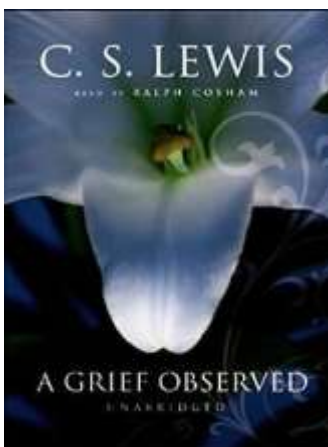


A Grief observed

C. S. Lewis **2001**

Call #: 921 Lew

Written after his wife's tragic death as a way of surviving the "mad midnight moment," A Grief Observed is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss.



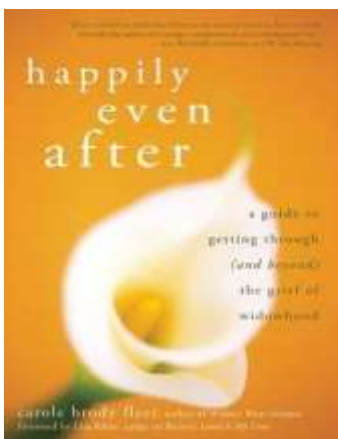
A Grief Observed [PLAYAWAY Audio Book]

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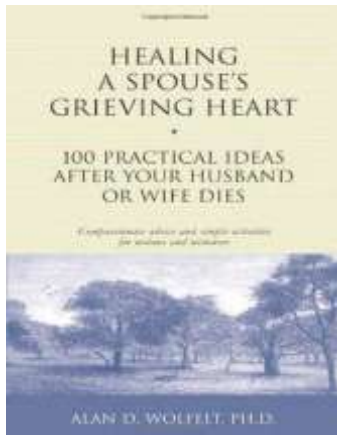


Happily even after: A guide to getting through (and beyond) the grief of widowhood

Carole Brody Fleet **2012**

Call #: 155.937 Fle

This book answers the most common questions that the widowed generally have both immediately following a spouse's death as well as months and even years thereafter. Taken from thousands of actual letters received by the author, questions and the responses are based upon considerable personal and professional experience and insight.

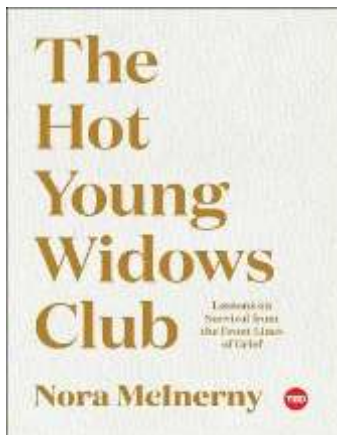


Healing a spouse's grieving heart: 100 practical ideas after your husband or wife dies

Alan D. Wolfelt 2003

Call #: 155.937 Wol

When your spouse dies, your loss is profound. This book offers 100 practical, here-and-now suggestions for helping widows and widowers mourn well so they can go on to live well and love well again. You will find comfort and healing in this compassionate book.

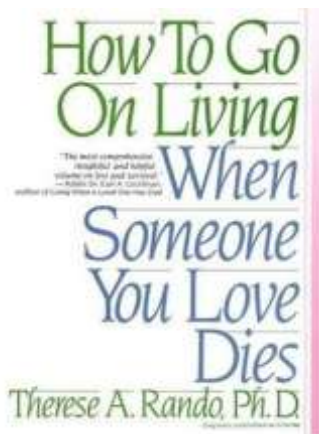


The Hot young widows club: Lessons on survival from the front lines of grief

Nora McInerny 2019

Call #: 155.937 Mcl

In the span of a few weeks, thirty-something Nora McInerny had a miscarriage, lost her father to cancer, and lost her husband due to a brain tumor. Her life fell apart. When you're in these hard moments, it can feel impossible to be even a shadow of the person you once were. How do you find that person again? Welcome to The Hot Young Widows Club.



How to go on living when someone you love dies

Therese A. Rando 1991

Call #: 155.937 Ran

Mourning the death of a loved one is a process all of us will go through at one time or another. Whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Rando leads you gently through the painful but necessary process of grieving in the best way for yourself.

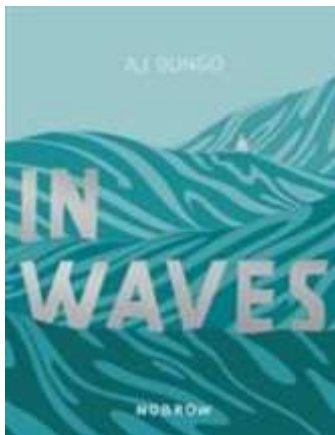


I wasn't ready to say goodbye: Surviving, coping & healing after the sudden death of a loved one

Brook Noel, Pamela D. Blair **2008**

Call #: 155.937 Noe

Explores sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one. Covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. Covers men and women's grieving styles, religion and faith, myths and misunderstandings, and reflects the shifting face of grief.

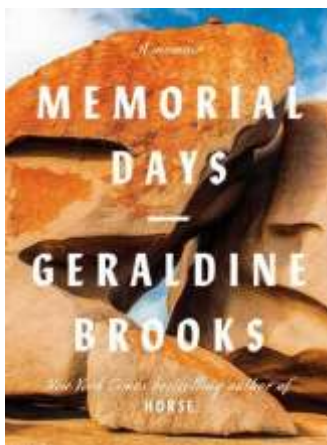


In waves

A. J. Dungo **2019**

Call #: GN 797.32 Dun

In this visually arresting graphic novel, surfer and illustrator AJ Dungo remembers his late partner, her battle with cancer, and their shared love of surfing that brought them strength throughout their time together. He intertwines his own story with those of some of the great heroes of surf in a rare work of nonfiction that is as moving as it is fascinating.

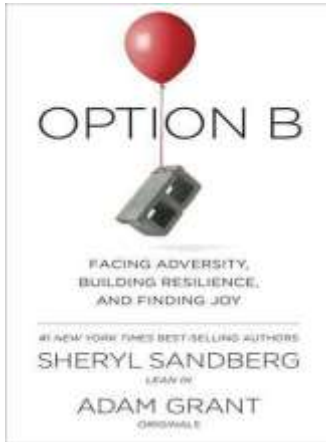


Memorial days: A memoir

Geraldine Brooks **2025**

Call #: 921 Bro

On Memorial Day 2019, Geraldine received the phone call we all dread. The demands were immediate and many. Without space to grieve, the sudden loss became a yawning gulf. Three years later, she flew to a remote island off the coast of Australia with the intention of finally giving herself the time to mourn. In a shack on a pristine, rugged coast she pondered rebuilding her life around the void of Tony's death.

**Option B: Facing adversity, building resilience, and finding joy**

Sheryl Sandberg, Adam Grant 2017

Call #: 155.937 San

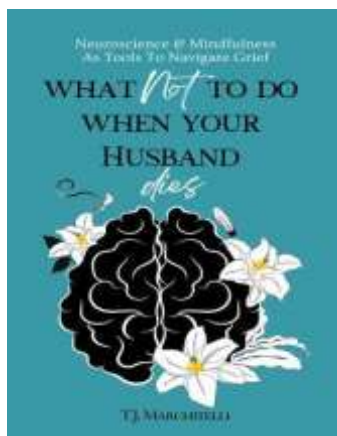
After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in the void," she writes. Beyond Sheryl's loss, this book explores how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and war. We all live some form of Option B.

**There are no rules: A young widow's perspective on the early days of grief**

Britany Rivera 2023

Call #: 155.937 Riv

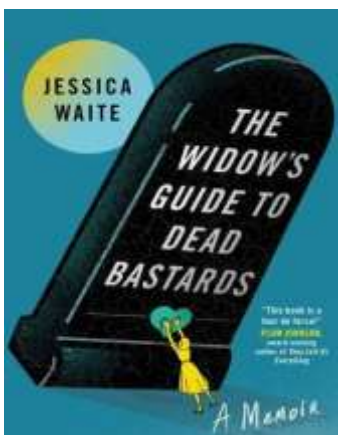
Life is unexpected, and in a moment, it can be shattered. This is a story and feeling all too real for author Britany Rivera, who became a widow and solo parent at the age of 31. One morning, you wake up labeled a widow. If you are a young widow desiring a raw depiction of what you may experience and searching for validation of your feelings and grief, this book was written for you.

**What NOT to do when your husband dies: Neuroscience & mindfulness as tools to navigate grief**

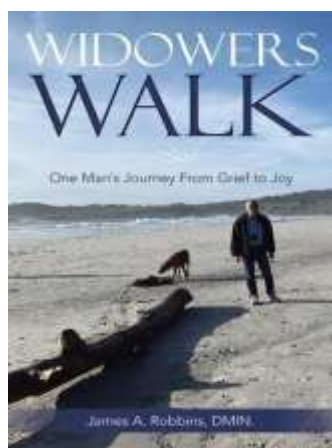
T.J. Marchitelli, 2023

Call #: 155.937 Mar

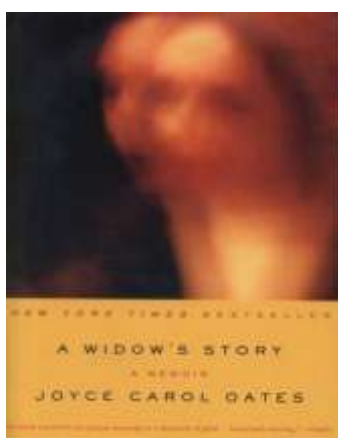
A poignant look at navigating the aftermath of a sudden loss. Nautilus Gold Medal 2024. The power of understanding and accepting your grief journey in order to find peace and healing; the importance of taking time for self-care and compassion amidst the emotional rollercoaster of widowhood; practical guidance on managing practical and unexpected challenges.

**The Widow's guide to dead bastards: A memoir**Jessica Waite **2024****Call #:** 921 Wai

After the sudden death of her husband, a woman unearths surprising revelations about the man she was married to for seventeen years. A readable, darkly funny, love story about loss, grief, and unresolved relationships. Written with dark humour, this is a searing and hilarious memoir that asks the question: Does death signify the end of a relationship, or can there be an afterlife epilogue?

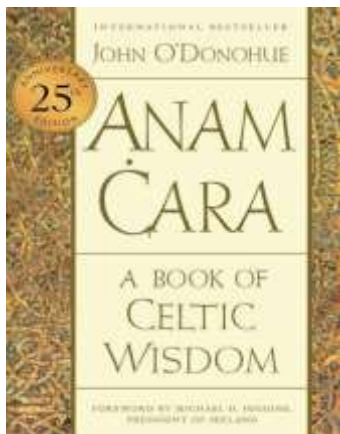
**Widowers walk: One man's journey from grief to joy**James Robbins **2024****Call #:** 155.937 Rob

No one prepares you for the loss of your spouse. It is a gut wrenching journey that can make the biggest man crumble. It may even lead to a crisis in faith. Dr. Robbins has experienced the pain, the grief, the loneliness and the rediscovery of life after marriage and weaves his insight into the hard lessons learned with practical recommendations and spiritual connection.

**A Widow's story: A memoir**Joyce Carol Oates **2012****Call #:** 921 Oat

The universally acclaimed author's poignant, intimate memoir about the unexpected death of Raymond Smith, her husband of forty-six years, and its wrenching, surprising aftermath.

MEDITATIONS

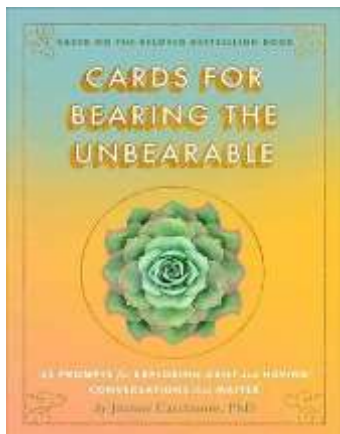


Anam Cara: A book of Celtic wisdom

John O'Donohue, 2022

Call #: 299.16 ODo

A special twenty-fifth anniversary edition of the revered classic. John O'Donohue excavates themes of friendship, belonging, solitude, creativity and the imagination, among many others. Widely recognized for bringing Celtic spirituality into modern dialogue, his unique insights from the ancient world speak with urgency for our need to rediscover the thresholds of the soul.

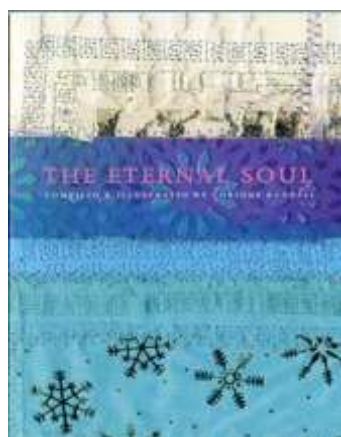


Cards for bearing the unbearable [kit]: 52 prompts for exploring grief and having conversations that matter

Joanne Cacciatore 2023

Call #: KIT 155.937 Cac

Grief sometimes leaves us without words. Yet narrating our feelings, thoughts, and experiences can be so helpful in relating to our inner world. These cards are an invitation to begin that process. From the bestselling author of Bearing the Unbearable, here are 52 cards with prompts for exploring grief and starting conversations about those whom we've lost.

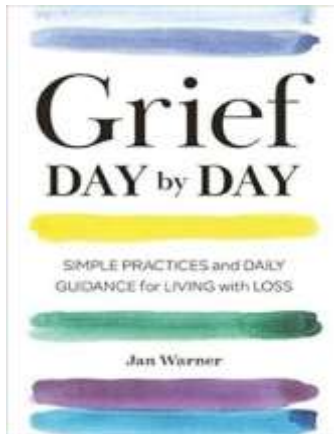


The Eternal soul

Corinne Randall 2013

Call #: 291.43 Ran

A compilation on the theme of life after death. It invites us to look forward to death as we may anticipate the goal of a journey and describes death as a messenger of joy.



Grief day by day: Simple practices and daily guidance for living with loss

Jan Warner **2018**

Call #: 155.937 War

Offers supportive readings and exercises to help you move through life after loss, one day at a time. Grief is complex. It is ever changing and may come to us differently on any given day. *Grief Day by Day* offers reflections and practices that address the day-to-day feelings that accompany the ever changing process of grief.

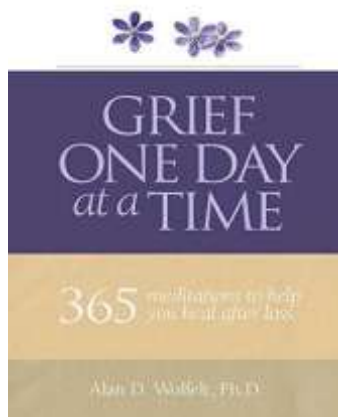


The Grief deck [kit]: Rituals, meditations, and tools for moving through loss

Adriene Jenik **2022**

Call #: KIT 155.937 Gri

No matter where you are in your grief journey, *The Grief Deck* offers sensitive and supportive tools to help you process your emotions. Its sixty illustrated cards, created by a diverse array of artists and grief workers, offer thoughtful prompts, simple activities, richly textured artwork, and grounding resources for coping with loss. These activities can be explored in any order, at any time.



Grief one day at a time: 365 meditations to help you heal after loss

Alan D. Wolfelt **2016**

Call #: 155.937 Wol

With one brief entry for every day of the calendar year, this little book by beloved grief counselor Dr. Alan Wolfelt offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day's theme. This compassionate gem of a book will accompany you.



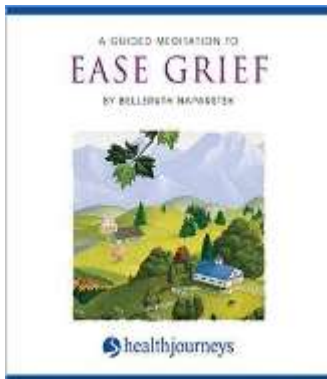
Grieving is loving: Compassionate words for bearing the unbearable

Joanne Cacciatore **2020**

Call #: 155.937 Cac

Open it to any page and you'll find something that will instantly help you feel less alone, while honoring the full weight of loss. This book is comprised of quotations from *Bearing the Unbearable* and other sources. Especially well-suited for the grieving mind that may struggle with concentration, just 30 seconds on any page will empower, hearten, and validate any

bereaved person.



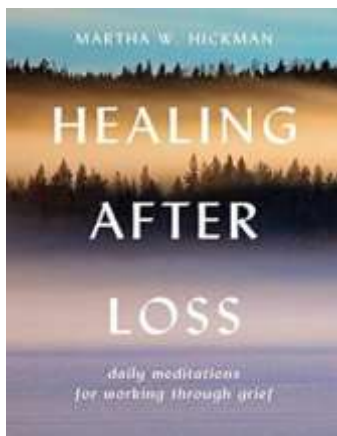
A Guided meditation to ease grief [Playaway Audio book]

Belleruth Naparstek **1992**

Call #: PLAY 155.937 Nap



Combines healing imagery, powerful music and the most current understanding of the mind-body connection to help you through grief.

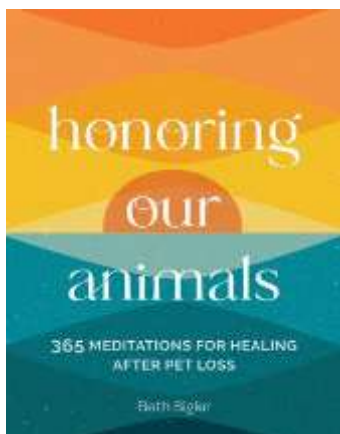


Healing after loss: Daily meditations for working through grief

Martha Hickman **1994**

Call #: 155.937 Hic

After the focus on planning and outpouring of love from family and friends in the immediate aftermath following the loss of a loved one, we are left to enter a new version of our lives where someone important is missing. Meditating on the loss, along with the rush of love that comes with it, gives us a chance to rejoice in the life that was shared.

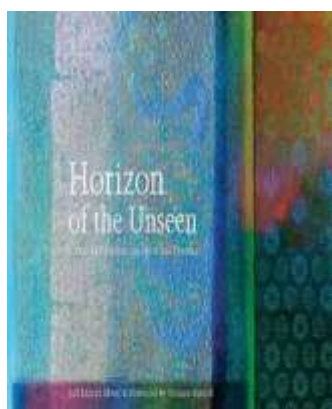


Honoring our animals: 365 meditations for healing after pet loss

Beth Bigler **2025**

Call #: 155.937 Big

Each section invites you to engage with your emotions through inspiring prompts, contemplative exercises, and creative connection. Each day, you're encouraged to cherish your beloved pet through simple yet meaningful moments—quiet reflection, written expression, and sacred acts that nurture your heart and spirit. This book doesn't ask you to "move on" but instead affirms that devotion endures, and grief for our animals deserves space.



Horizon of the unseen: Visual reflections on spiritual themes

Corinne Randall (Editor) **2005**

Call #: 291.43 Ran

A compilation of writings taken from a wide spectrum of religious and cultural traditions presented alongside illustrations by Corinne Randall. It includes the twelve chapters that incorporate a diversity of styles ranging from representational depictions of the landscape to decorative and minimal designs.

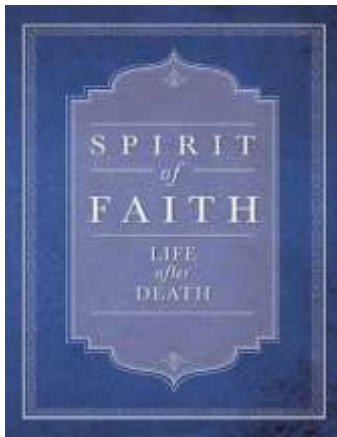


How to live when a loved one dies: Healing meditations for grief and loss

Thich Nhat Hanh **2021**

Call #: 294.3 Han

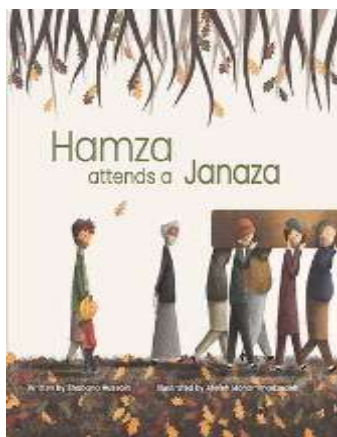
With his signature clarity and compassion, Thich Nhat Hanh will guide you through the storm of emotions surrounding the death of a loved one. How To Live When A Loved One Dies offers powerful practices such as mindful breathing that will help you reconcile with death and loss, feel connected to your loved one long after they have gone, and transform your grief into healing and joy.

