

Gabriola Hospice Grief and Loss Resources

The Gabriola Grief Support Group* - has collected this list of resources that we believe can be helpful companions in your journey through grief.

Some of these resources will be helpful early on when your grief is most painful, others when you have a glimpse of the life ahead of you and your grief becomes more bearable.

Non-Fiction Books Pages 2-5

Non-fiction, memoirs, novels, poetry & Indigenous perspectives.
Includes books in support of those who have lost a child, and grief specific to men.

Websites Page 6

Counselling articles, interviews, videos, book excerpts, exercises.

Teen Books on Grief Page 7

Teenage perspectives on understanding grief, suicide & death.

Children's Grief Pages 8-9

Books that help children understand death and loss.

Companions on the Journey of Death, Ying & HealingPage 10

Support & resources for those who are caring for a dying person.

FOR MORE INFORMATION ON OUR
Gabriola Grief Support Group meetings:

Phone 250-268-8765

Speak with the Home Hospice Coordinator or
homehospicecommunitycare@phcgabriola.org



* We are a part of PHC, People for a Healthy Community, Gabriola BC

Non-Fiction Books



Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart - Alan D. Wolfelt

“Ten Touchstones for Finding Hope and Healing Your Heart” is a compassionate self-help guide through the grieving process. This book explains “the important difference between grief and mourning ... explores every mourner's need to acknowledge death and embrace the pain of loss”...and explores the many factors that make each person's grief unique.

Living in the Shadow of the Ghosts of Grief - Alan D. Wolfelt

This book discusses past unresolved losses and helps to identify and mourn your carried grief so you can go on to live a whole life.

Finding Meaning: The Sixth Stage of Grief - David Kessler

David Kessler worked with Elisabeth Kubler-Ross on the iconic *On Grief and Grieving*. Many people look for "closure" after a loss. Kessler finds that it is meaning, beyond the stages of grief (denial, anger, bargaining, depression & acceptance) that transforms grief into a more peaceful experience.

How to Lose Everything: A Memoir - Christa Couture

“Christa Couture has come to know every corner of grief—it’s shifting blurry edges, its traps, its pulse of love at the centre and the bittersweet truth that sorrow is a powerful and wise emotion. At the same time, [she] evokes the joy and lightness that eventually follows grief, as well as the hope and resilience that grow from connections with others.”

What To Do When a Loved One Dies - Eva Shaw

The death of a loved one is a time of great strain and more than a little confusion. Yet there are matters that must be attended to. This gentle and sensitive book deals with matters mundane and monumental and offers cogent advice on both.

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Death of a Loved One - Brook Noel and Pamela Blair

An exploration of unexpected death. Whether you're grieving the sudden loss of a loved one or helping someone else through their grief, this book offers a helpful guide through the grieving process.

Non-Fiction Books - Continued...



Living When a Loved One Has Died - Earl A. Grollman

With simple compassion, Grollman leads those who are grieving through emotional turmoil to a new and hopeful life and offers help in confronting the death of a loved one and choosing to go on living.

I Can't Stop Crying - John D. Martin and Frank D. Ferris, MD

This book considers grieving as a painful but necessary process, emphasizes the importance of giving yourself permission to grieve and suggests steps for rebuilding your life. There is no way to quicken the grieving process and recovery is possible only by taking the time to work through pain.

Chicken Soup for the Soul: Grieving and Recovery - Jack Canfield, Mark V. Hansen and Amy Newmark

Inspirational, comforting short stories about surviving the loss of a loved one. Sample here: https://books.google.com/books/about/Chicken_Soup_for_the_Soul.html?id=XI0F7jSjg44C

Kitchen Table Wisdom - Rachel Naomi Remen, MD

This is a book of stories that heal; an extraordinary outpouring of human wisdom that has much to teach us about healing, loving and living. These stories are dedicated to the ordinary hero in all of us and stand witness to life's natural tendency to heal our wounds.

For Men

Swallowed by a Snake - Tom Golden

For both men and women, the masculine side of healing from loss, and how genders differ in their approach to healing. This book offers new ways to heal & achieve greater understanding between partners, and ways an individual's loss can impact an entire family.

Men & Grief: A Guide for Men Surviving the Death of a Loved One

- Carol Staudacher

A resource for Caregivers and Mental Health professionals. Explores men's reactions to the death of a loved one, and offers suggestions for enhancing the healing process.

Journal Writing, Spiritual & Poetry



Embers: One Ojibway's Meditations - Richard Wagamese

"As a younger man I sought to avoid all of life's [hardships and pain] and only ever caused myself more of the same." Honest, evocative and articulate, Richard Wagamese explores the various manifestations of grief, joy, recovery, beauty, gratitude, physicality and spirituality.

