

# Pathfinder Series: Grief and Grieving

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

***Braving the Fire: A Guide to Writing about Grief & Loss*** / Jessica Handler

Call number: 5.1.14 2013

- explores the challenges and rewards for the writer who has chosen, with courage and candor, to be the memory keeper.
- useful to the memoirist just starting out, as well as those already in the throes of coming to terms with complicated emotions and the challenges of shaping a compelling, coherent true story.

***Grief Works: Stories of Life, Death and Surviving***/ Julia Samuel

Call number: 10.4.15 2018

- a compassionate guide that will inform and engage anyone who is grieving and provide clear advice for those seeking to comfort the bereaved.
- deeply moving case studies of real people's stories of loss as well as accessible and practical advice.

***The Five Ways We Grieve: Finding Your Personal Path to Healing after the Loss of a Loved one*** / Susan A. Berger

Call number: 9.4.1 2009

- practical advice for healing from a major loss in this presentation of five basic ways, or types, of grieving.
- author draws on research results and anecdotes from working with the bereaved for the past ten years, and examines how a person's worldview is affected by loss.

## Websites

### **American Cancer Society: Coping with the Loss of a Loved One**

<https://www.cancer.org/treatment/end-of-life-care/grief-and-loss.html>

- explains the grieving process and focuses on the steps one can take to help them through, and out of their grief.
- topics also include how to cope with loss and seeking help and support.



### **Modern Loss**

<http://modernloss.com/>

- a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome.



### **National Cancer Institute: Grief, Bereavement and Loss**

<https://www.cancer.gov/about-cancer/advanced-cancer/caregivers/planning/bereavement-pdq>

- what grief is, the different types of grieving, how people react when they are going through the grieving process and treatment for grief in adults.
- helps parents and adults assist children in the grieving process.



### **The Grief Toolbox**

<https://thegriefftoolbox.com/>

- forums and resources on dealing with loss and grief.
- links to articles, artwork, and a marketplace.



### **What's Your Grief?**

<https://whatsyourgrief.com/>

- promotes grief education, exploration and expression in both practical and creative ways.
- features pages on grief and music, how to cope with grief over the holidays, self-care, podcasts, and much more.



### **Canadian Virtual Hospice**

[https://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home.aspx](https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx)

- support and personalized information about advanced illness, palliative care, loss and grief.
- links to the Canadian Grief Alliance, MyGrief.ca, YouthGrief.ca, and KidsGrief.ca