**Life After Death**Baha'i Pub **2013****Call #:** 297.93 Lif

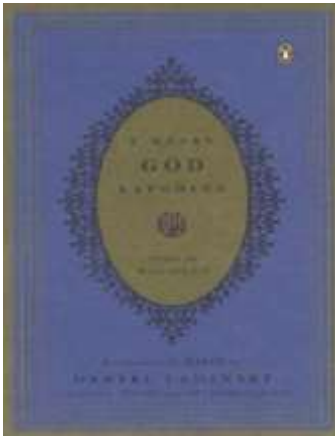
A compilation of writings and prayers that discuss the topic of death and the transition from this life to the worlds beyond our world. Many writings in the Baha'i Faith talk about our limited time on this planet and the importance of our conduct while here. It is explained that our actions while living have effects in all the worlds of God.

MUSLIM**For those left behind: Guidance on death and grieving**Omar Suleiman, **2023****Call #:** 297.23 Sul

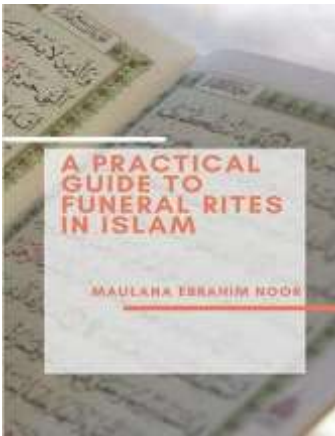
You entered this world with the call to prayer (adhān) being recited over you, but without any prayer (ṣalāh). When you depart from this world, there will be a prayer read over you, but there will be no call to prayer. The contrast between these two epic events has much significance. This book will take you on the journey that is life after a death.

**Hamza attends a janaza**Shabana Hussain, Atefeh Mohammadzadeh (Illustrator) **2023****Call #:** PIC Hus

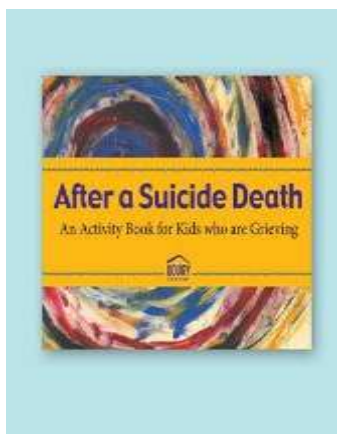
Hamza's usual fun Saturday is cancelled when his family receives the sad news that Uncle Sameer has died. Follow Hamza through the day as he learns about the various aspects of a janaza. This story is a gentle introduction to attending an Islamic funeral, told from a child's perspective.

**I heard God laughing: Poems of hope and joy**Hafiz, Daniel Ladinsky (Translator) **2016****Call #:** 808.81 Haf

To Persians, the poems of Hafiz are not "classical literature" from a remote past but cherished wisdom from a dear and intimate friend that continue to be quoted in daily life.

**A Practical guide to funeral rites in Islam**Maulana Ebrahim Noor **2020****Call #:** 297.385 Noo

While this book does not go over all the preparations one must make before they pass away - as our whole lives should be preparation for the hereafter - it covers the necessary steps we must take as Muslims when another Muslim is about to pass away or passes away. Comprehensively reviews the process which will enable the burial to take place quickly, easily and in accordance with Shari'ah

SUICIDE**After a suicide death: An activity book for kids who are grieving**The Dougy Center **2019****Call #:** 155.937 Dou

Do you know someone who died of suicide: If you do you are not alone. With the help of children and teens with this experience, the Dougy Center put together this activity book for kids who may now have a support group to attend, or who do not have friends who really understand the hard times after a suicide death. Each person grieves in their own way. Use the activities that make sense for you.

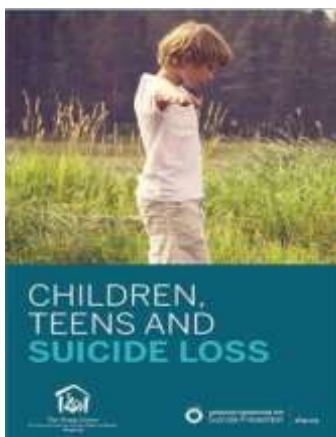


The Bleeding tree: A pathway through grief guided by forests, folk tales and the ritual year

Hollie Starling **2023**

Call #: 155.937 Sta

Following her first year after losing her father to suicide, Hollie Starling embraces her lifelong interest in folklore and turns to the healing power of nature, the changing seasons and the rituals of ancient communities. *The Bleeding Tree* is an unflinching year-zero guidebook to grief that shows us that by looking back to past traditions of bereavement we can all find our own way forward.

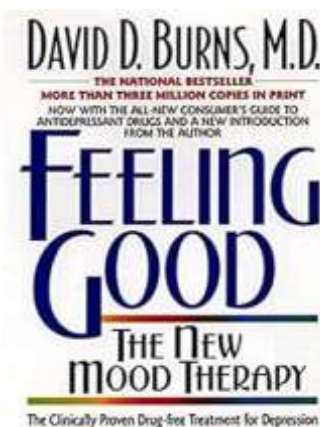


Children, teens and suicide loss

American Foundation for Suicide Prevention **2017**

Call #: 362.284 Ame

Offers useful suggestions and practical ways to support bereaved children and their families. Included are tips on understanding and explaining why people die of suicide, navigating the immediate aftermath of the death, and ways to facilitate healthy grieving. This resource will help parents, professionals who work with children and teens, as well as anyone who wants to support a bereaved family.

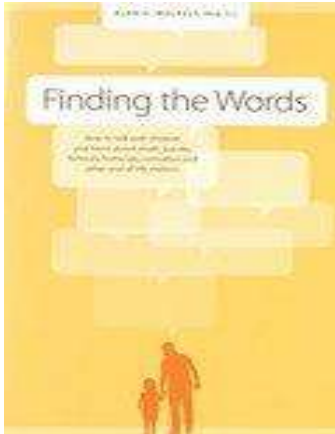


Feeling good: The new mood therapy

David D Burns **1999**

Call #: 158.1 Bur

Anxiety and depression are the most common mental illnesses in the world. But for many, the path to recovery seems daunting, endless, or completely out of reach. Anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be alleviated. Dr. David D. Burns outlines the remarkable, scientifically proven techniques that will immediately lift your spirits.



Finding the words: How to talk with children and teens about death, suicide, homicide, funerals, cremation, and other end-of-life matters

Alan D. Wolfelt **2013**

Call #: 306.9 Wol

Includes dozens of suggested phrases to use with preschoolers, school-agers, and teenagers as you explain death in general or the death of a parent, sibling, grandparent, or pet. Includes words and ideas to draw on when talking to kids about a death by suicide, homicide, or terminal illness. Offers guidance for difficult conversations with dying children.



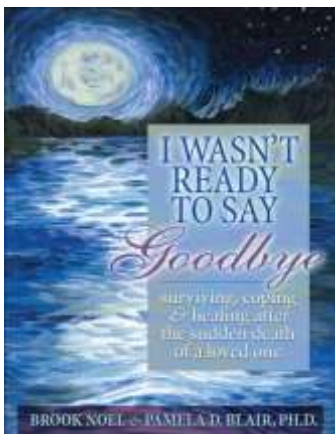
Grief is for people [PLAYAWAY Audio Book]

Sloane Crosley, **2024**

Call #: PLAY 155.937 Cro



After the pain and confusion of losing her closest friend to suicide, Crosley looks for answers in philosophy and art, hoping for a framework more useful than the unavoidable stages of grief. A category-defying story of the struggle to hold on to the past without being consumed by it.

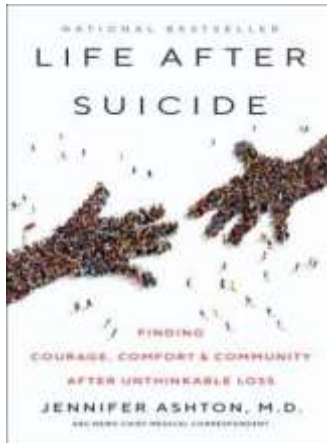


I wasn't ready to say goodbye: Surviving, coping & healing after the sudden death of a loved one

Brook Noel, Pamela D. Blair **2008**

Call #: 155.937 Noe

Explores sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one. Covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression.



Life after suicide: Finding courage, comfort & community after unthinkable loss

Jennifer Ashton

Call #: 362.28 Ash

Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Includes stories from others who have survived a loved one's suicide, A raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort.

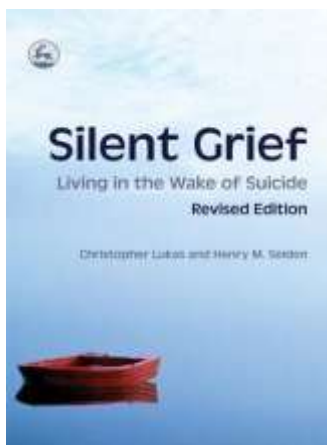


Saving Wolfgang

Gregor Craigie 2025

Call #: J FIC Cra

Wolfgang and his mother move in with his grandfather in the wake of his father's death. His mother rarely leaves her room, and Wolfgang can't stop wondering why his father's cause of death is such a secret...until he overhears that it was by suicide. As he adjusts to this new reality, Wolfie meets a friend, Jimmy, who introduces him to hockey – which just may be a way to find a new normal.

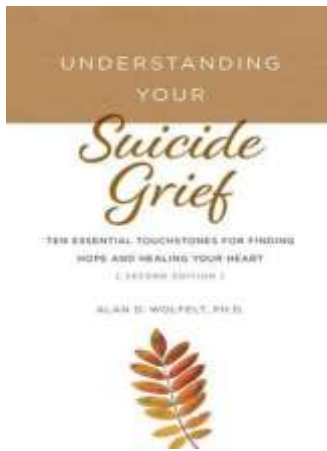


Silent grief: Living in the wake of suicide

Christopher Lukas, Henry Selden 2007

Call #: 362.28 Luk

A book for and about "suicide survivors" - those who have been left behind by the suicide of a friend or loved one. The authors present information on common experiences of bereavement, grief reactions and various ways of coping. They encourage survivors to overcome the perceived stigma or shame associated with suicide and to seek support, often simply a friend or family member who will listen.

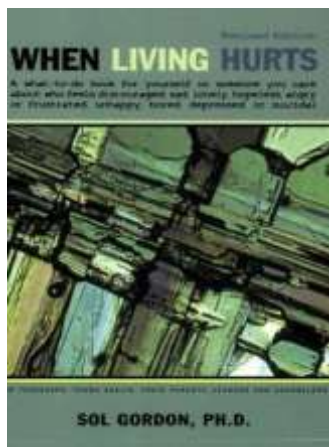


Understanding your suicide grief: Ten essential touchstones for finding hope and healing your heart

Alan Wolfelt **2024**

Call #: 362.28 Wol

Suicide grief occupies the harshest, most dangerous terrain. This book helps you understand the traumatic complications of suicide grief and feel less alone as you find effective ways - not only to survive but eventually integrate the loss into your ongoing life. Outlines ten basic principles of learning and action to help you move yourself toward healing.

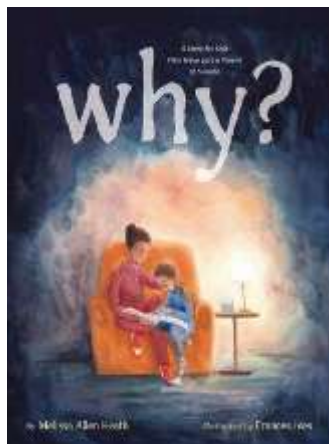


When living hurts: A what-to-do book for yourself or someone you care about who feels discouraged, sad, lonely, hopeless, angry for frustrated, unhappy, bored, depressed, suicidal

Sol Gordon **2004**

Call #: 362.28 Gor

This insightful, candid book is written for young people who are in trouble, or for those who want to help those in trouble. It identifies early warning signals of suicide, tells how to get help for different kinds of problems, and suggests ways to cope creatively with anxiety, anger, frustration, sadness, loneliness, and depression.



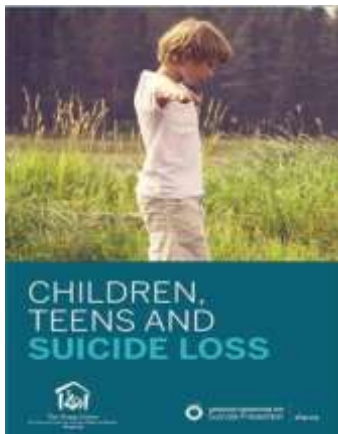
Why?: A story for kids who have lost a parent to suicide

Melissa Heath, Frances Ives (Illustrator) **2023**

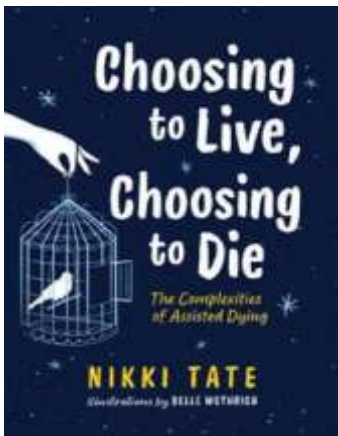
Call #: PIC Hea

Geared to help parents and counselors communicate with young children about a parent's suicide. Oliver's daddy loved him—a whole bunch, forever and for always. One day Oliver's daddy died by suicide. Why? In developmentally appropriate language and evocative illustrations, to open communication about why a parent completes suicide. Includes a guide to supporting children.

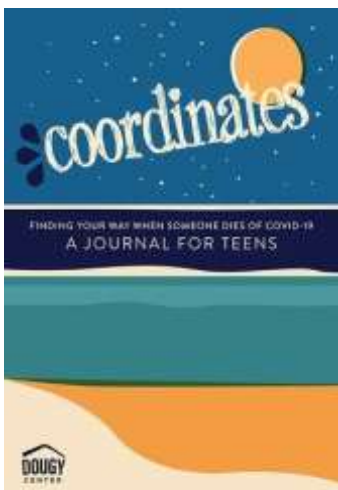
TEENS

**Children, teens and suicide loss**American Foundation for Suicide Prevention **2017****Call #:** 362.284 Ame

Offers useful suggestions and practical ways to support bereaved children and their families. Included are tips on understanding and explaining why people die of suicide, navigating the immediate aftermath of the death, and ways to facilitate healthy grieving. This resource will help parents, professionals who work with children and teens, as well as anyone who wants to support a bereaved family.

**Choosing to live, choosing to die: The complexities of assisted dying**Nikki Tate, Belle Wuthrich (Illustrator) **2019****Call #:** 179.7 Tat

A timely look at the subject for teen readers who may not yet have had much experience with death and dying. Readers are introduced to the topic of assisted dying through the author's own story. Looks at the issue from multiple perspectives and encourages readers to listen with an open mind and a kind heart and reach their own conclusions.

**Coordinates: Finding your way when someone dies of COVID-19: A journal for teens**The Dougy Center **2023****Call #:** 155.937 Dou

You're likely reading this because someone in your life died of COVID-19. No matter who, having someone die can change everything. This workbook is a place for you to draw, write, wonder, remember, and express whatever comes up in your grief. Everything in these pages is just a suggestion, so choose what works.

Note: we have copies to give away. Contact 902-690-2194 or email library@valleyhospice.ca

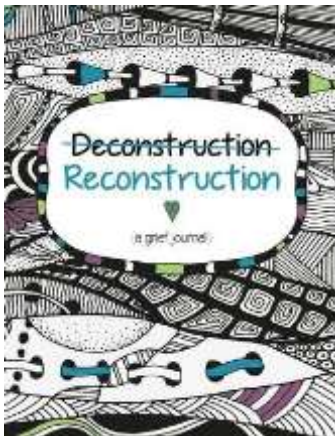


Dancing at the pity party: A dead mom graphic memoir

Tyler Feder **2022**

Call #: GN 362.175 Fed

Tyler Feder had just white-knuckled her way through her first year of college when her super cool mom was diagnosed with late-stage cancer. Now, with a decade of grief and nervous laughter under her belt, Tyler shares the story of that gut-wrenching, heart-pounding, extremely awkward time in her life. *Dancing at the Pity Party* is a frank and refreshingly funny look at what it's like to grieve.



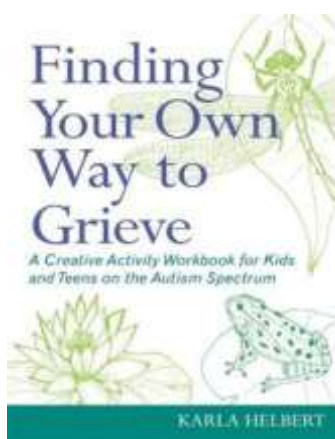
Deconstruction Reconstruction: a grief journal

The Dougy Center **2019**

Call #: 155.937 Dou

The Dougy Center's first journal specially created for grieving teens. Grief can be all over the place and it rarely sticks to a plan, so this journal is designed for you to go at your own pace and in whatever order feels right to you. Platitude and advice-free (we promise).

Note: We can *give* you a copy to mess up, deconstruct and reconstruct. Contact us library@valleyhospice.ca or 902-690-2194

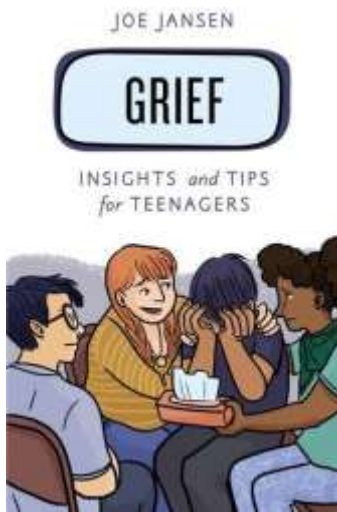


Finding your own way to grieve: A creative activity workbook for kids and teens on the autism spectrum

Karla Helbert **2012**

Call #: 155.937 Hel

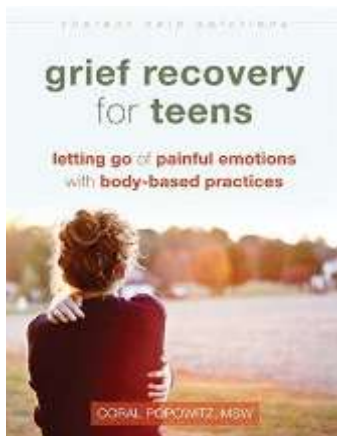
Children and teenagers with autism can struggle to cope with the loss of a loved one, and the complicated and painful emotions of bereavement. This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.

**Grief: Insights and tips for teenagers**

Joe Jansen 2020

Call #: 155.937 Jan

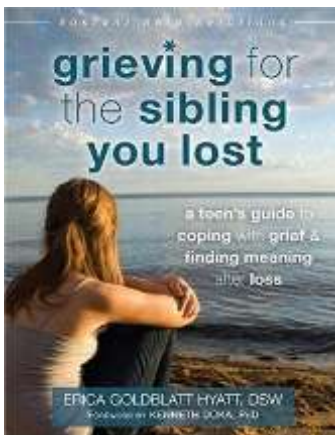
A compassionate guide to help you and those you care about navigate the difficult path of grief. Filled with the words of other young adults who have walked this road, you will find that you are not alone--and that things do get better. You will learn how to honor the memory of those you have lost.

**Grief recovery for teens: Letting go of painful emotions with body-based practices**

Coral Popowitz 2017

Call #: 155.937 Pop

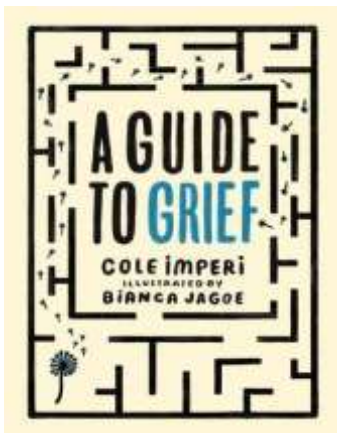
Did you know that grief can also affect your body? That's because the brain and the body are much more connected than you might think. In this compassionate guide, you'll discover how your mind can affect the way you feel physically, and discover body-oriented skills to help your body heal after experiencing loss, anxiety and confusion.

**Grieving for the sibling you lost: A teen's guide to coping with grief and finding meaning after loss**

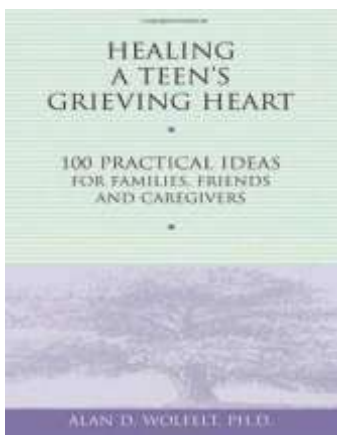
Erica Goldblatt Hyatt 2015

Call #: 155.937 Gol

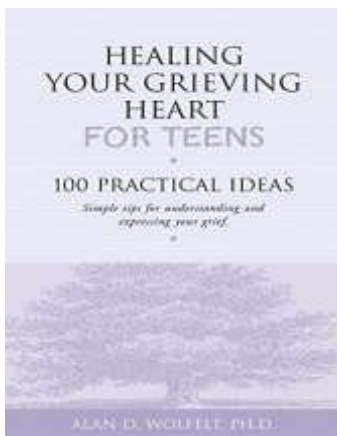
Losing a sibling can be especially difficult. You may feel sad, lonely confused, or even angry. This compassionate guide will help you understand your grief, deal with overwhelming emotions, and find constructive ways to manage your loss so you can discover new meaning in your life. Most importantly, you'll learn when and how to ask for help from parents, friends, or school counsellors.