A Path Through Loss: A Guide to Writing

Your Healing and Growth - Nancy C. Reeves

This self-directed journal-based guide recognizes that grief is a process. Through well-written, practical information, it provides tools for nurturing the physical, emotional, and spiritual aspects of the self. Intended for individual use, it is also a valuable tool for counselors.

Winter Grief Summer Grace: Returning to Life

After a Loved One Dies - James E. Miller

Compassionate exploration of feelings that come with a loved one's death. Simple, affirming activities for discovering renewal in the midst of grief. Online sample: https://books.google.com/books/about/Winter_Grief_Summer_Grace.html?id=Trc80fDgr9kC

Living After Loss: A Soulful Guide to Freedom - Melanie Phillips

Created for the spiritual learner, many types of loss, sorrow, death, divorce, and loss of health are described in this workbook. Interactive sections for the reader to respond to questions posed by the author.

The Grief Recovery Handbook, 20th Anniversary Expanded Edition

A program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith. Read a short sample here:

https://books.google.com/books/about/The_Grief_Recovery_Handbook_20th_Anniver.html?id=Umr1LQdWa3MC

It's Okay that You're Not Okay: Meeting grief & loss in a culture that doesn't understand - Megin Devine

Discovering a path for navigating grief and loss, not by trying to escape it, but by learning to live inside of it with grace and strength. Offers stories, research and life tips.

Memories & Novels



LOST AND FOUND - Katheryn Schulz

Eighteen months before Kathryn Schulz's beloved father died, she met the woman she would marry. In *Lost & Found*, she weaves the stories of those relationships into a brilliant exploration of how all our lives are shaped by loss and discovery

NOTES ON GRIEF - Chimamanda Ngozi Adiche

Memoir by a novelist recalling her father's life and her grief over his death in Nigeria.

A Widow's Story: A Memoir - by Joyce Carol Oates

A memoir that illuminates one woman's struggle to comprehend a life without the partnership that had sustained and defined her for nearly half a century.

Year of Magical Thinking - Joan Didion

A writer's memoir of the death of her adult daughter and of her husband.

Comfort: A Journey through Grief - Ann Hood

Memoir recounting the unexpected death of a 5-year-old daughter and her mother's experience with grief.

The Light of the World - Elizabeth Alexander

The author finds herself at an existential crossroads after the sudden death of her husband. Channeling her poetic sensibilities into a rich, lucid prose, Alexander tells a love story that is, itself, a story of loss, of a very personal quest for meaning and acceptance in the wake of loss.

The Phone Booth at the Edge of the World - Laura Imai Messina

This Japanese novel was inspired by an actual phone booth where grieving people go to talk to their departed loved ones. Simultaneously heartbreaking and heartwarming, *The Phone Booth at the Edge of the World* is a signpost to the healing that can come with grief.

The Company We Keep - Frances Itani.

A newly widowed woman forms her own grief group. Contemporary novel.

Memories & Novels - Continued...



To Bless the Space Between Us - John O'Donohue

A book of poetry is a collection of blessings to help readers through both the everyday and the extraordinary events of their lives.

Letters to Myself on Dying - Mirth Vos.

A Journal of Hope, Pain & Courage. Written in a religious voice, the author takes us on her personal dying journey. Chronological, in a journal format, with Biblical quotes sprinkled throughout.

Web Sites

<https://centerforloss.com>

Website for The Center for Loss and Life Transition with Dr. Alan Wolfelt's articles and interviews. His books are available for purchase on this site. Offers support and modules with learning opportunities.

<https://grief.com/the-five-stages-of-grief/>

David Kessler, who collaborated with Elizabeth Kubler-Ross on the original theory of the 5 Stages of Grief, has updated them with Finding Meaning: The Sixth Stage of Grief. This site contains numerous sections, and without purchasing anything, the "Store" section lists movies, videos and books on grief. Kessler also has a Facebook page of postings, and YouTube presentations.

<https://mygrief.ca>

Canadian Virtual Hospice, (with funding from Health Canada and others)
Modules that let you learn in your own place & pace, developed by people who have "been there" and features "real life" stories and experiences.

<https://dearlifepodcast.com>

Christina Rasmussen, author of Second Firsts and Where Did You Go?.
"Message in a bottle"- is a weekly blog/podcast by Christina Rasmussen,
Her Facebook page is listed under "second firsts".

Websites - Continued...



<https://www.hopehealthco.org/services/hospice-care/grief-support/grief-support-readings/>

Hope Health Care Center's Grief Support library has a number of readings for help and support. These thoughtful articles provide guidance and direction for anyone touched by grief and offers some practical ways to cope with your grief.

