

Grief Resources

1. Grief and Anxiety Support for All ages Stella Maris:
The Counseling Center
2300 Dulaney Valley Road Timonium, Md. 21093
4102-4500 ext. 7291 They have support groups for children.
2. www.Couragelion.org The story of Duffy the Lion
3. Hospice of the Chesapeake
4. www.gilchristhospice.org/kids Offers support for children, friends and family.
5. www.hopewellcancersupport.org Offers programs for children and teens who are grieving.
6. www.hopkinschildren.org/bereavement Offer programs for children who are grieving.
7. www.hellogrief.com
8. www.nationalallianceforgrievingchildren.org New York Life Grief Guide
9. www.newyorklife.com/nyl/v/index/jsp?co

This site has wonderful books and information that you can download for free.

10. Phoenix Rising: books, camps, yoga for rising from the ashes of grief
11. www.rainbows.org Rainbows is an international, not-for-profit organization that provides a healthy path towards healing for those grieving a significant loss or life-altering crisis. They offer many support groups for children and families.
12. Roberta's House www.robertashouse.org
13. <https://www.hospicenet.org/html/talking.html>
14. <https://www.caring.com/articles/prepare-child-for-grandparents-death>
15. www.whatsyourgrief.com and <http://whatsyourgrief.com/store/>.

Books

- After Death: An Activity Book for Children by Lindholm
- Heal Your Grieving Heart by Alan Wolfelt
- Help Me Say Goodbye Activities by Janis Silverman
- I will Remember You by Kimberly Schuler: Catholic grieving in a book for children.
- Tear Soup: A Recipe for Healing Loss by Schwiebert
- The Invisible String by Patricia Karst (Good for all types of losses)
- The Next Place by Warren Hanson
- Waldo, Tell Me About Dying by Hans Wilhelm: This book helps a boy talk to his dog as he learns about how to grieve for his grandfather.
- Water bugs and Dragonflies by Doris Stickney
- What Is Heaven by Maria Shriver
- When Your Grandparent Dies: A Child's Guide to Good Grief (Elf Help Books)
- When Dinosaurs Die by Laurie Brown: The authors explain 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.

~~~Dundalk Florist has a Grief Kit of Balloons

~~~[www.cinematherapy.org](http://www.cinematherapy.org) helps people to use movies as a way of healing.

Activities (Spread these out so that the child gets a “break”, maybe over the first year if needed.)

1. Layer different colors of sand with each visit or talk about the death of a loved one. See if the colors change and talk about why.
2. Draw an ocean with waves and label the waves to discuss what has hit them in life.
3. Take a water bottle and fill it with water, a little liquid soap and some glitter. Shake it up and compare it to the initial feelings of the death, then talk about how the glitter finally goes down. You can still see it, but it has settled.
4. Draw a big heart and color in all the different feelings. Do it again after a few months and see if the colors or size of the colors change.
5. Let the kids draw pictures and ask about the pictures; do not put words in their mouths or assume you know what the symbols represent.
6. Make a memory box of the loved one that the child can open whenever they want.
7. Get a stuffed animal, like Duffy the Courage Lion and allow the children to write private messages and put them in the pocket of the lion's heart.
8. Make a memory quilt or memory flag. (Oriental Trading has a quilt kit.)
9. Trace your hands (group or class) and write little poems or thoughts on them. This is good to send to a grieving family.
10. Have a candle lighting ceremony or a rock ceremony (paint on rocks and put them around a tree). Play music for the ceremonies as it is healing.
11. Make a tree of paper and each leaf has a special memory.