**A Guide to grief**Cole Imperi, **2024****Call #:** 155.937 Imp

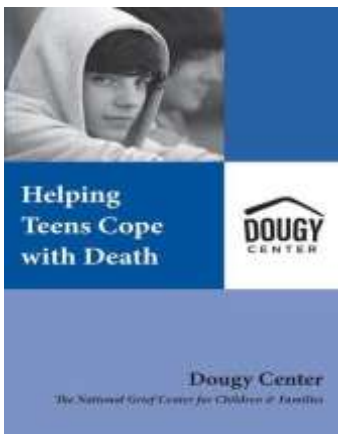
For elementary/junior high kids, this covers everything you need to know about death and loss that no one wants to talk about, including: What to expect in the days, months and years after loss; the different kinds of loss; how to ask for help; how to help a grieving friend. You'll wish you didn't need this book but will be glad to have it. You are part of a new generation of griever.

**Healing a teen's grieving heart: 100 practical ideas for families, friends and caregivers**Alan D. Wolfelt **2001****Call #:** 155.937 Wol

A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what not to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, and be there for support.

**Healing your grieving heart for teens: 100 practical ideas**Alan D. Wolfelt **2001****Call #:** 155.937 Wol

Being a teen is hard enough; being a grieving teen can feel completely overwhelming. This book was written to help you understand and deal with your unique grief. Simple, practical ideas and suggested activities, any of which you can choose to help yourself on your grief journey.

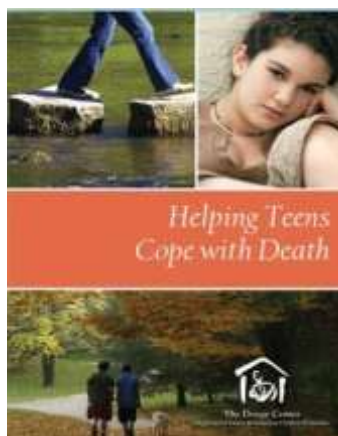


Helping teens cope with death

The Dougy Center **2023**

Call #: 155.937 Dou

Outlines the many thoughts, challenges, and reactions unique to teens grieving a death. Drawn from stories, suggestions, and insight shared by teens and their family members, this book explores how teens view death and how it impacts their lives; ways to help them safely express and process feelings after a death; how to be understanding and supportive; and when to seek professional help.



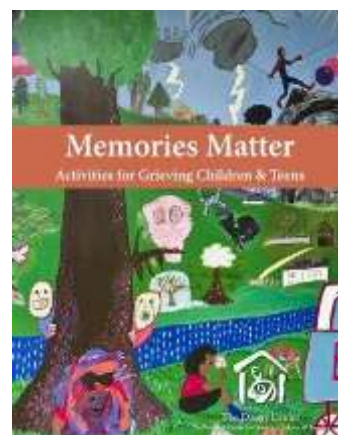
Helping teens cope with death [DVD]

The Dougy Center **2010** - 21 minutes



Call #: DVD 155.937 Dou

This 21-minute video is a window into the lives of six grieving teens who attended peer support groups at The Dougy Center. The DVD and 12-page companion guide provide insight into the thoughts, feelings, and changes that teens often experience. The DVD and guide are a resource for training purposes, or for general viewing by teens, parents, therapists, counselors, and others.

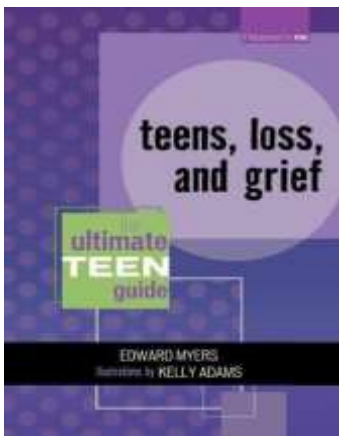


Memories matter: Activities for grieving children & teens

The Dougy Center **2012**

Call #: 155.937 Dou

This activity book is a product of the wisest teachers at The Dougy Center - the children and teens who participate in its groups. It is designed to provide a variety of activities that invite children and teens to use different modes of expression such as writing, drawing, talking and movement.



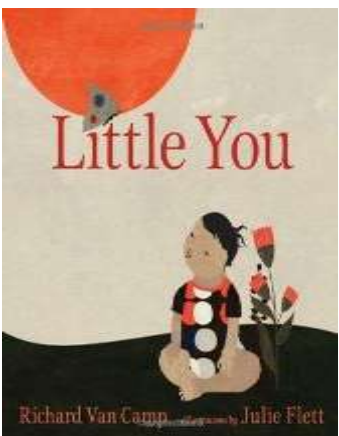
Teens, loss, and grief

Edward Myers, Kelly Adams **2006**

Call #: 155.937 Mye

A self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. An overview of grief as a painful but normal process, offering insights from bereavement experts as well as practical suggestions for coping with loss, including accounts from teens. This book helps close a gap in bereavement that has tended to focus on adults and children.

BOARD BOOKS



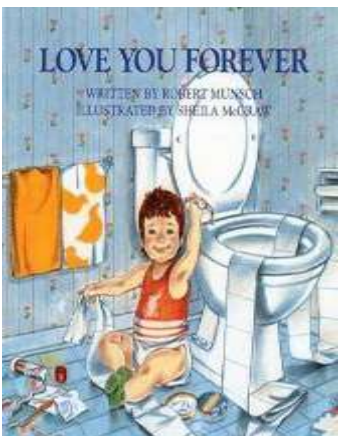
Little you

Richard Van Camp **2013**



Call #: BB Van

Richard Van Camp has partnered with talented illustrator Julie Flett to create a tender board book for babies and toddlers that honors the child in everyone. With its delightful contemporary illustrations, Little You is perfect to be shared, read or sung to all the little people in your life--and the new little ones on the way!



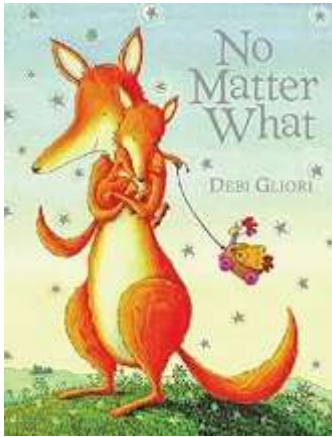
Love you forever

Robert Munsch **2018**



Call #: BB Mun

A young woman holds her newborn son and looks at him lovingly. Softly she sings to him: "I'll love you forever, I'll like you for always, As long as I'm living, My baby you'll be."



No matter what

Debi Gliori **2008**

Call #: BB Gli

Contains beautiful illustrations, simple rhyming phrases and a moving storyline. It is a simple but funny story of a mother fox's affirmation to her young cub of her unconditional love, and of how she sets her cub's mind at rest about all his worries.

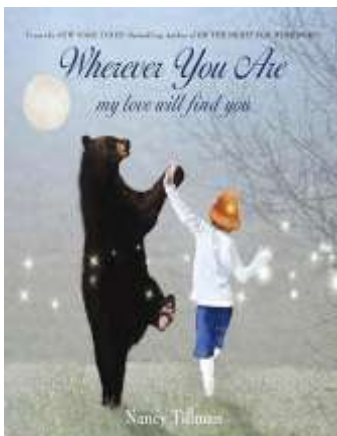


Sprite offers comfort: A lesson in grief and loss

Kelly Oriard, Callie Christensen, Theresa Thomson (Illustrator) **2019**

Call #: BB 155.937 Ori

Provides concrete tools that help children understand and process grief and loss. Readers learn that all emotions are welcome and memories of loved ones will remain in their hearts. This story supports: grief and loss; acceptance; resilience.



Wherever you are: My love will find you

Nancy Tillman **2012**

Call #: BB Til

If love could take shape it might look something like these heartfelt words and images from the inimitable Nancy Tillman. Here is a book to share with your loved ones, no matter how near or far, young or old, they are.

GRAPHIC NOVELS

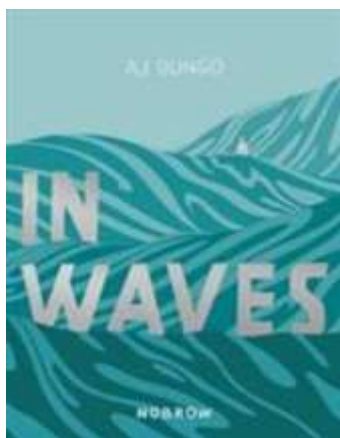


Dancing at the pity party: A dead mom graphic memoir

Tyler Feder **2022**

Call #: GN 362.175 Fed

Tyler Feder had just white-knuckled her way through her first year of college when her super cool mom was diagnosed with late-stage cancer. Now, with a decade of grief and nervous laughter under her belt, Tyler shares the story of that gut-wrenching, heart-pounding, extremely awkward time in her life. *Dancing at the Pity Party* is a frank and refreshingly funny look at what it's like to grieve.

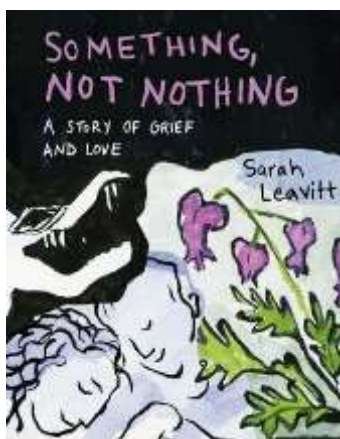


In waves

A. J. Dungo **2019**

Call #: GN 797.32 Dun

In this visually arresting graphic novel, surfer and illustrator AJ Dungo remembers his late partner, her battle with cancer, and their shared love of surfing that brought them strength throughout their time together. He intertwines his own story with those of some of the great heroes of surf in a rare work of nonfiction that is as moving as it is fascinating.



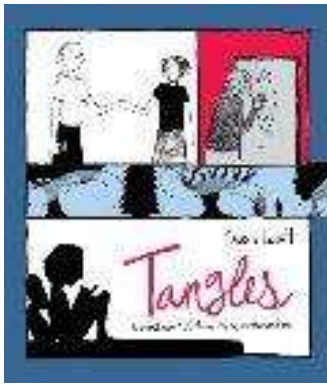
Something, not nothing: A story of grief and love

Sarah Leavitt **2023**



Call #: GN 921 Lea

A poignant and beautifully illustrated graphic memoir about love and loss and navigating a new life. In April 2020, cartoonist Sarah Leavitt's partner of twenty-two years, Donimo, died with medical assistance after years of severe chronic pain and a rapid decline at the end of her life. Sarah began making comics again as a way to deal with her profound sense of grief and loss.

**Tangles: A story about Alzheimer's, my mother, and me**

Sarah Leavitt 2010

**Call #:** GN 616.831 Lea

In this powerful graphic memoir, Sarah Leavitt reveals how Alzheimer's disease transformed her mother Midge and her family forever. In spare black and white drawings and clear, candid prose, Sarah shares her family's journey through a harrowing range of emotions, all while learning to cope with the devastating diagnosis and managing to find moments of happiness.

**Uprooted: A memoir about what happens when your family moves back**

Ruth Chan 2025

**Call #:** YGN Cha

Ruth Chan loves her hometown in Toronto, hanging out with her best friends for life, and snacking on ketchup flavored potato chips, which are the best. What Ruth doesn't love is having to move to Hong Kong after her dad gets a new job there. Gradually, she puts down roots, knowing that home will always be where her heart is.

FICTION**After Annie: A novel**

Anna Quindlen 2023

Call # FIC Qui

When Annie Brown dies suddenly, her husband, her children, and her closest friend are left to find a way forward without the woman who has been the lynchpin of all their lives. The power she has given to those who loved her is the power to go on without her. The lesson they learn is that no one beloved is ever truly gone.



After Annie: A novel [Audio book on CDs]

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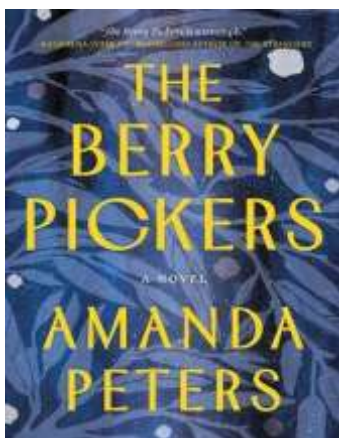
And then there was us

Kern Carter **2026**

Call #: FIC Car



After years of abuse from her mother, fourteen-year-old Coi moved in with her father, and together they created a peaceful life. But now, four years later, that peace is shattered when her mother dies. It's only through reconnecting with her estranged family members, especially her younger half-sister Kayla, that Coi's long-held views about her mother are challenged.



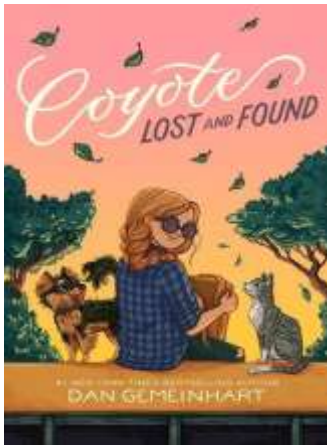
The Berry pickers

Amanda Peters **2024**

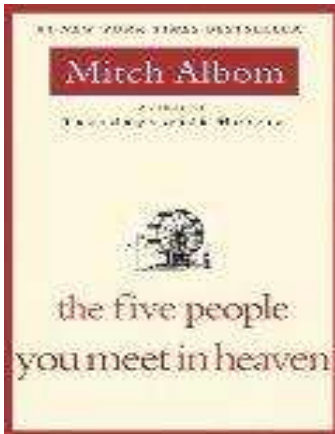
Call #: FIC Pet



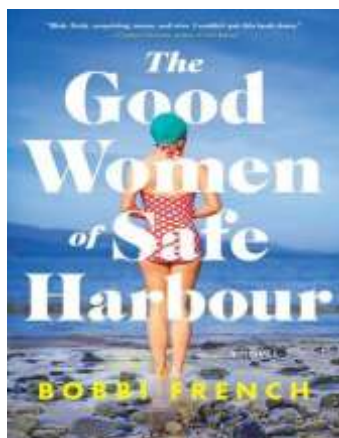
July 1962. A Mi'kmaq family from Nova Scotia arrives in Maine to pick blueberries for the summer. Ruthie, their youngest child, is seen sitting at the edge of a field before vanishing. In Maine, a young girl named Norma grows up as an only child in an affluent family. Norma senses there is something her parents aren't telling her. Ruthie's family grieves deeply. **Depicts graphic intimate partner violence Ch. 9**

**Coyote lost and found**Dan Gemeinhart **2024****Call #:** J FIC Gem

It's been almost a year since Coyote and her dad left the road behind and settled down in a small Oregon town. . . grieving the loss of her mom and sisters and trying to fit in at school. Just as life is becoming a new version of normal, Coyote discovers a box containing her mom's ashes. And she thinks she might finally be ready to say goodbye.

**The Five people you meet in heaven**Mitch Albom **2006****Call #:** FIC Alb

As the novel opens, readers are told that 83-year-old Eddie, unsuspecting, is only minutes away from death as he goes about his typical business at the park. Albom follows Eddie into heaven where he sequentially encounters five pivotal figures from his life. Through them Eddie understands the meaning of his own life even as his arrival brings closure to theirs.

**The Good women of Safe Harbour**Bobbi French **2022****Call #:** FIC Fre

An unforgettable, life-affirming novel about a woman living on her own terms at last and reclaiming the friendship of a lifetime. Frances Delaney is staring down the last days of her life. Looking back over her fifty-eight years with wit and no small amount of regret, she sees not the life she wanted but the one that happened. A powerfully touching celebration of friendship and forgiveness.

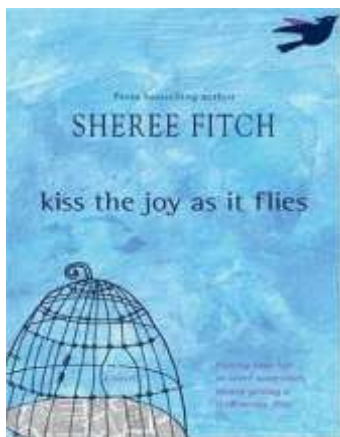


**Grief is the thing with feathers: A novel**Max Porter **2016****Call #:** FIC Por

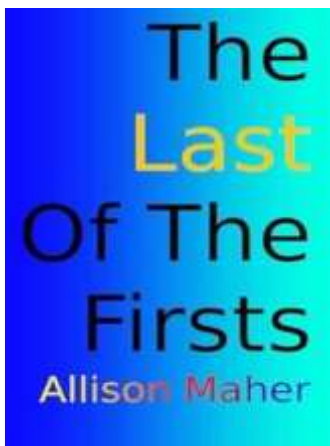
Here he is, husband and father, scruffy romantic, a shambolic scholar--a man adrift in the wake of his wife's sudden, accidental death. And there are his two sons who like him struggle in their London apartment to face the unbearable sadness that has engulfed them. The In this moment of violent despair they are visited by Crow--antagonist, trickster, goad, protector, therapist, and babysitter.

**I won't feel this way forever**Kim Spencer **2025****Call #:** J Fic Spe

It's the summer of 1989. When a call comes in from the clinic to say her grandmother has to go to the hospital in Vancouver, everyone realizes this is serious. Mia and her mom and aunties head to the city to be by her grandmother's side. At a basketball camp at the Friendship Centre, Mia meets a teen coach who inspires her to delve into her Indigeneity. But Mia's beloved grandma might not get better.

**Kiss the joy as it flies: A novel**Sheree Fitch **2019****Call #:** FIC Fit

Between fits of weeping and laughter, ranting and bliss, Mercy must contemplate the meaning of life in the face of her own death. In a week filled with the riot of an entire life, nothing turns out the way she'd expected. "*Kiss the Joy as It Flies* is funny and heartbreaking and thought-provoking and sometimes all three—and more—at once." ~January Magazine

**The Last of the firsts**Allison Maher **2024****Call #:** FIC Mah

Kristen takes on the care of her fourteen year-old nephew Thor when his mother, Kristen's sister, dies. The pair must navigate the agonies of crushing loss and grief with love and determination. In addition to the predictable challenges, Kristen and Thor must also prevail against past bitterness and the misplaced concerns of interfering do-gooders. Set in Nova Scotia's Annapolis Valley.

**A monster calls**Patrick Ness, Siobhan Dowd, Jim Kay (Illustrator) **2011****Call #:** FIC Nes

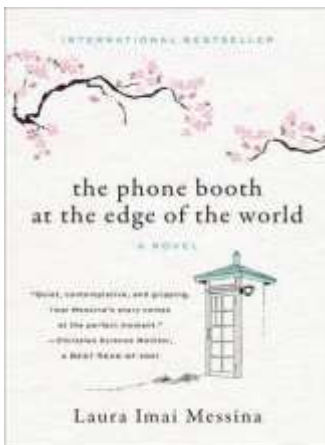
The monster in Conor's backyard is not the one he's been expecting — the one from the nightmare he's had every night since his mother started her treatments. This monster is ancient. And wild. And it wants something from Conor. Something terrible and dangerous. It wants the truth.

**Pax**Sara Pennypacker **2019****Call #:** J FIC Pen

Pax and Peter have been inseparable ever since Peter rescued him as a kit. But one day, Peter's dad enlists in the military and makes him return the fox to the wild. At his grandfather's house, three hundred miles away from home, Peter knows he isn't where he should be. He strikes out on his own despite the encroaching war, spurred by love, loyalty, and grief, to be reunited with Pax.

**Pax: Journey home**Sara Pennypacker **2023****Call #:** J FIC Pen

It's been a year since Peter and his pet fox, Pax, have seen each other. Once inseparable, they now lead very different lives. Pax and his mate, Bristle, have welcomed a litter of kits they must protect in a dangerous world. Peter tries to harden his broken heart, but love keeps finding a way in. Now both boy and fox find themselves on journeys toward home, healing--and each other.

**The Phone booth at the edge of the world: A novel**Laura Imai Messina **2025****Call #:** FIC Ima

The international bestselling novel about grief, mourning, and the joy of survival, inspired by a real phone booth in Japan with its disconnected "wind" phone, a place of pilgrimage and solace since the 2011 tsunami. Yui loses both her mother and her daughter in the tsunami. Everything is relative to March 11, 2011. Then, she hears about a man who has an old disused telephone booth in his garden.