BC Phone of the Wind

<https://www.cbc.ca/news/canada/british-columbia/phone-of-the-wind-port-moody-1.6227908>

An article about the Phone of the Wind, an unconnected telephone set up by the Crossroads Hospice Society in Port Moody's Pioneer Memorial Park which acts as an intermediary, offering people a place to channel their grief by letting them speak to loved ones who have died.

Teen Books on Grief

[Healing Your Grieving Heart for Teens](#) - Alan Wolfelt

For 13+ ages. Explains the basic principles of grief and mourning, and features 100 practical ideas teens can use to help themselves deal with the loss of a loved one.

[Teenagers Talk About Suicide](#) - Marion Crook

Designed for youth who want a deeper understanding of suicide.

[The Grieving Teen: A Guide for Teenagers and their friends](#)

- Helen Fitzgerald

Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death.

“It takes strength to make your way through grief, to grab hold of life and let it pull you forward.”

- Patti Davis

Children's Books on Grief



I Will See You Again - Lisa Boivin

When the author learns of the death of her brother overseas, she embarks on a journey to bring him home. Through memories and dreams of all they shared together and through her Dene traditions, she finds comfort and strength.

Boats for Papa - Jessixa Bagley

Recommended for grieving children and their families. Buckley is a young beaver whose father has died, and he and his mother mourn their loss together.

The Fall of Freddy the Leaf - Leo F. Buscaglia

Children's grief book. This story by Leo Buscaglia is a warm, wonderfully wise and strikingly simple story about a leaf named Freddie and how Freddie and his companions' leaves change colour with the passing seasons.

The Tenth Good Thing about Barney - Judith Viorst

Children's grief over the loss of a pet. In simple phrases narrated by a child whose cat, Barney, has just died, the author succinctly and honestly handles both the emotions stemming from the loss of a beloved pet and the questions about the finality of death.

Cry Heart but Never Break - Glenn Ringtved

For children dealing with grief as it is occurring. This picture book sprang from the depths of the author's experience — when his mother was dying and he struggled to explain what was happening to his young children, assuring them that the profound sadness of loss is to be allowed rather than resisted, then folded into the wholeness of life. Available here: <https://www.themarginalian.org/2016/03/08/cry-heart-but-never-break/>

Lifetimes: The Beautiful Way to Explain Death to Children

- Bryan Mellonie and Robert Ingpen

Explains life and death in a sensitive, caring way and tells about beginnings and endings, about living in between, about plants, animals and people.

Tear Soup - Pat Schwiebert

Tear Soup is a recipe for healing after loss. It's a family story book that centers around an old and wise woman, Grandy, who has just suffered a big loss in her life and decides to make a special batch of Tear Soup, seasoned with memories, the good times and the bad times, the silly and the sad times.

Children's Books on Grief - Continued...



 **Little Chief and the Gifts of the Morning Star** - Victor Lethbridge

Little Chief helps transform a young girl's loss and grieving of a treasured friend, Silver Sage, her old and heroic horse, into self-discovery and resilience through a new found hope.

 **Missing Nimama** - Melanie Florence

A young indigenous girl 's mother is missing and presumed dead, possibly murdered. The girl is being raised by her grandmother while her dead mother watches and remarks on the stages of her daughter's life. An afterword by the author provides a simple, age- appropriate context for young readers. Includes a glossary of Cree terms.

LAST WEEK – Bill Richardson

A child cherishes every second of their grandmother's last week of life in this sensitive portrayal of death with dignity. She and her family ponder the best way to say goodbye. Introduces the idea of Medical assistance in Dying (MAID).

More teens and children's books listed here:

www.nanaimohospice.com/resources

Companions on the Journey towards Death, Dying and Healing



The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief

- Francis Weller

Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. He shows us that the greatest gifts are often hidden in the things we avoid and offers powerful tools and rituals to help us transform grief into a force that allows us to live and love more fully.

Intimate Death: How the Dying Teach Us How to Live

- Dr. Marie de Hennezel

Dr. Hennezel, a psychologist, joined the staff of the first palliative care unit in a Paris hospital where she documented her experiences and the wisdom shared by her patients.

Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying - Maggie Callanan and Patricia Kelley

Hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the end of life. Through their stories we come to appreciate the ways in which the dying communicate their needs and reveal their feelings. Filled with practical advice, Final Gifts shows how we can help the dying person live fully to the very end.

No One Has to Die Alone: Preparing for a Meaningful Death - Dr. Lani Leary

An experienced psychotherapist working with chronically ill, dying and bereaved clients, Dr. Leary guides caregivers, family and friends through the difficult transitions of illness, death and bereavement.

The Mourner's Dance: What We Do When People Die

- Katherine Ashenburg

This book uncovers the psychological wisdom embedded in the mourning customs, ancient and new, and the value of ritual. Formalized grieving customs, mourning garb, ceremonies, and rituals are all discussed.