**Saving Wolfgang**Gregor Craigie **2025****Call #:** J FIC Cra

Wolfgang and his mother move in with his grandfather in the wake of his father's death. His mother rarely leaves her room, and Wolfgang can't stop wondering why his father's cause of death is such a secret...until he overhears that it was by suicide. As he adjusts to this new reality, Wolfie meets a friend, Jimmy, who introduces him to hockey – which just may be a way to find a new normal.



**Simon sort of says**Erin Bow **2024****Call #:** J FIC Bow

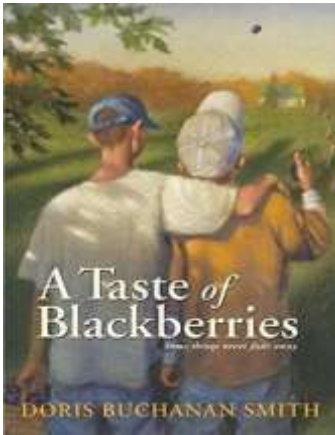
A Newbery Honor Book and winner of the Governor General's and TD Children's Literature Awards. Simon O'Keeffe tells a lot of stories: like how his family was driven out of Omaha by alpacas. And how his church-deacon dad accidentally gave a squirrel a holy sacrament. But the story Simon doesn't tell is the one he'd do anything to forget: Simon is the only survivor of a school shooting.

**The Spoon stealer**Lesley Crewe, **2020****Call #:** FIC Cre

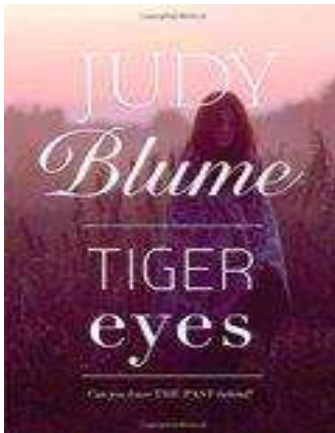
Emmeline never quite fit in on her family's rural Nova Scotian farm. After suffering multiple losses in the First World War, her family became so heavy with grief, toxicity, and mental illness that Emmeline felt their weight smothering her. And so, she fled across the Atlantic and built her life in England. When she joins a memoir-writing course, her classmates don't know what to make of her.

**The Stones of Burren Bay**Emily De Angelis **2024****Call #:** FIC DeA

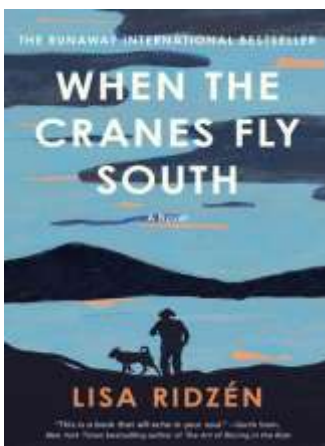
In a tragic car accident, 15-year-old Norie loses her deadbeat father while her distant mother is injured. Her prized possession, an antique artist's box, is destroyed along with her deep connection to her art. As her mother's emotional wounds reach a crisis, Norie realizes they must face their guilt and grief together in order to heal and become reunited as mother and daughter.

**A Taste of blackberries**Doris Buchanan Smith **2004****Call #:** J FIC Smi

What do you do without your best friend? Jamie isn't afraid of anything. Always ready to get into trouble, then right back out of it, he's a fun and exasperating best friend. But when something terrible happens to Jamie, his best friend has to face the tragedy alone. Without Jamie, there are so many impossible questions to answer. How can things go on without him?

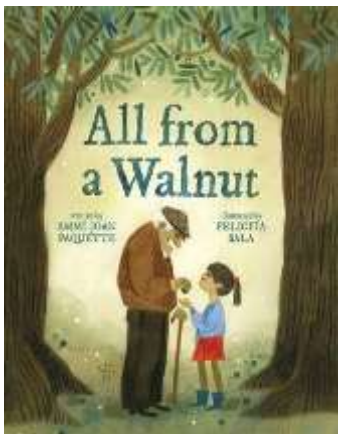
**Tiger eyes**Judy Blume **2014****Call #:** FIC Blu

When Davey Wexler's father is killed in a holdup in Atlantic City, her mother moves Davey and her brother to Los Alamos to get away from the memories. Davey is a girl frozen in fear and anger, until she meets an older boy called Wolf who can read her tiger eyes.

**When the cranes fly south: A novel**Lisa Ridzén **2025****Call #:** Fic Rid

Bo is running out of time. Yet time is one of the few things he's got left. Fortunately, he still has his beloved elkhound, Sixten, to keep him company...though now his son, with whom Bo has had a rocky relationship, insists on taking the dog away, claiming that Bo has grown too old to properly care for him. This stirs up a whirlwind of emotion, leading Bo to take stock of his life, relationships and love over the years.

PICTURE BOOKS



All from a walnut

Ammi-Joan Paquette, Felicita Sala (Illustrator) **2022**

Call #: PIC Paq

When Emilia finds a walnut one morning, Grandpa tells her the story behind it: of his journey across the ocean to a new home, with only one small bag and a nut in his pocket. Step by step, Grandpa teaches Emilia how to cultivate her own seed. But Grandpa begins to slow down-until one sad day, Emilia has to say goodbye.

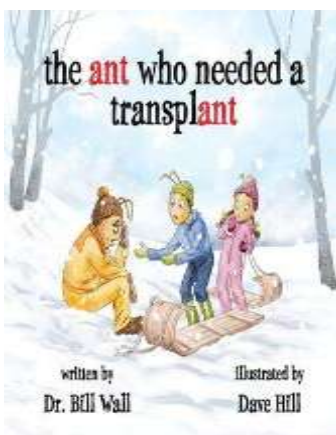


And they walk on

Kevin Maillard, Rafael López (Illustrator) **2025**

Call #: PIC Mai

When a young boy's grandmother walks on, he wonders where she's gone. Did she go to the market to buy ripe melons? Or maybe she's in the garden, watering her herbs? It feels like she's somewhere far away, so the boy finds new ways to share stories about his day, hoping she can hear him. As he approaches her kitchen, he is reassured by memories of her cooking.

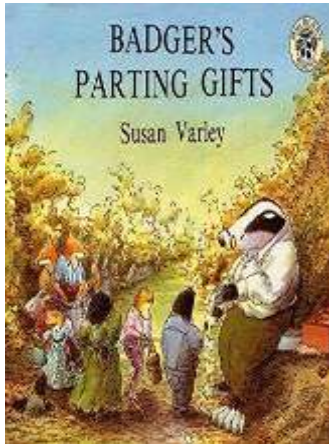


The Ant who needed a transplant

Bill Wall, Dave Hill (Illustrator) **2023**

Call #: PIC Wal

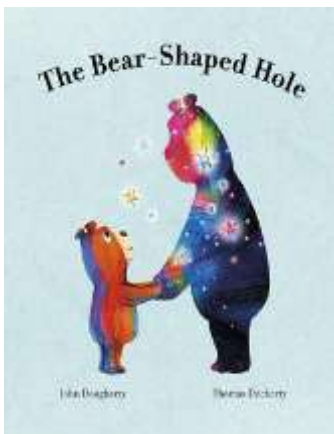
Mama Ant, Papa Ant, Russell, and Sophie all live together in a thriving ant community. But one winter, Papa Ant has trouble climbing the hill. He goes to the doctor and is told that he needs a heart transplant. What will the ant family do? Will anyone be able to save their Papa? A touching story that embraces themes of empathy and altruism.

**Badger's parting gifts**

Susan Varley, 1992

Call #: PIC Var

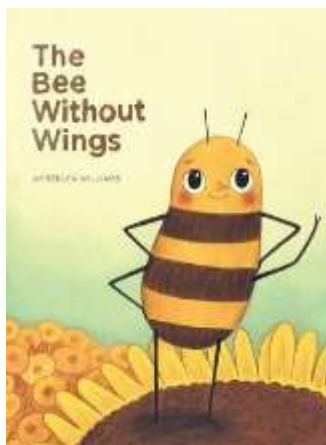
Badger was a friend and almost everyone who knew him had warm and loving memories of when he was living with them. At first, those who loved Badger felt overwhelmed by their loss. In time though, whenever Badger's name was mentioned, someone would recall something about him that made them all smile. And Badger was part of their lives once more.

**The Bear-shaped hole**

John Dougherty, Thomas Docherty (Illustrator) 2025

Call #: PIC Dou

Gerda's bear friend Orlo reveals he is sick and not going to get better. Gerda is filled with emotions that she cannot explain but Orlo is there to help her prepare and they spend their time together making memories that will last a lifetime. So, when the time comes, Gerda can fill up the Bear-Shaped hole in her life with the special memories she created with Orlo.

**The Bee without wings**

Amberlea Williams 2023

Call #: PIC Wil

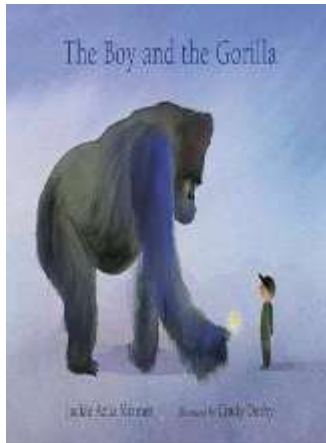
Finding a bumble bee without wings in her garden, Sasha is determined to help it survive, leading to an unexpected friendship. Sasha, Molly the cat, and Bea the bee share a joyful summer together and discover that you don't need wings to fly. When the time comes to say goodbye to Bea, Sasha finds a meaningful way to honor the life of her tiny friend.

**Birdsong**

Julie Flett 2019

**Call #:** PIC Fle

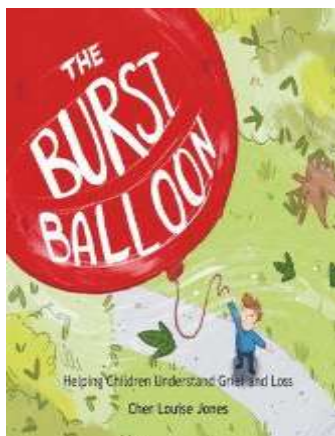
When a young girl moves from the country to a small town, she feels lonely and out of place. But soon she meets an elderly woman next door, who shares her love of arts and crafts. Can the girl navigate the changing seasons and failing health of her new friend? An activity guide is available at greystonebooks.com for FREE download.

**The Boy and the gorilla**

Jackie Azúa Kramer, Cindy Derby (Illustrator) 2020

Call #: PIC Kra

On the day of his mother's funeral, a young boy conjures the very visitor he needs to see: a gorilla. Wise and gentle, the gorilla stays on to answer the heart-heavy questions the boy hesitates to ask his father: Where did his mother go? Will she come back home? Will we all die? With the gorilla's friendship, the boy slowly begins to discover moments of comfort.

**The Burst balloon: Helping children understand grief and loss**

Cher Louise Jones, Lee Dixon (Illustrator) 2022

Call #: PIC Jon

Jack misses Grandpa every day. When the balloon his mother bought to cheer him up bursts, it all feels too much. But some wise words from Grandma help Jack to say goodbye and understand that the memory of his beloved grandfather will live on in his heart forever. A comforting tale for young children experiencing the grief of losing a loved one.

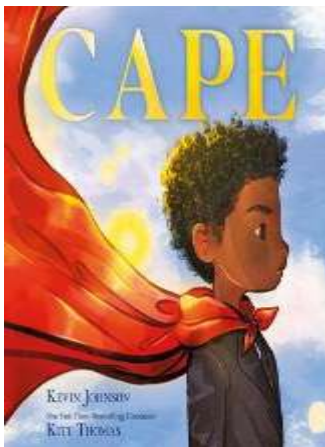


Calling the wind: A story of healing and hope

Trudy Ludwig, Kathryn Otoshi (Illustrator) 2022

Call #: PIC Lud

In a small village in Japan, a family mourns the loss of their loved one. Each family member grieves in their own way, but it is not until they discover an old-fashioned telephone booth on a windswept hill that they begin to heal. Slowly but surely, the pain subsides.

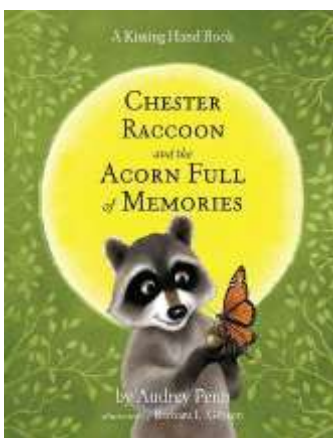


Cape

Kevin Johnson 2023

Call #: PIC Joh

When a child loses the person in his life that he loves more than anything, he uses his cape as protection from his grief. On the day of the funeral, he uses it to block out the pictures and stories people share, refusing to acknowledge the memories that keep bubbling up. Then, he remembers. Their laugh, their smile, the moment they gave him the cape. The cape transforms into a source of comfort.

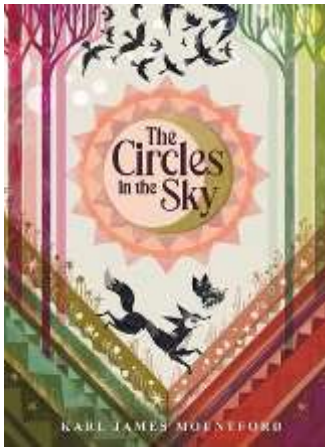


Chester Raccoon and the acorn full of memories

Audrey Penn 2011

Call #: PIC Pen

Chester Raccoon's good friend Skiddel Squirrel has had an accident and will not be returning - ever. Chester is upset that he won't get to play with his friend anymore. Mrs. Raccoon suggests that Chester and his friends create some memories of Skiddel, so that they will have good memories when they miss him.

**The Circles in the sky**

Karl James Mountford, 2022

Call #: PIC Mou

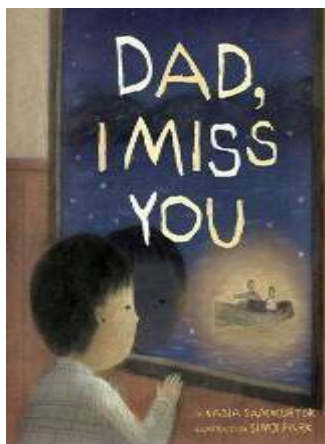
One morning, Fox is drawn toward the forest. There, in a clearing, he sees something small and silent, perhaps forgotten. It's a bird, lying as still as can be. Fox is confused, upset, and angry. Is the bird broken? Why doesn't it move or sing, no matter what Fox does? A moth shares a comforting thought about the circles in the sky.

**The Comfort tree**

Holly Carr,

Call #: PIC Car

Deep in the forest stands a very tall tree. In stunning silk paintings, Holly Carr shows how a variety of forest animals and birds find comfort around the tree through the seasons inviting children to let go of their anxieties and find joy in their surroundings. As night falls, the animals can be heard calling good night to each other from the boughs of the tree, gently ending the day.

**Dad, I miss you: A residential school story**

Nadia Sammutok, Simji Park (Illustrator), 2024

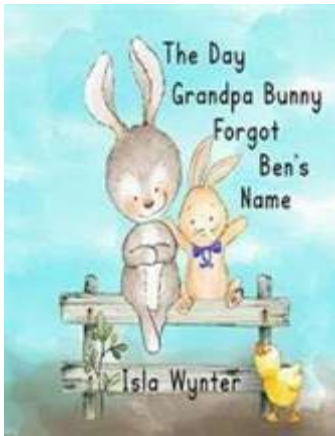
Call #: PIC Sam



Told in the voice of a boy and his father by turns, this book takes a thoughtful and heartfelt look at the emotional toll of a child being taken from their family and community to attend residential school. Based on the author's family history of residential school separation, this book provides a unique perspective on the difficult cycle of loss, reconnection, and regaining hope for the future.

**Daddy & me, side by side**Pierce Freelon, Nadia Fisher (Illustrator) **2023****Call #:** PIC Fre

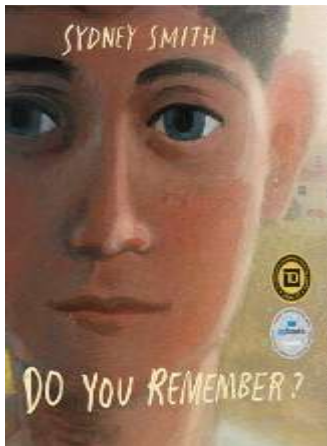
A young son and his father trek through trees and listen to birdsong, dig for worms and go fishing, and enjoy the breeze sitting side by side, just like Pop Pop and Daddy did, years ago. A heartfelt and hopeful tale that touches on grieving the loss of a loved one as a father and son recreate old memories and make new ones.

**The Day Grandpa Bunny forgot Ben's name**Isla Wynter **2019****Call #:** PIC Wyn

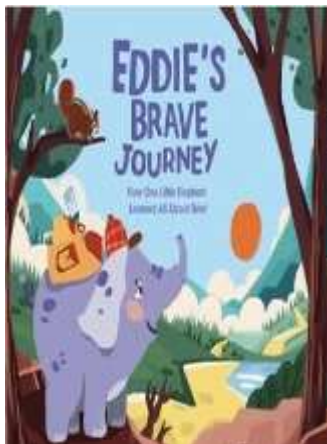
Grandpa Bunny is behaving strangely. He forgets where he put the carrots. He sits in a flower pot and doesn't know why. And one day, he even forgets Ben's name. What is going on with Grandpa Bunny? The doctor says it's dementia, but what is that? A book to help children understand dementia and gain ideas on how to interact with relatives who have dementia.

**The Dead Bird**Margaret Wise Brown, Christian Robinson (Illustrator), **2016****Call #:** PIC Bro

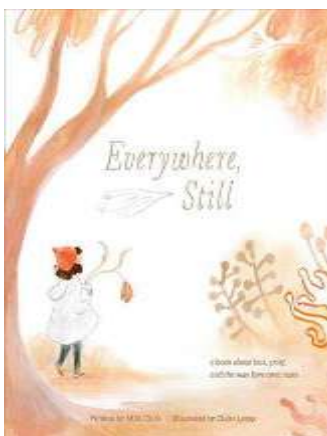
This heartwarming classic picture book is beautifully re-illustrated for a contemporary audience. One day, the children find a bird lying on its side with its eyes closed and no heartbeat. They are very sorry, so they decide to say good-bye. In the park, they dig a hole for the bird and cover it with warm sweet-ferns and flowers. Finally, they sing sweet songs to send the little bird on its way.

**Do you remember?**Sydney Smith **2023****Call #:** PIC Smi

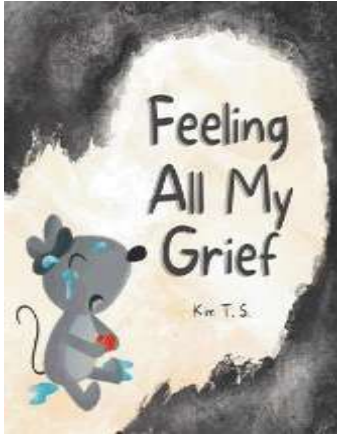
Tucked in bed at a new apartment, a boy and his mother trade memories. Some are idyllic, like a picnic with Dad, but others are more surprising: a fall from a bike into soft piled hay, the smell of an old oil lamp when a rainstorm blew the power out. Now it's just the two of them, and the house where all of those memories happened is far away. But maybe someday, this will be a favourite memory.

**Eddie's brave journey: How one little elephant learned all about grief**Randi Wolfson, Kittaya Treseangrat (Illustrator) **2020****Call #:** PIC Wol

Eddie is a young elephant whose grandpa has died. As he experiences great big feelings, he wonders what to do. Setting out on a brave journey, Eddie learns from other animals about the feelings of grief and how to help his heart begin healing.

**Everywhere, still**M. H. Clark, Claire Sahara Lemp (Illustrator) **2023****Call #:** PIC Cla

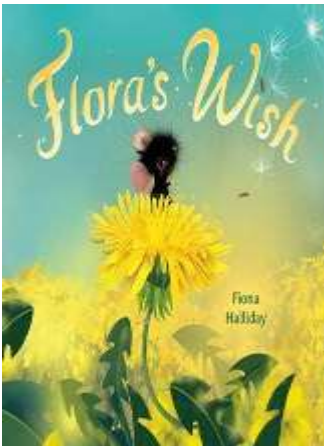
When someone you care about isn't here anymore, your love for them continues... What do you do with that love when that someone isn't here to give it to? Everywhere, Still is a book about missing someone. It's a book about loss and grief--whether that loss is permanent or temporary. And it's a reminder that there is always a way to stay close with the people who are biggest in our hearts.

**Feeling all my grief: A secular grief book for young children**

Kim T.S. 2024

Call #: PIC Kim

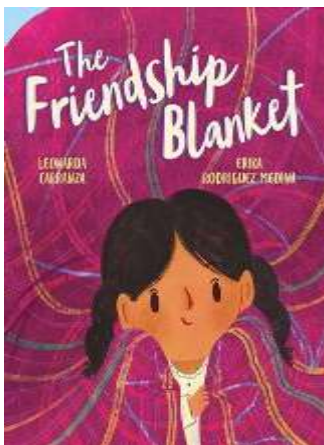
A rhyming children's books about grief that focuses on universal truths to help children cope with the death and loss of a loved one. Includes a grief journal at the end with reflection prompts.

**Flora's wish**

Fiona Halliday 2023

Call #: PIC Hal

Flora the field mouse was a boldly whiskered lion-tamer! Although it wasn't very hard to be bold and brave with her best friend Lion (a dandelion) by her side. But as the seasons change, Lion's whiskers go from a bright yellow to shimmering silver, until one day, he scatters in the wind completely. Can Flora still be brave without Lion by her side?

**The Friendship blanket**

Leonarda Carranza, Erika Rodriguez Medina,

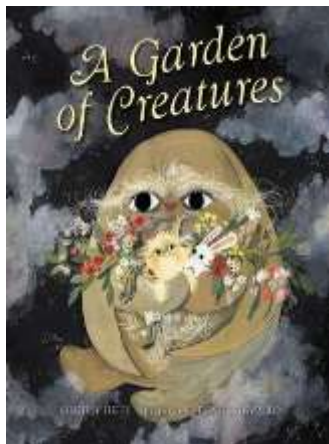
2025

Call #: PIC Car

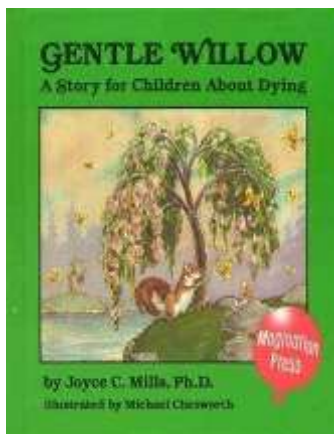
Sometimes all you need is a keepsake to make any place feel like home. Aurelia has left her home, and her beloved grandmother — Abuelita — to move to Canada with her mother. At first she's excited, but she ends up feeling quite alone. With the help of a blanket Abuelita has given her, and the love it signifies, Aurelia returns to school with a new perspective and makes a true connection.

**The Funeral**Matt James **2018****Call #:** PIC Jam

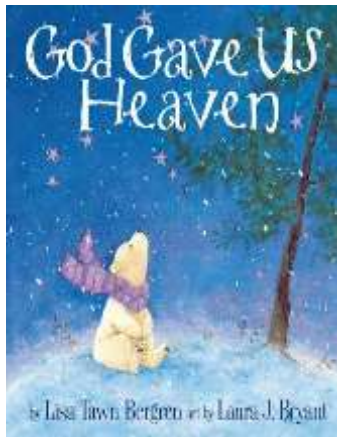
Norma and her parents are going to her great-uncle Frank's funeral, and Norma is more excited than sad. She is looking forward to playing with her favorite cousin, Ray, but when she arrives at the church, she is confronted with new rituals and ideas. This sensitive and life-affirming story leads young readers to ask their own questions about life, death, and memories.

**A Garden of creatures**Sheila Heti, Esmé Shapiro (Illustrator) **2022****Call #:** PIC Het

Two bunnies and a cat live happily together in a beautiful garden. But when the big bunny passes away, the little bunny is unsure how to fill the void she left behind. A strange dream prompts her to begin asking questions: Why do the creatures we love have to die, and where do we go when we die? With the wisdom of the cat to guide her, the little bunny learns that missing someone is a way of keeping them close.

**Gentle willow: A story for children about dying**Joyce C. Mills, Michael D. Chesworth (Illustrator) **1994****Call #:** PIC Mil

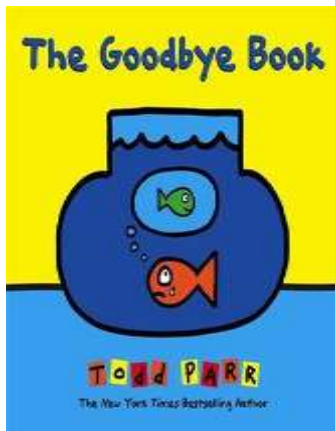
Written for children who may not survive their illness or for the children who know them, this tender and touching tale helps address feelings of disbelief, anger, and sadness along with love, compassion, and care-giving.

**God gave us heaven**Lisa Tawn Bergren, Laura J. Bryant (Illustrator) **2008****Call #:** PIC Ber

Little Cub wonders aloud, "What is heaven like?" With tender words, her Papa describes a wonderful place, free of sadness and tears, where God warmly welcomes his loved ones after their life on earth is over. Little Cub and Papa spend the day wandering their beautiful, invigorating arctic world while she asks all about God's home.

**Goodbye: A first conversation about grief**Megan Madison & Jessica Rallie, Isabel Roxas (Illustrator) **2023****Call #:** PIC 155.937 Mad

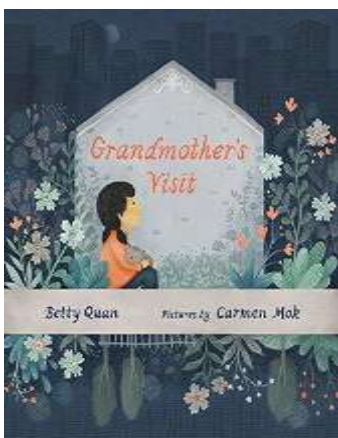
This topic-driven picture book offers clear, concrete language and compelling imagery to introduce the concept of grief. It aims to normalize the topic of death by discussing what it means and how it feels to experience loss. It centers around several questions that arise about grief and honest, simple ways to answer them. Additional resources and ideas for extending this discussion.

**The Goodbye book**Todd Parr **2015****Call #:** PIC Par

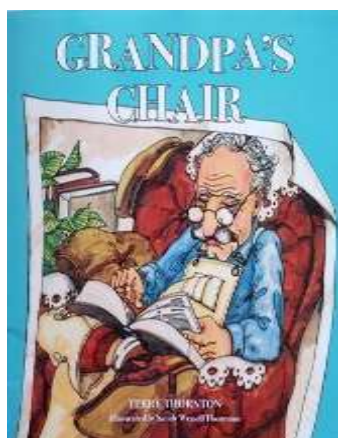
From bestselling author Todd Parr, a poignant and reassuring story about loss. Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them.

**Grampy's Chair**Rebecca Thomas, Coco A. Lynge (Illustrator) **2024****Call #:** PIC Tho

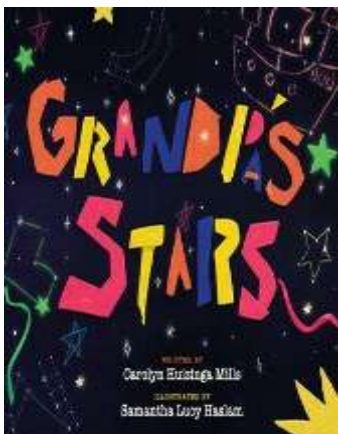
A heartwarming story about lifelong love and loss told from the perspective of a grandfather's favorite chair. Grampy's chair sits in the middle of his living room and always keeps an eye on My Love. As My Love grows up, The Chair sees Grampy grow older and My Love must care for him. One day Grampy is gone. Will The Chair see My Love again? A poignant story inspired by Rebecca's own grandfather.

**Grandmother's visit**Betty Quan, Carmen Mok (Illustrator) **2018****Call #:** PIC Qua

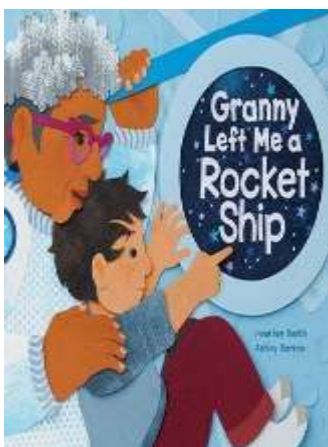
This moving tale of love and loss features the special bond between a young girl and her Chinese grandmother. In a gentle first-person narrative, the child explains how her grandmother teaches her the secrets of making rice and shares stories about growing up in China. Grandmother walks the young narrator to and from school each day, until one day, her father takes over.

**Grandpa's chair**Terry Thornton **2012****Call #:** PIC Tho

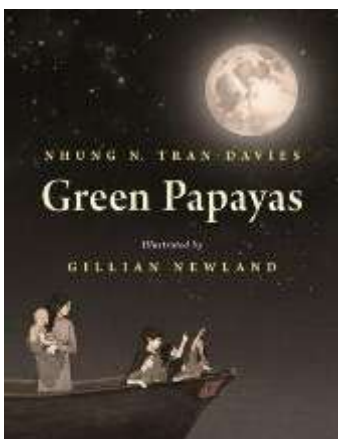
A tender children's story of a boy recalling wonderful memories that he and his great grandfather shared. As a very young boy, he and his grandfather would read books and stories and play games while sitting on this special chair. Looking back at a photo album, the boy recalls funny and unique memories of his grandfather, many of which revolve around the chair.

**Grandpa's stars**Carolyn Huizinga Mills, Samantha Lucy Haslam (Illustrator) **2023****Call #:** PIC Mil

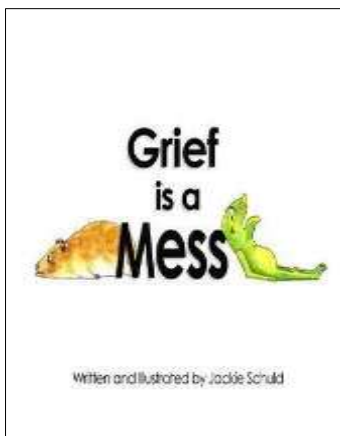
After spending a full week with grandpa in the country, a young child sees the night sky clearly for the first time, and other wonderful things that can be seen with the help of grandpa and a bit of imagination. When Grandpa goes to the hospital, the child has an idea! With the help of craft supplies and some paper the night sky at grandpa's house can be recreated on the ceiling.

**Granny left me a rocket ship**Heather Smith, Ashley Barron (Illustrator) **2023****Call #:** PIC Smi

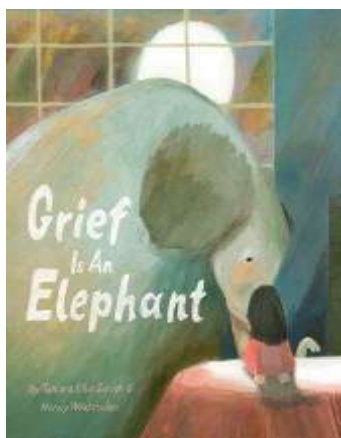
When Granny dies, a young child and their family have a hole in their hearts. They find it helps them fill it to remember her through the things she left behind. To the father, she left a tuba, and to the mother, a locket. To the sister, she left a microscope, and to the brother, a record collection. To the main character, though, Granny left something different: a world of adventure, that they visit with their memories.

**Green papayas**Nhung Tran-Davies, Gillian Newland (Illustrator) **2023****Call #:** PIC Tra

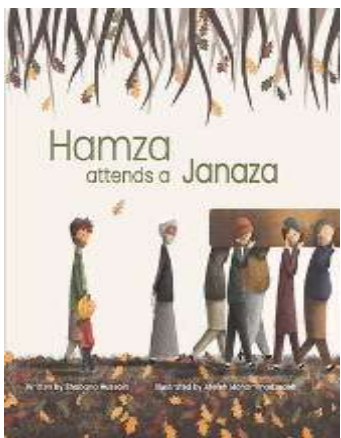
The story of a family's time with their aging grandmother (Oma) who is in hospital. Through Mama's recollections of the past they are reminded of Oma's courage in shepherding her family through war and across the ocean to safety. After Oma passes away, they cherish the memory of this remarkable woman, and the lessons shared by Mama ensure that her legacy will live on through her grandchildren.

**Grief is a mess**Jackie Schuld **2015****Call #:** PIC Sch

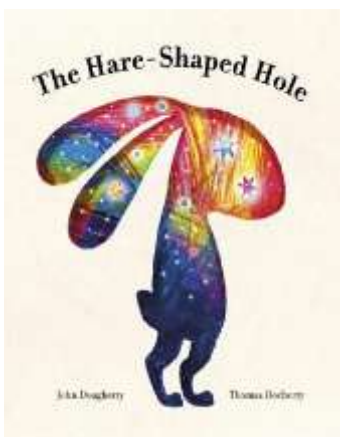
For grieving children and adults who need a healthy dose of understanding, comfort, and laughter. Through humorous animal illustrations, the book explores how grief is different for everyone and can change without warning. Having lost her mother to cancer, Jackie Schuld reminds us to be kind to others and patient with ourselves as we find our way through the mess of grief.

**Grief Is an Elephant**Tamara Ellis Smith, Nancy Whitesides (Illustrator) **2023****Call #:** PIC Smi

An imaginative and heartfelt book that reminds us that there is no loss without love. When grief first arrives, it is like an elephant—so big that there is hardly room for anything else. But over time, grief can become smaller and smaller—first a deer, then a fox, then a mouse, and finally a flickering firefly in the darkness leading us down a path of loving remembrance.

**Hamza attends a janaza**Shabana Hussain, Atefeh Mohammadzadeh (Illustrator) **2023****Call #:** PIC Hus

Hamza's usual fun Saturday is cancelled when his family receives the sad news that Uncle Sameer has died. Follow Hamza through the day as he learns about the various aspects of a janaza. This story is a gentle introduction to attending an Islamic funeral, told from a child's perspective.



The Hare-shaped hole

John Dougherty, Thomas Docherty (Illustrator) **2024**

Call #: PIC Dou

When Hertle the hare vanishes, leaving nothing but a dark, empty hole in the air, Bertle the turtle is distraught. How can he send the emptiness away and bring his friend back? And what if he can't? A soothing picture book that gently explores themes of love, loss, and remembering those we love.

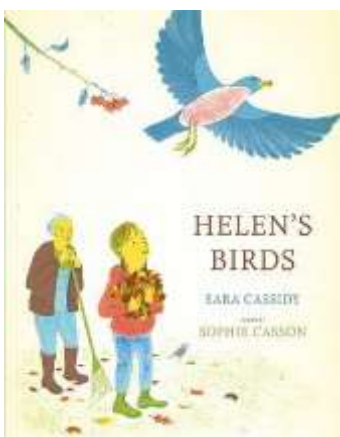


The Heart and the bottle

Oliver Jeffers **2011**

Call #: PIC Jef

Once there was a girl whose life was filled with wonder at the world around her. Then one day something happened that made the girl take her heart and put it in a safe place. But would she know how to get her heart back?



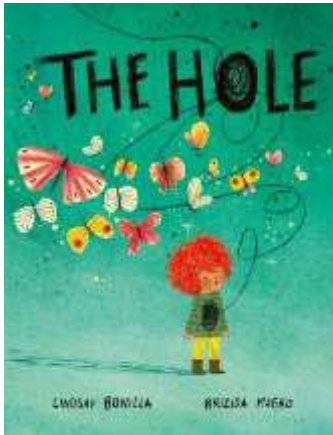
Helen's birds

Sara Cassidy, Sophie Casson (Illustrator) **2019**

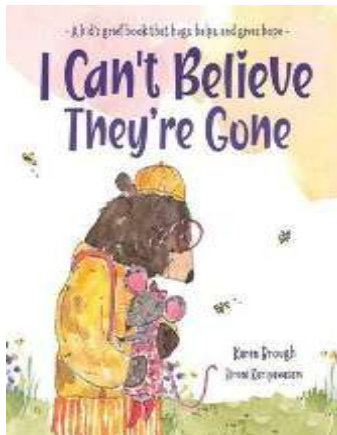


Call #: PIC Cas

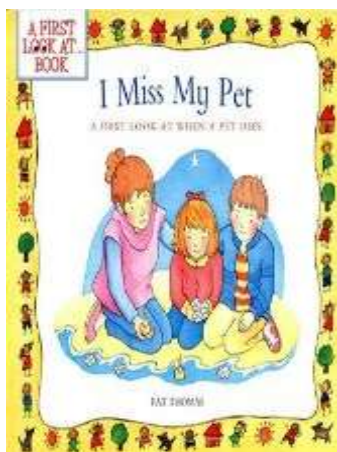
A wordless book For as long as Saanvi can remember, she has been friends with her elderly neighbor Helen. They play cards and garden together and, especially, care for the wild birds that visit Helen's yard. When Helen dies suddenly, a "For Sale" sign goes up, and movers arrive, emptying the house of its furniture and stripping the yard of its birdfeeders. After a tearful night, Saanvi wakes inspired.

**The hole**Lindsay Bonilla, Brizida Magro (Illustrator) **2025****Call #:** PIC Bon

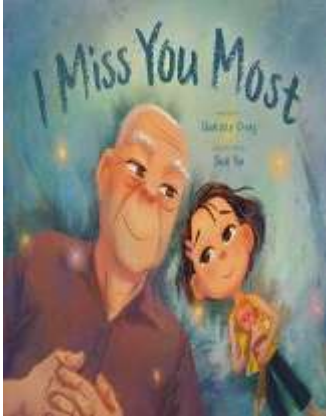
What does it feel like to lose someone you love? For one little boy, it's like he has a hole in his life. It follows him everywhere until the day he decides to really explore it. Inside the hole he confronts how much he misses his brother Matty. When he climbs out, his friend asks, "Do you want to tell me about your brother?" He's surprised to find that talking is a comfort.

**I can't believe they're gone: A kid's grief book that hugs, helps, and gives hope**Karen Brough, Hiruni Kariyawasam (Illustrator) **2023****Call #:** PIC Bro

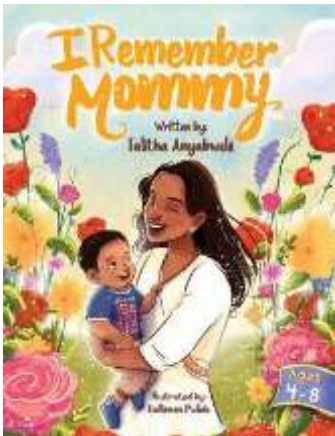
The mouse family has lost someone dear. Follow as Bear helps them understand all they are feeling and how each expresses it in their own unique way. A picture book about dealing grief, loss, and how emotions aren't good or bad, or right or wrong, they just are. If you're dealing with a loss, then you will be reassured that you are not alone and might even see a little of yourself inside.

**I miss my pet: A first look at when a pet dies**Pat Thomas **2012****Call #:** PIC 155.937 Tho

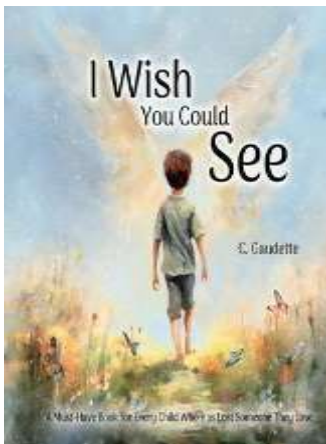
Explores the issue of the death of a pet in a simple but realistic way. Children's worries and questions surrounding the difficult experience of loss are made accessible and approachable.

**I miss you most**Charlotte Cheng, Xindi Yan (Illustrator) **2024****Call#:** PIC Che

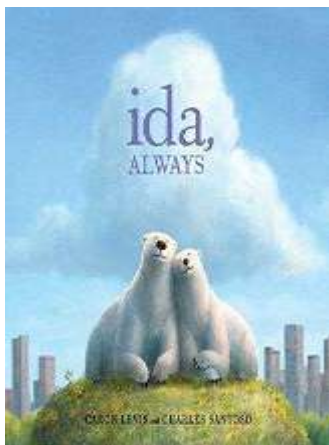
A young girl misses her grandfather all the time: the games they used to play, the stew they enjoyed at supper, and the absence of his music at bedtime. As time passes, that missing becomes sweeter - more memory than melancholy, more comfort than sadness. This book will help start necessary conversations about grief, and paying tribute to loved ones we've lost.

**I remember Mommy**Talitha Anyabwélé **2022****Call #:** PIC Any

This book not only addresses the loss of a mother in childbirth, but the grief and reflections a young child has when they lose their mother prematurely in any way. This book allows young children and their families an opportunity to discuss grief in a heartfelt and meaningful way that's still easy to understand. In the end, we all feel the sentiment, "She should be here..."

**I wish you could see: A must-have book for every child who has lost someone they love**Colby Gaudette **2024****Call#:** PIC Gau

A personalized story (fill in the relationship with the child) for children coping with loss to feel loved and supported as they journey through their grief. A tale of connection beyond goodbye: though your loved one may be gone, they are never far from your heart.

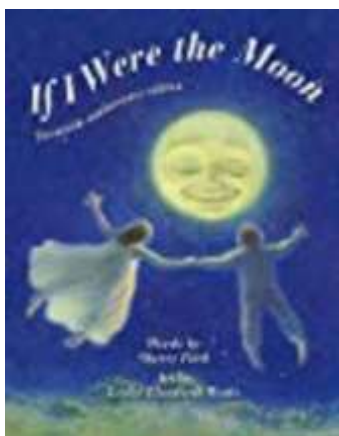


ida, always

Caron Levis **2016**

Call #: PIC Lev

A polar bear grieves over the loss of his companion, based on the real-life Gus and Ida of New York's Central Park Zoo.

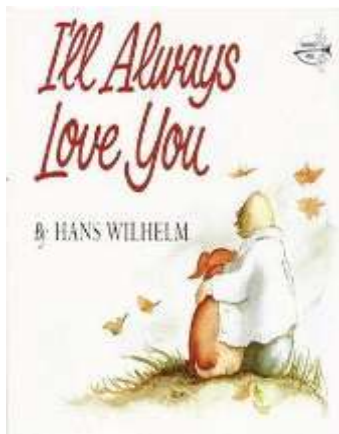


If I were the moon

Sheree Fitch **2019**

Call #: PIC Fit

If I were the moon I'd shine down my light/Right into your bedroom/
To warm up the night. A timeless bedtime book that "beautifully captures that perfect moment when a child is tucked up in bed, spellbound by the voice of an older sibling or an adult sharing a special book" ~Books in Canada

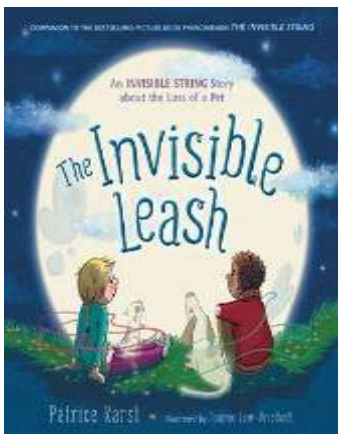


I'll always love you

Hans Wilhelm **1988**

Call #: PIC Wil

"In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolor illustrations, tender and warm in color and mood, suit the simple text perfectly." ~School Library Journal.



The Invisible leash: An invisible string story about the loss of a pet

Patrice Karst, Joanne Lew-Vriethoff (Illustrator) **2021**

Call #: PIC Kar

Using the same bonding concept from *The Invisible String*, which has been used for healing countless readers living with grief, *The Invisible Leash* illustrates the spiritual connection pet owners have with their animals. After Zach's dog, Jojo, dies, his friend Emily comforts him with the "best news ever": an invisible leash around our hearts connects everyone to their pets wherever they are.

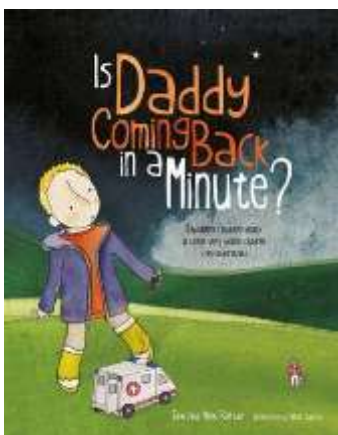


The Invisible string

Patrice Karst, Joanne Lew-Vriethoff (Illustrator) **2018**

Call #: PIC Kar

In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love.



Is Daddy coming back in a minute? Explaining sudden death in words very young children can understand

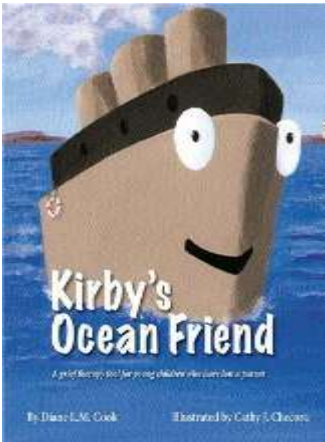
Elke & Alex Barber, Anna Jarvis (Illustrator) **2024**

Call #: PIC Bar

This honest, sensitive and generously illustrated picture book is designed to help explain the concept of death to children aged 3-7. Written in Alex's own words, it is based on the real-life conversations that Elke Barber had with her then three-year-old son, Alex, after the sudden death of his father. The book provides reassurance through clear and honest answers to hard questions.

**Karissa & Felix**Jan Coates **2019****Call #:** PIC Coa

Karissa and Grandfather Felix love the beach, birds, and sea glass. When Grandfather begins to roam, can't find his way home, they have to leave the beach. In the city, Karissa becomes friends with a crow she names Felix. Like Grandfather, he has only one leg. When Karissa finds out that forever is a very long time to miss somebody you love, Felix brings her a very special gift, the gift of hope.

**Kirby's ocean friend: A grief therapy tool for young children who have lost a parent**

Diane L. M. Cook, Cathy J. Checora (Illustrator)

**2009****Call #:** PIC Coo

A touching story about a young ocean liner named Kirby who is helped by his ocean friend, Pearl, on his journey of grief after the death of his mother. This book is meant to be read to young children between the ages of 4 and 6 years old to help them process the difficult emotion of grief.

**A Kiss goodbye**Audrey Penn **2007****Call #:** PIC Pen

Chester Raccoon's family is moving. He has to say goodbye to his old home, but he sees that the new home might bring unexpected new pleasures.



The Kissing hand

Audrey Penn **2020**

Call #: PIC Pen

When Chester the raccoon is reluctant to go to kindergarten for the first time, his mother teaches him a secret way to carry her love with him.

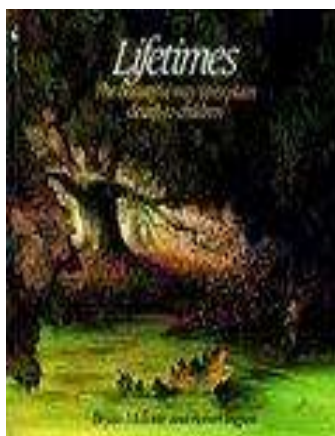


A Land called grief

Maddie Janes, Helen Bucher (Illustrator) **2020**

Call #: PIC Jan

A story that helps little and big kids alike understand the emotions that show up when we navigate through the stages of grief. Although grief can be heavy, this book helps us understand that our grief can be turned into something beautiful. A beauty that can heal. A beauty that can be shared. Find activities and resources for this book on the publisher's website: bjorkprint.com

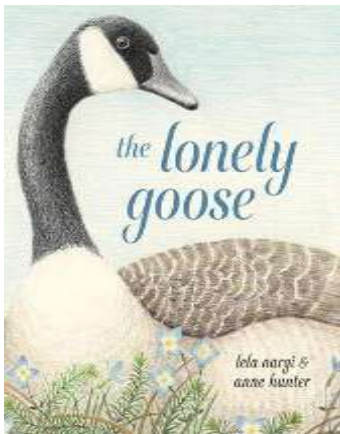


Lifetimes: The beautiful way to explain death to children

Bryan Mellonie, Robert Ingpen **1983**

Call #: PIC 306.9 Mel

When the death of a relative, a friend or a pet happens or is about to happen ... how can we help a child to understand? Lifetimes is a moving book for children of all ages and parents, too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between.

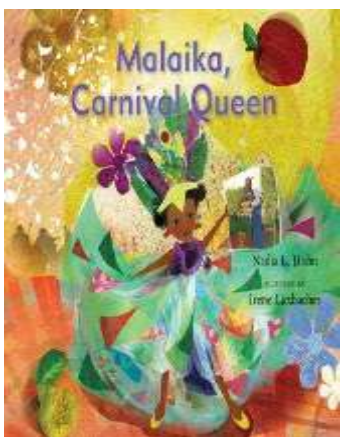


The Lonely goose

Lela Nargi, Anne Hunter (Illustrator) **2025**

Call #: PIC Nar

This is a stunningly illustrated, moving picture book about two geese bonded for life. They have six eggs, and then six chicks, and they teach them how to fly. But when one of the geese in the partnership becomes ill and dies, what happens to its partner goose? With scientific facts, a beautiful text, and gorgeous art work, young readers will take a closer look at the natural world.



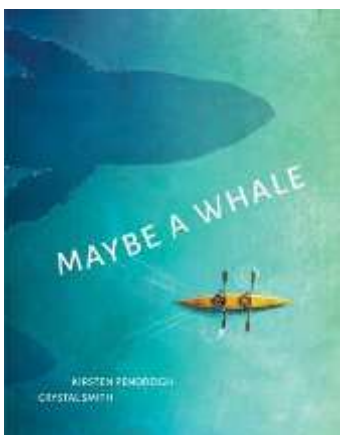
Malaika, Carnival Queen

Nadia L. Hohn, Irene Luxbacher (Illustrator) **2023**

Call #: PIC Hoh



Malaika learns about her father, who came to Canada as a migrant farm worker when she was just a baby and who shared her love of guesses that the dream is about her father. Mummy explains that her daddy passed away long ago, and Grandma decides it's time Malaika knew more about her father's life.



Maybe a whale

Kirsten Pendreigh, Crystal Smith (Illustrator) **2023**

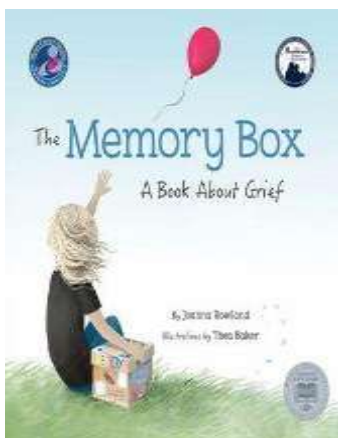
Call #: PIC Pen



After Grandpa dies, a girl and her mother take the trip he had planned for her, kayaking along the Pacific west coast to look for the whales that he loved. The trip will do them good, Mom says, but the girl isn't sure. How can that be true when Grandpa isn't there? And how will they find a whale in all that water, anyway?

**Maybe tomorrow?**Charlotte Agell, Ana Ramirez Gonzalez (Illustrator) **2019****Call #:** PIC Age

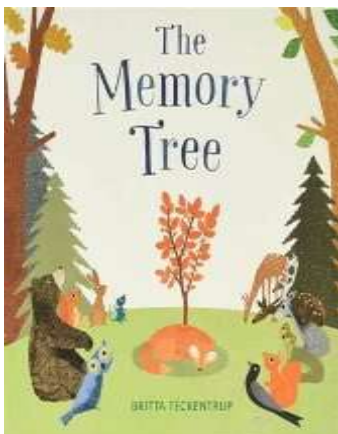
This tender exploration of loss uses a block as a metaphor for grief and illuminates how kindness and friendship can lift our spirits, help us heal, and see us through many tomorrows. Elba has a black block. She's been dragging it around for a long time. Can Norris and his butterflies lighten Elba's load and convince her to join them on a trip to the ocean?

**The Memory box**Joanna Rowland, Thea Baker (Illustrator) **2017****Call #:** PIC Row

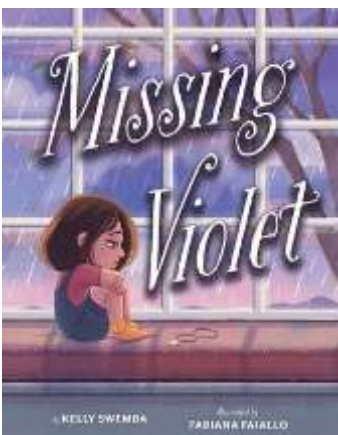
"I'm scared I'll forget you..." From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Includes a parent guide in the back.

**The Memory string**Eve Bunting, Ted Rand (Illustrator) **2015****Call #:** PIC Bun

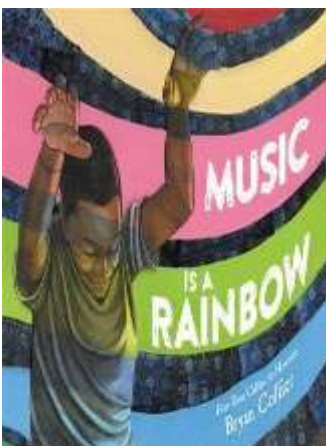
Each button on Laura's memory string represents a piece of her family history. When the string breaks, Laura's new stepmother, Jane, is there to comfort Laura and search for a missing button, just as Laura's mother would have done. But it's not the same-- Jane isn't Mom. Laura discovers that a memory string is not just for remembering the past: it's also for recording new memories.

**The Memory tree**Britta Teckentrup **2014****Call #:** PIC Tec

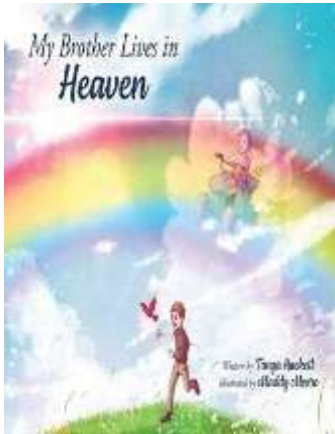
One by one, Fox's friends tell stories of the special moments they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.

**Missing Violet**Kelly Swemba, Fabiana Faiallo (Illustrator) **2023****Call #:** PIC Swe

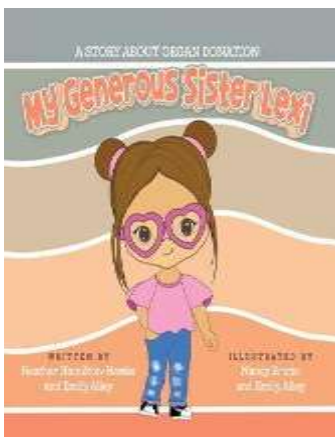
Life is full of sunshine for inseparable friends Violet and Mia. Until one day, Violet leaves school sick and doesn't get better. Without her best friend, Mia slips into a gloomy existence. As she moves through the stages of grief, Mia wonders if she will ever feel like herself again. When Mia reaches out to her classmates, she remembers what she loved most about Violet.

**Music is a rainbow**Bryan Collier **2022****Call #:** PIC Col

The music turned into color and light and filled the room. A young boy remembers quietly watching his father read the paper and sip a cup of coffee. He remembers his sweet momma, who lovingly pressed away the wrinkles on his clothes. Then one day, his father is gone and his momma falls ill. But through his love of music he feels his father's warm hugs and his mother's kisses. He learns to dream.

**My brother lives in Heaven**Tanya Hackett, Maddy Moore (Illustrator) **2024****Call #:** PIC Hac

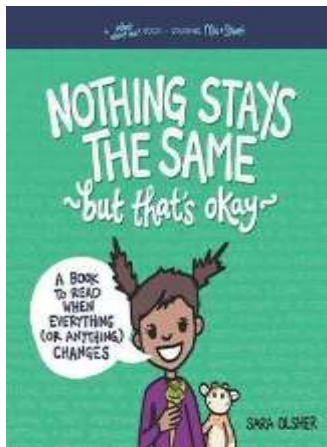
Children often wonder what Heaven looks like and struggle with the unknown of where their loved ones go after they leave us here on Earth. In this touching story, a little boy describes to readers all the emotions he feels after the loss of his younger brother. He describes in detail the beauty of what he sees as Heaven and all that will be until he's reunited with his brother.

**My generous sister Lexi: A story about organ donation**Heather Hamilton-Hawke, Emily Alley, Nancy Bruno (Illustrator) **2023****Call #:** PIC Ham

Told from the perspective of Lexi's younger sister, Jordan, tells the story of one young child's journey through the process of organ donation. The simple story line is relatable for children of all ages and all faiths who are learning to cope with tragedy in their personal lives, and those who are trying to understand and accept their new normal.

**The Next place**Warren Hanson **1997****Call #:** PIC Han

An inspirational journey of light and hope to a place where earthly hurts are left behind. An uncomplicated journey of awe and wonder to a destination without barriers.



Nothing stays the same, but that's okay: A book to read when everything (or anything) changes

Sarah Olsher 2021

Call #: PIC 155.24 Ols

The perfect book for kids who don't handle transitions or changes very well (especially those with anxiety, ADHD, sensory processing disorder, or autism), or who are facing big changes like starting school or getting a new sibling. It aims to empower kids with knowledge, which is proven to help kids through hard situations. Aimed at families with kids ages 4 to 10.



Ocean meets sky

The Fan Brothers 2018

Call #: PIC Fan

Finn remembers the stories his grandfather told him about a place where the ocean meets the sky: where whales and jellyfish soar and birds and castles float. Now that his grandfather is gone, Finn knows the perfect way to honor him: He'll build a boat. He'll set sail. He'll find this magical place himself! And maybe, just maybe, he'll discover something he didn't even know he was looking for.



The Old oak tree

Hilar Briar, Reid Briar, Angela Doak (Illustrator)



Call #: PIC Bri

A musical tale in verse following a robin through a year of seasons in her oak tree home, a tree that shelters her and many other creatures—from squirrels to foxes to bears!—from many storms, and for many seasons. Until one night, when a terrible storm comes. When the tree falls, robin and all of the other animals who have relied on the tree must say goodbye. A tender-hearted story exploring the cycle of life.

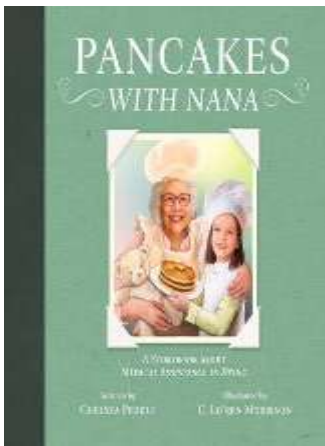


One Wave at a time: A story about grief and healing

Holly Thompson, Ashley Crowley (Illustrator) **2018**

Call #: PIC Tho

After his father dies, Kai experiences all kinds of emotions: sadness, anger, fear, guilt. Sometimes they crash and mix together. Other times, there are no emotions at all--just flatness. As Kai and his family adjust to life without Dad, the waves still roll in. But they learn to cope--and, eventually, heal.



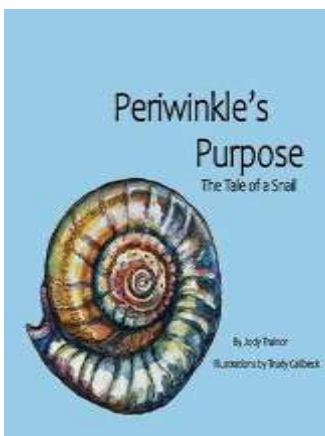
Pancakes with Nana: A storybook about medical assistance in dying

Chelsea Peddle, C. Lo'ren Morrison (Illustrator)



Call #: PIC Ped

Pancakes with Nana is a heartfelt resource for families looking to bring clarity to MAID for children in an approachable way. As young readers confront grandparent loss, this read aloud will bring a sense of clarity and togetherness for grieving families. Includes strategies to engage and support children experiencing grief and a grown-up's guide for tough conversations.



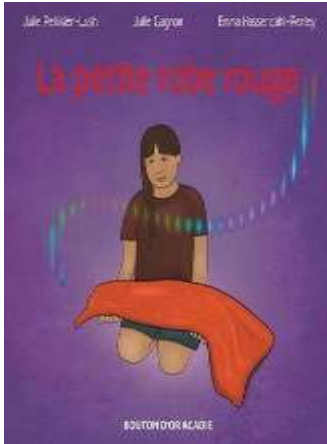
Periwinkle's purpose: The tale of a snail

Jody Trainor, Trudy Callbeck (Illustrator) **2024**



Call #: PIC Tra

On every shoreline that kisses the sea, the tiny snail embarks on an extraordinary journey, teaching us about the cycle of existence. From their tiny beginnings to their shells left behind dancing to the rhythm of the sea. Weaving through the joys and sorrows of life and death, this story intentionally leaves you and your loved one with questions that will trigger conversations.



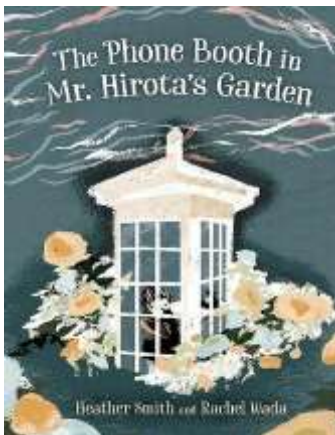
La Petite robe rouge = Apje'ji'jk Mekwe'k Mtoqan = The little red dress

Julie Pellissier-Lush, Julie Gagnon, Emma Hassencahl-Perley (Illustrator) **2024**



Call #: PIC Gag

Sakari loves to rummage through her grandmother's house, but she still doesn't know what's hidden in the woven basket in the attic. Then, one day, she sees her nukumi in tears by the open basket, holding a photo album. Photos that Sakari has never seen prompt the older woman to tell her the story of her younger sister. This trilingual picture book aims to raise awareness about MMIWG.

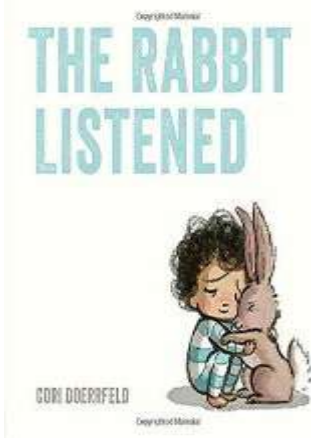


The Phone booth in Mr. Hirota's garden

Heather Smith, Rachel Wada (Illustrator) **2019**

Call #: PIC Smi

Inspired by the true story of the wind phone in Otsuchi, Japan, which was created by artist Itaru Sasaki. He built the phone booth so he could speak to his cousin who had passed, saying, "My thoughts couldn't be relayed over a regular phone line, I wanted them to be carried on the wind." Residents of affected communities have been traveling to the wind phone since a 2011 tsunami.

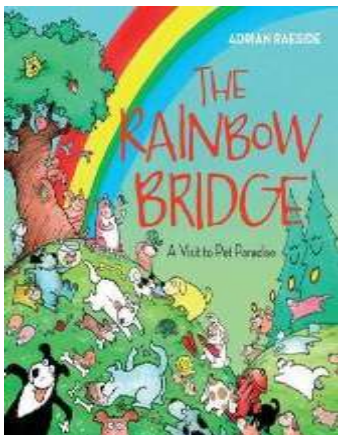


The Rabbit listened

Cori Doerrfeld **2018**

Call #: PIC Doe

When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen. . .just what Taylor needs.

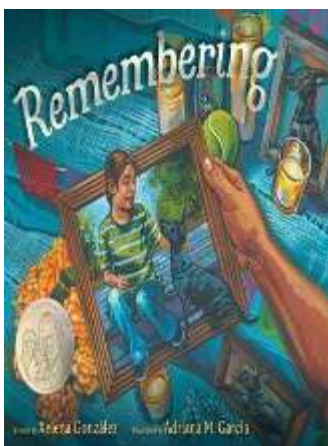


The Rainbow bridge: A visit to pet paradise

Adrian Raeside 2012

Call #: PIC Rae

After his beloved pet Koko has passed away, Ricky meets Buster, a messenger dog, who flies him to the Rainbow Bridge where all pets happily wait for their human companions.



Remembering

Xelena González, Adriana M. Garcia (Illustrator) 2023

Call #: PIC Gon

A child and their family observe the customs of Día de los Angelitos, one of the ritual celebrations of Día de Muertos, to celebrate the life of their beloved dog who passed away. They build a thoughtful ofrenda to help lead the pet's soul home and help the little one process their grief in this moving reminder that loved ones are never really gone if we take the time to remember them.



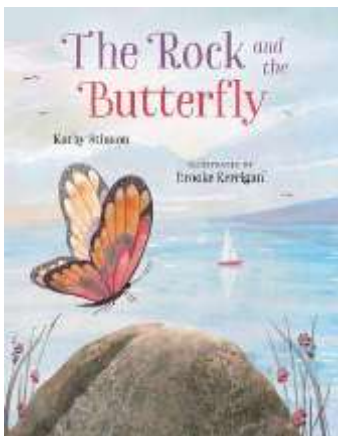
The Remembering stone

Carey Sookocheff 2023

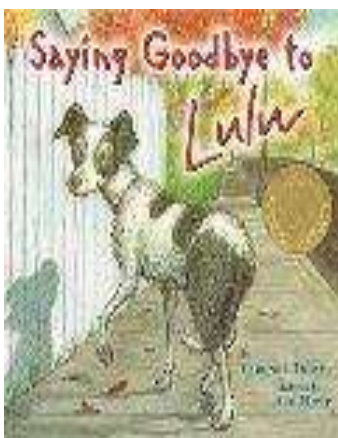
Call #: PIC Soo



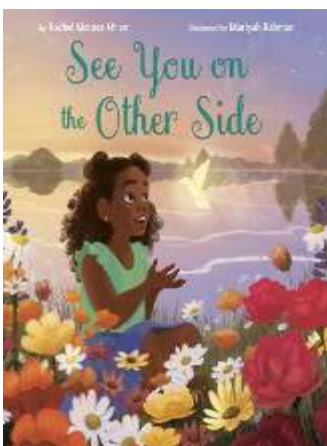
Alice keeps a perfect skipping stone in her pocket to remember her grandfather by - but the stone goes missing. It looked just like a regular stone, but Alice knew it was different: It was perfectly round so you could use it to trace circles, and she could trick her dad into thinking it was a quarter. It was how Alice remembered her grandpa, who taught her how to skip stones, and who passed away last winter.

**The Rock and the butterfly**Kathy Stinson, Brooke Kerrigan (Illustrator) **2024****Call #:** PIC Sti

The butterfly takes shelter on the steady rock after hours of flying, and the rock loves to hear of the butterfly's adventures after hours of sitting in one spot. Then one day the rock isn't where it has always been--and the butterfly is alone. The butterfly realizes that it is lying in the exact spot where the rock used to be, and it takes comfort in all that its beloved friend left behind.

**Saying goodbye to Lulu**Corinne Demas **2009****Call #:** PIC Dem

Lulu is the best dog a girl could ever hope for, but when she grows older and gradually becomes weak, the little girl must face the sad possibility of losing her dear friend, and inevitably, cope with the death of her canine companion. Though she is deeply saddened by Lulu's passing, over time the little girl discovers that the sweet memory of her beloved Lulu will live on...in her heart.

**See you on the other side**Rachel Montez Minor, Mariyah Rahman (Illustrator) **2023****Call #:** PIC Min

This is not goodbye, sweet child. I'll see you on the other side. . . . Simple, rhyming text and evocative illustrations offer comfort to children who may be grieving, or coming to terms with the idea of loss or change. The universal message opens the door to our collective healing, and the everlasting connection of love.

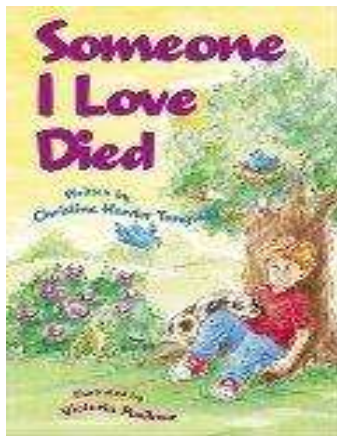


Sitting Shiva

Erin Silver **2022**

Call #: PIC Sil

In this gorgeously illustrated, deeply moving picture book, a young girl learns about the practice of sitting Shiva after her mother dies.

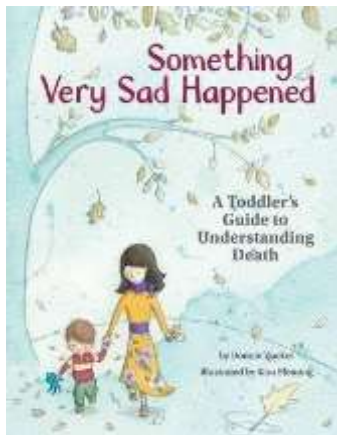


Someone I love died

Christine Harder Tangvald **1988**

Call #: PIC 248.866 Tan

Discusses death from a Christian perspective, explaining God's plan for everlasting life



Something very sad happened: A toddler's guide to understanding death

Bonnie Zucker **2016**

Call #: PIC 155.937 Zuc

A useful tool for parents, caregivers, therapists, and teachers to help young children understand the concept of death and begin the process of coping with the loss. Intended for children ages 2 and 3, the book explains death and loss to a very young child in a simple and age-appropriate way.



Sometimes someone dies

Meaghan Hadwyn, Niki Snjaric **2018**



Call #: PIC 155.937 Had

Rhyming text discusses death and grief, and how a person or pet lives on in their loved ones.



Still this love goes on

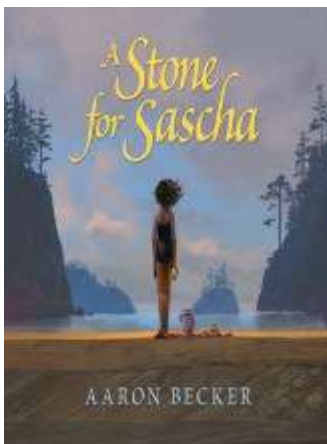
Julie Flett (Illustrator), Buffy Sainte-Marie



2022

Call #: PIC Sai

A celebration of the enduring love we hold for the people and places we are far away from. *In 2023, Sainte-Marie deleted all claims of being Cree and born on Piapot First Nation in Saskatchewan from her official website. We have therefore removed the Indigenous label from this record.*

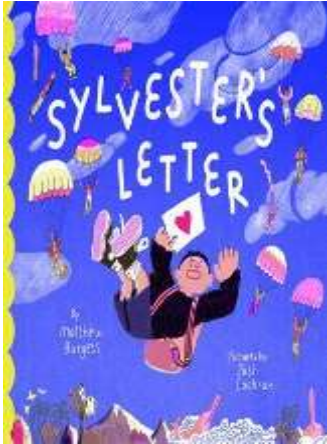


A Stone for Sascha

Aaron Becker **2018**

Call #: PIC Bec

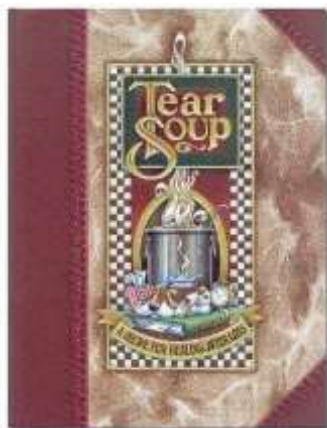
A girl grieves the loss of her dog in an achingly beautiful wordless epic. This year's summer vacation will be very different for a young girl and her family without Sascha, the beloved family dog, along for the ride. But a wistful walk along the beach to gather cool, polished stones becomes a brilliant turning point in the girl's grief.

**Sylvester's letter**Matthew Burgess, Josh Cochran (Illustrator) **2023****Call #:** PIC Bur

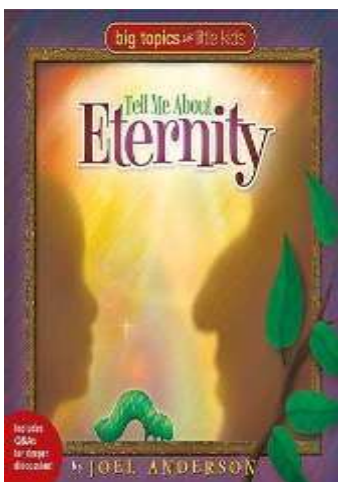
Sylvester has a plan: if his letter is couriered by some energetic parachutists, a train speeding through the jungle, and a river packed with piranhas and pink dolphins, his letter is sure to reach his beloved G.G. (Greatest Grandma), whom he's missing, and it's filled with happy memories and loads of love.

**TARC and the grieving children: We all grieve differently**Lorna Vyse, Scot Harris (Illustrator) **2025****Call #:** PIC Vys

We all grieve differently, and this book explores the various ways that children may display their grief. The book draws inspiration from Stephen Garrett's Seven Languages of Sorrow, guiding children through the different ways people may express grief. Young readers can identify their own grieving style, while Tarc provides compassionate suggestions for families to navigate loss together.

**Tear soup: A recipe for healing after loss**Pat Schwiebert, Chuck DeKlyen **2005****Call #:** PIC Sch

What's true about soup making is also true about grieving. In this story, Grandy is cooking up her own unique batch of "Tear Soup" and gives you a glimpse into her own life as she blends different ingredients into her own grief process. Grandy's tear soup will help bring her comfort and ultimately help fill the void in her life that was created by her loss.



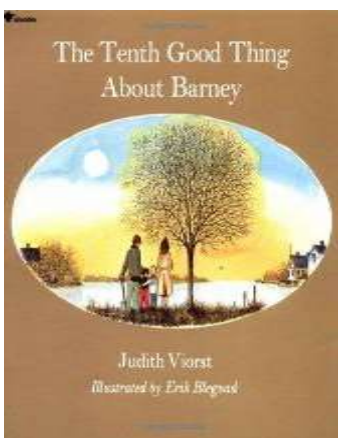
Tell me about eternity

Joel Anderson **2005**

Call #: PIC And

Copies: 1 **Out:** 0 **Holds:** 0

"What does eternity mean?" When a question like this comes from a little one, adults sometimes find themselves searching for a simple way to explain the answers. This book explores eternity through the touching story of the birth of a baby and the passing of an old man. Through these examples, children will begin to understand the big-people concept of eternity.

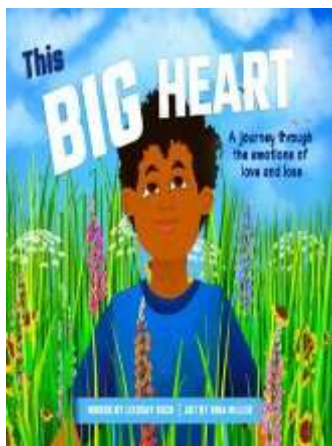


The Tenth good thing about Barney

Judith Viorst **1987**

Call #: PIC Vio

A classic story for readers of all ages. "My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney." The small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth - and begins to understand.



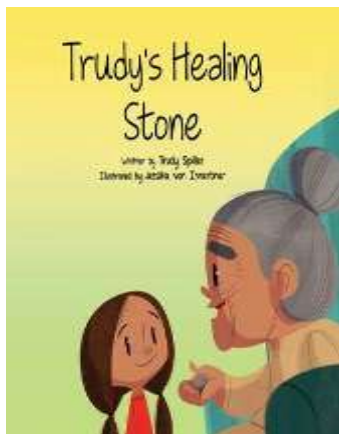
This big heart: A journey through the emotions of love and loss

Lindsay Ruck, Brea Miller (Illustrator) **2025**



Call #: PIC Ruc

Dealing with the many emotions that come with grief isn't always easy. This rhyming picture book reminds us that we feel so much because we love so much.



Trudy's healing stone

Trudy Spiller, Jessika von Innertner (Illustrator) **2019**

Call #: PIC Spi

Everyone gets sad, angry, frustrated and disappointed. Difficult emotions are a natural part of life. In this book, Trudy's Healing Stone, Trudy Spiller shares a special teaching about a practice that anyone can use to help them process their feelings with the help of Mother Earth.

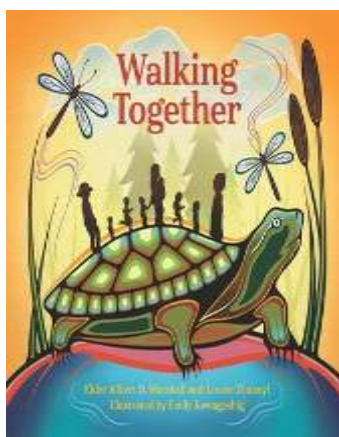


Walking grandma home: A story of grief, hope, and healing

Nancy Bo Flood, Ellen Shi (illustrator) **2023**

Call #: PIC Flo

When Grandma tells Lee she will soon be "going home," Lee is confused. Isn't Grandma already home? But as Grandma's health gets worse and her death approaches, Lee learns what it means to "walk Grandma home" to heaven, while also reflecting on his good memories and dealing with his grief alongside his extended family.



Walking together

Elder Albert D. Marshall, Louise Zimanyi, Emily Kewageshig (Illustrator) **2023**



Call # PIC 304.2 Mar

Introduces the concepts of Etuaptmumk--or Two-Eyed Seeing and Netukulimk - protecting Mother Earth. A joyful celebration as spring unfolds: we await Robin's return, listen for Frog's croaking, and wonder at Maple tree's gift of sap. Nurtures respectful, reciprocal, relationships with the Land and Water, plants, animals.



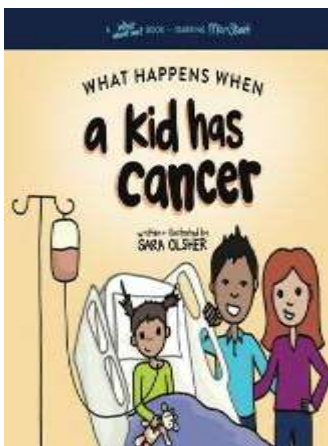
We'll always share the moon: A children's book about missing loved ones, sad goodbyes, remembering the giggly times, and big feelings.

Shannon Savory, Arianne Quinn 2022



Call #: PIC Sav

We'll Always Share the Moon is intended to be read with young children to help them process several types of loss, longing, and grief. If a child in your life is feeling sad when a parent travels, a friend moves away, loved ones live elsewhere, or a special person or pet passes away, this book reminds kids that we're always sharing the same big bright moon.

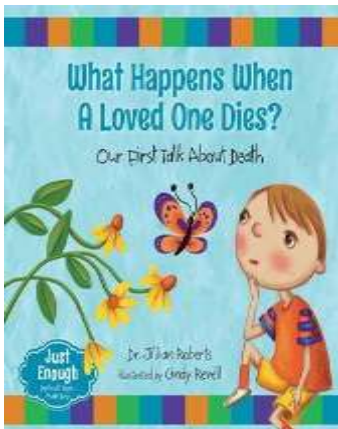


What happens when a kid has cancer?

Sara Olsher 2020

Call #: PIC 616.99 Ols

A book written with the purpose of relieving the anxiety and confusion that comes from a child's cancer diagnosis and treatment. Aimed at ages 4-10, it covers the main points of pediatric cancer — what it is and what treatment is like — and shows how it can change a kid's day-to-day life. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations.



What happens when a loved one dies? Our first talk about death

Jillian Roberts, Cindy Revell (Illustrator) 2022



Call #: PIC 306.9 Rob

Whether children are experiencing grief and loss for the first time or simply curious, it can be difficult to know how to talk to them about death. Using questions posed in a child's voice and answers that start simply and become more in-depth, this book allows adults to guide the conversation to a natural and reassuring conclusion. Additional questions at the back of the book allow for

further discussion.

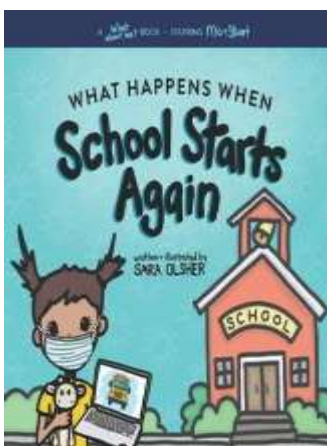


What happens when my sibling has cancer? A book for the brothers and sisters of pediatric cancer patients

Sara Olsher 2021

Call #: PIC 616.99 Ols

A child's cancer diagnosis affects all members of the family, and there are virtually no resources for siblings. As parents necessarily shift their attention to the ill child, their sibling is left feeling confused, scared, and oftentimes jealous and guilty. Kids are smart, and can handle learning the truth about most any situation — as long as it's presented in a way that makes sense to them.



What happens when school starts again?

Sara Olsher 2020

Call #: PIC 616.24 Ols

Returning to school is different because of COVID-19, and for kids it can be confusing too. Join Mia and her stuffed giraffe Stuart as they talk about the uncertainties of returning to school, including distance learning, hybrid models, social distancing, and how to be okay — even if things change all over again. Aimed at families with kids ages 4 to 10.



What happens when someone I love can't get better? A book to prepare and cope with end of life

Sara Olsher 2024

Call #: PIC 306.9 Ols

A shortened life expectancy is hard. Let's make talking about it easier. This book explains how bodies work, why they might stop working, and how to prepare when we don't have as much time as we'd hoped. It's designed to empower kids with knowledge, reduce stress by showing kids what to expect, and help kids learn how to cope with big emotions in tough situations.



What happens when someone I love doesn't feel good? A book about illness that won't go away

Sara Olsher **2023**

Call #: PIC 616 Ols

Explaining a chronic or terminal illness to a kid is hard. Medical terms difficult to understand as adults, but figuring out how to translate them into kidspeak can be next to impossible. Join Mia and Stuart as they learn how bodies work, why some bodies don't always feel good, and what to do when someone they love has an illness that won't go away.

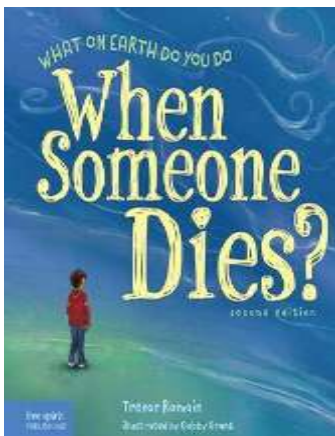


What happens when someone I love has cancer?

Sara Olsher **2020**

Call #: PIC 616.99 Ols

When Sara Olsher was diagnosed with cancer at the age of 34, her first thought was how to tell her six-year-old daughter without scaring her. As it turned out, explaining cancer was only the beginning. This book helps families that want to reduce their kids' anxiety surrounding a scary diagnosis. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations.



What on earth do you do when someone dies?

Trevor Romain, Gabby Grant (Illustrator) **2023**

Call #: J 155.937 Rom

Simple, insightful, and straight from the heart-- this book is for any child who has lost a loved one or other special person. This book, full of concrete advice and expressive illustrations, offers the comfort and reassurance that children need during these difficult times. Written to and for kids, it's also recommended for parents and other relatives, educators, counselors, and youth workers.



What the kite saw

Anne Laurel Carter, Akin Duzakin (Illustrator) **2021**



Call #: PIC Car

In this memorable story, a young boy finds solace flying his kite from the rooftop after soldiers take his father and brother away. Without his father and brother, the young boy's life is turned upside down. One day, inspired by the wind in the trees, he has an idea. Back at home he makes a kite, and that night he flies it from his rooftop, imagining what it can see.

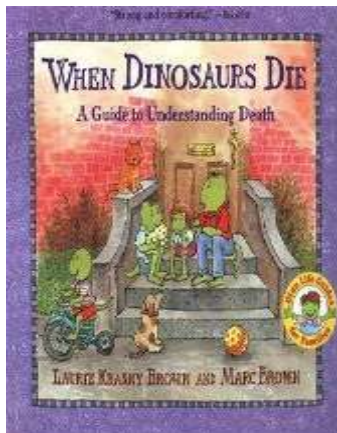


When bad things happen: A guide to help kids cope

Ted O'Neal, R. W. Alley (Illustrator) **2003**

Call #: PIC 248.86 ONE

Helps parents deal with their children's fears and sadness, showing adults how to restore a child's trust that life, after all, is good. Full color.



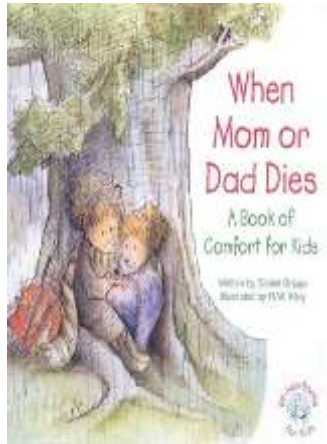
When dinosaurs die: A guide to understanding death

Laurie Krasny Brown & Marc Brown **1998**

Call #:

PIC 155.937 Bro

Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

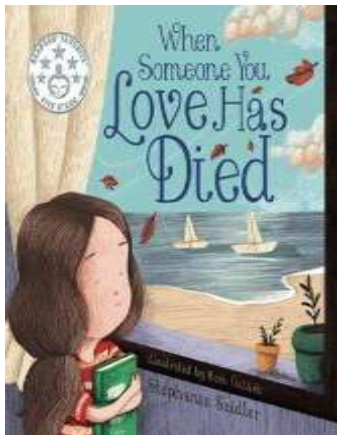


When Mom or Dad dies: A book of comfort for kids

Daniel Grippo, RW Alley (Illustrator) **2008**

Call #: J 248.866 Gri

When Mom or Dad dies, children grieve deeply, but we can show our care and love for them by encouraging them to share their feelings of sorrow and loss. We can give them the time and space they need to adjust and listen to - if not answer - their questions. We can listen to their hurt and respond in a loving and supportive way. References to God as the Parent.

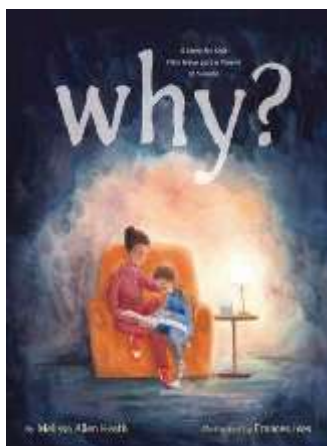


When someone you love has died: Talking to young children about death

Stephanie Seidler, Berk Öztürk (illustrator) **2022**

Call #: PIC 155.937 Sei

An award-winning, heartfelt, and compassionate children's picture book that gently addresses the topic of death and the experiences that come with it. Through sensitive storytelling and beautiful illustrations, this book offers reassurance and comfort while guiding young readers through the process of understanding and coping with their emotions during a difficult time.

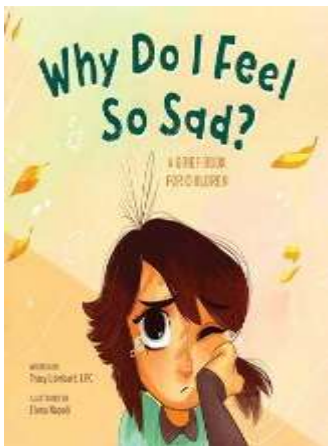


Why?: A story for kids who have lost a parent to suicide

Melissa Heath, Frances Ives (Illustrator) **2023**

Call #: PIC Hea

Geared to help parents and counselors communicate with young children about a parent's suicide. Oliver's daddy loved him—a whole bunch, forever and for always. One day Oliver's daddy died by suicide. Why? In developmentally appropriate language and evocative illustrations, to open communication about why a parent completes suicide. Includes a guide to supporting children.

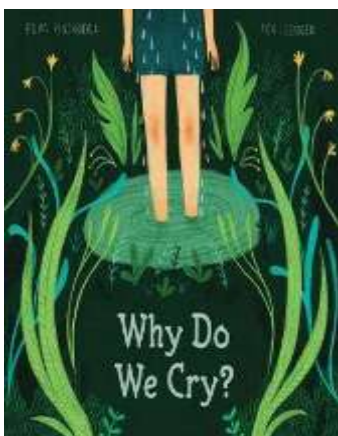


Why do I feel so sad?: A grief book for children

Tracy Lambert-Prater, Elena Napoli (Illustrator) **2020**

Call #: PIC 155.937 Lam

An inclusive, age-appropriate, illustrated kid's book designed to help young children (5-7) understand their own grief. The examples are rooted in real life, exploring the truth of loss and change, while remaining comforting and hopeful. Touches on common sources of grief—everything from death to divorce or changing schools. Includes resources for parents.



Why do we cry?

Fran Pintadera, Ana Sender (Illustrator) **2020**

Call #: PIC Pin

This sensitive, poetic picture book uses metaphors and beautiful imagery to explain the reasons for our tears, making it clear that everyone is allowed to cry, and that everyone does. Supporting social-emotional learning, it makes an excellent choice for discussions about feelings and crying.



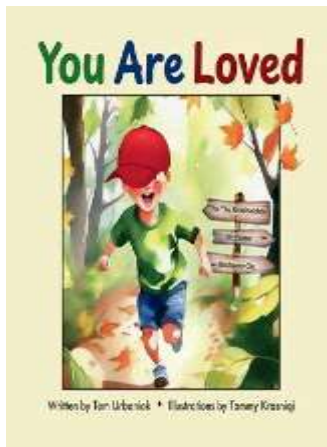
With our orange hearts

Phyllis Webstad, Emily Kewageshig (Illustrator) **2022**

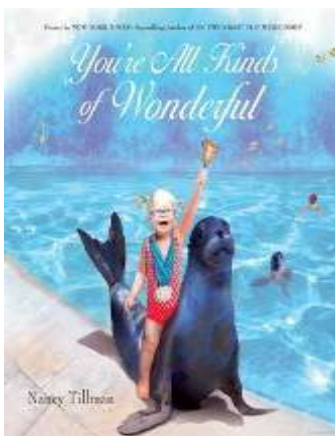
Call #: PIC 371.829 Web



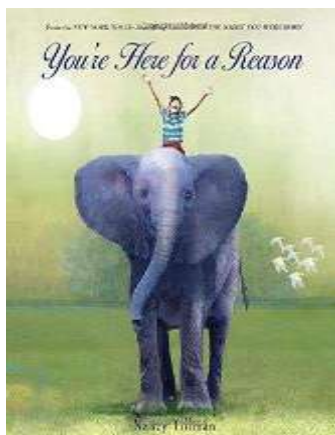
Listening is a first step towards reconciliation. It's never too early to start. "Every child matters, including you and me. With our orange hearts, we walk in harmony." As a young child, your little world can be full of big feelings. Phyllis Webstad, founder of Orange Shirt Day, shows how sharing her true story with the world helped her process her feelings, and encourages young children to open their hearts too.

**You are loved**Tom Urbaniak, Tammy Krasniqi (Illustrator) **2024****Call #:** PIC Urb

Prof. Tom Urbaniak has laid out a prescription for making the world a better place. In simple sentences he conveys the multiple avenues by which his late wife, Alison, conveyed her wealth of love to the world. Addressed to their son, Oliver, who had turned two before the untimely death of his "Mamusia" on Valentine's Day, Tom's words about Alison's love are both a balm and an inspiration. Told in English, French, Gaelic, and Polish.

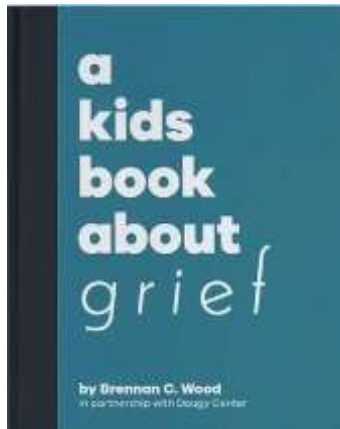
**You're all kinds of wonderful**Nancy Tillman **2017****Call #:** PIC Til

The beloved, bestselling Nancy Tillman has created a picture book celebrating what makes every child special in their own way.

**You're here for a reason**Nancy Tillman **2015****Call #:** PIC Til

Every person matters. Here, national bestselling and beloved author Nancy Tillman shows readers how each of us fits into life's big picture, and how the world would be incomplete without you in it.

PICTURELESS BOOK



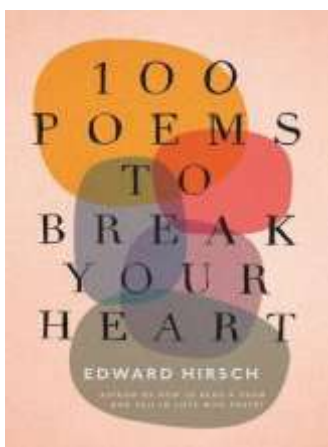
A Kids book about grief

Brennan Wood **2022**

Call #: PIC Woo

Grief is a small word for a BIG experience. Grief affects us emotionally, but also physically, socially, spiritually, in every part of our lives. But grief is natural, normal, and healthy - an experience we all have because we're human. "Having been affected by a parent's death at a young age, I want to help other kids who have gone through a similar experience," Brennan says.

POETRY



100 poems to break your heart

Edward Hirsch (Ed.) **2023**

Call # 808.81 One

In 100 Poems to Break Your Heart, poet and advocate Edward Hirsch selects 100 poems, from the nineteenth century to the present, and illuminates them, unpacking context and references to help the reader fully experience the range of emotion and wisdom within these poems. For anyone trying to process grief, loneliness, or fear, this collection of poetry will be your guide in

trying times.



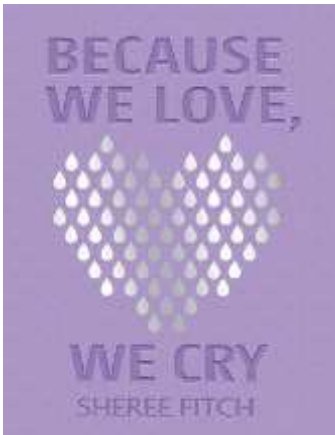
After that: poems

Lorna Crozier **2023**

Call # 808.81 Cro



From Lorna Crozier, the poet that Ursula Le Guin called a "truth teller" and "visionary," comes this new collection of soul-stirring poems that follow the death of a loved one. This is a book written from the dark hollow we fall into when we lose those we love. She finds the words to engage with the grief that comes from the death of her partner, the writer Patrick Lane, whom she'd lived with for forty years.



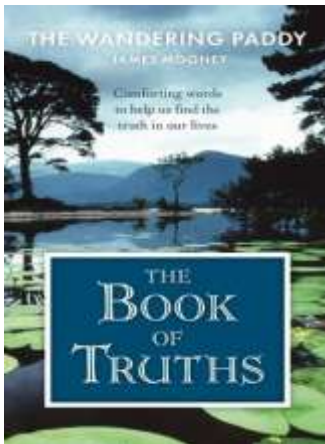
Because we love, we cry



Sheree Fitch **2020**

Call #: 819.16 Fit

During the global pandemic, Sheree Fitch shared what she calls "moments"--writing exercises--on social media almost every day. On April 20, 2020, as the tragedy in Portapique was unfolding, Fitch thought of all affected, the painful day ahead, of what parents would say to their children. Nimbus and Sheree came together to make the poem available in book form.



The Book of truths: Comforting words to help us find the truth in our lives

James Mooney **2025**

Call #: 808.81 Moo

Embrace a unique journey as The Wandering Paddy shares his thoughts and experiences on the challenges we all face, on mental health, and on the invaluable life lessons he has learned along the way in this distinctive collection. The Book of Truths will inspire you to appreciate the beauty and fragility of life.



Funeral readings and poems

Becky Brown (Ed.) **2022**

Call #: 808.81 Fun

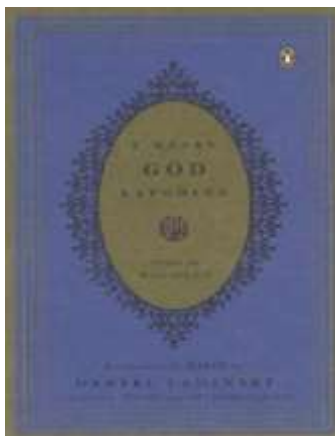
To find solace from grief, we have always turned to the written word. With poetry and prose spanning continents, religions and cultures, this moving anthology examines loss, celebrates lives well lived and offers words of consolation.

**Gone gone**Todd Meyers **2025****Call #:** 808.81 Mey

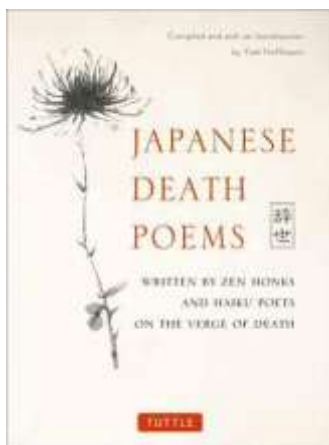
Todd Meyers reckons with grief in the face of overdose death and with the afterlives of loss created by the opioid crisis. Meyers seeks to record and convey the many experiences of this grief. Blending prose, poetry, and ethnography, *Gone Gone* is a lucid and devastating record that reminds readers that the grief felt by those who lose ones they love to overdose is varied and untamable.

**Healing through words**Rupi Kaur **2022****Call #:** 158.16 Kau

Rupi Kaur presents guided poetry writing exercises of her own design to help you explore themes of trauma, loss, heartache, love, family, healing, and celebration of the self. This is a guided tour on the journey back to the self, a cathartic and mindful exploration through writing. You don't need to be a writer to take this walk; you just need to write--that's all.

**I heard God laughing: Poems of hope and joy**Hafiz, Daniel Ladinsky (Translator) **2016****Call #:** 808.81 Haf

To Persians, the poems of Hafiz are not "classical literature" from a remote past but cherished wisdom from a dear and intimate friend that continue to be quoted in daily life.

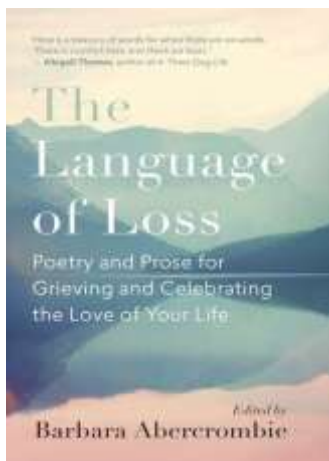


Japanese death poems: Written by zen monks and haiku poets on the verge of death

Yoel Hoffmann (Ed.) **2018**

Call #: 895.61 Jap

Hundreds of Japanese death poems, many with a commentary describing the circumstances of the poet's death, have been translated into English here, the vast majority of them for the first time. A wonderful introduction the Japanese tradition of jisei.



The Language of loss: poetry and prose for grieving and celebrating the love of your life

Barbara Abercrombie (Ed.) **2020**

Call #: 808.81 Lan

When Barbara Abercrombie's husband died, she found the language of condolence irritating, no matter how well intended. "My husband had not gone to a better place as if he were on a holiday. He had not passed like clouds overhead, nor was he late as if he'd missed a train." She yearned for words that acknowledged the reality of death, and found those words in the writings gathered here.

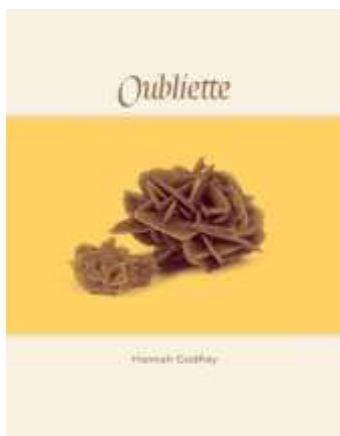


Loving the gone

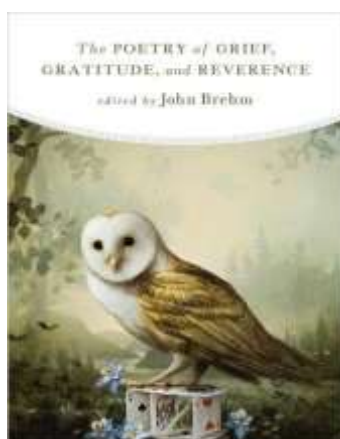
Sara Rian **2023**

Call #: 808.81 Ria

A collection of poetry about love's limitless reach after a loved one dies. For anyone grieving a parent, child, partner, sibling, relative, friend, pet, or just someone loved, this book is here to pull you from isolation, connect with your pain, and give you space to love your person loudly and without shame.

**Oubliette**Hannah Godfrey **2023****Call #:** 808.81 God

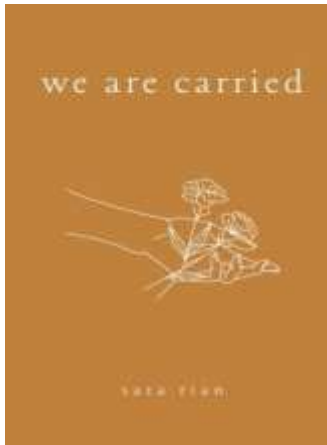
Oubliette holds the charming quips and reminiscences of a mother and the anticipatory grief of her daughter. Hannah Godfrey collected scraps of conversations and recollections she shared with her mum, Ericca, during the last years of her life. Sweet, funny, and devastating, Oubliette is a poignant, partial portrait of two people who loved one another wonderfully and irreplaceably.

**The Poetry of grief, gratitude, and reverence**John Brehm (Ed.) **2024****Call #:** 808.81 Poe

Explorations on a journey through the darkest and brightest moments of our lives, the poems gathered here are explorations of loss, of thanksgiving, of transformation. Some show a path forward and others simply acknowledge and empathize with where we are, but all are celebrations of poetry's ability to express what seemed otherwise inexpressible.

**Soul letters**Natasha Currie **2023****Call #:** 808.81 Cur

Soul Letters are those things that some of us could not say, the letters to the ones we loved and lost, the acknowledgments to the different versions of ourselves that we grew into and eventually outgrew. May you be grateful for each season for what it is, and have the courage to continue to move along, with a full heart into the best version of you, that you are meant to become.

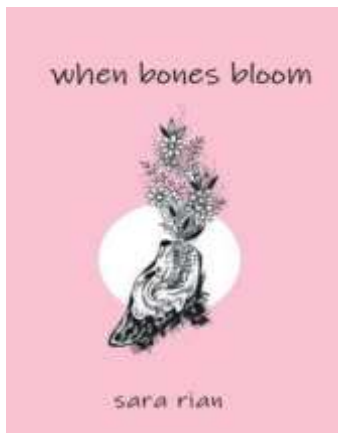


We are carried

Sara Rian **2022**

Call #: 808.81 Ria

A collection of poetry about grief, death, and birth. This book captures the beauty and pain behind becoming a parent while grieving one.

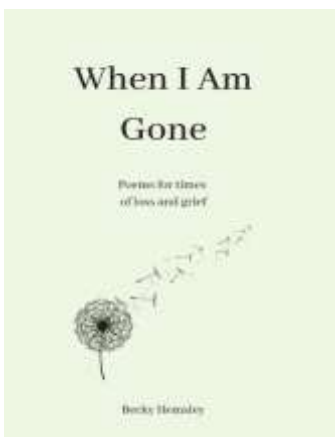


When bones bloom

Sara Rian **2020**

Call #: 808.81 Ria

When Bones Bloom is the author's third collection of poetry continuing the journey of healing and loving after loss.



When I am gone: Poems for times of loss and grief

Becky Hemsley **2023**

Call #: 808.81 Hem

A collection of poems to help you ride the waves of grief and to provide some comfort and support in the wake of loss. A reminder to - above all - be gentle with yourself.



A Wild heart

Natasha Currie **2022**



Call #: 808.81 Cur

An explorative poetry collection for women finding their way in the world, who feel things deeply. It is only when we acknowledge our stories as a whole; the good, the ugly and the curve balls that life throw at us, we can process our stories that make up our lives and move forward.



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