

*What Children Need When They Grieve* by Julia Wilcox Rathkey. New York: Three Rivers Press, 2004.

The author lost her husband in the September 11<sup>th</sup> attacks on the World Trade Centre, and this is her story of how she helped her three children deal with their loss. The book explores topics like children's reactions to death, advice on respecting their privacy, and how to maintain a daily routine whilst dealing with the grief.

**Availability for loan:**

GK 780 R28 2004 Health Information and Wellness Centre, both locations  
155.93708 RAT Mississauga Library System  
155.93708 RAT Toronto Public Library

## COMMUNITY RESOURCES

### Wellspring

Tel: 416-961-1928 or 1-877-499-9904

Email: [feedback@wellspring.ca](mailto:feedback@wellspring.ca)

Wellspring has several locations throughout southern Ontario.

<http://www.wellspring.ca>

### Bereaved Families of Ontario – Halton-Peel

33 City Centre Drive, Unit 610

Mississauga ON L5B 2N5

Tel: 905-848-4337

Email: [madeleine.buhlau@bereavedfamilies.ca](mailto:madeleine.buhlau@bereavedfamilies.ca)

Web site: <http://www.bereavedfamilies.ca>

### Bereaved Families of Ontario – Toronto

28 Madison Avenue

Toronto, ON M5R 2S1

Tel: 416-440-0290

Email: [aogale@bfotoronto.ca](mailto:aogale@bfotoronto.ca)

Website: <http://www.bfotoronto.ca>

## CONTACT

### Health Information & Wellness Centres

#### Trillium Health Centre - Mississauga

100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

#### Trillium Health Centre - West Toronto

150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)

<http://www.trilliumhealthcentre.org/health>

#### Mississauga Library System

905-615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

#### Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

# Helping Children Grieve



## INTERNET SITES

**Wellspring** <http://www.wellspring.ca>

Wellspring is an Ontario based network of support centres for people with cancer and their loved ones. Its services include support groups for children and teenagers who have a parent with cancer. These groups provide a safe place for children to express their feelings and experiences, and gain comfort from knowing that there are others in a similar situation.

**Bereaved Families of Ontario**  
<http://www.bereavedfamilies.net>

Bereaved Families provides support groups for grieving children from pre-schoolers to adolescents, as well as for parents and other adults helping a child to grieve. Links are provided here to the organization's affiliates in Ontario, including those in Toronto and Mississauga. Click on Affiliates in the left hand column at the homepage to access this information.

**KidsHealth** <http://www.kidshealth.org>

This excellent site has been developed by Nemours Foundation's Center for Children's Health Media in the United States. Enter any of the three sections and type 'Grief' into the search box at the top of the page. Some of the resulting articles will be written for parents or caregivers, and others will be addressed directly to teenagers or children themselves.

**KIDSAID**  
<http://www.kidsaid.com>

This site is part of GriefNet, which is an Internet community of persons dealing with grief, death, and major loss. KIDSAID is a safe place for children to share and help each other deal with their grief. There is a section for artwork, poetry

and stories, as well as information for parents and caregivers.

## BOOKS

### For Children

*The Fall of Freddie the Leaf* by Leo Buscaglia.  
Thorofare, NJ: Slack, 1982.

A beautifully written and illustrated book which helps children understand the delicate balance between life and death. It is the simple story of Freddy the leaf, who changes with the passing seasons and finally falls to the ground with the winter's snow.

**Availability for loan:**  
GK 770 B88 JUV 1982 Health Information & Wellness Centre, both locations  
J – BUSCA Mississauga Library System  
128.5 BUS Toronto Public Library System

*Samantha Jane's Missing Smile* by Julie Kaplow and Donna Pinkus. Washington, DC: Magination Press, 2007

This is a sensitively written and attractively illustrated story for young children about coping with the loss of a parent. It guides families through the feelings, thoughts and wishes that children experience when a parent dies, and suggests ways to achieve hope and happiness in the future.

**Availability for loan:**  
GK 770 K27 JUV 2007 Health Information & Wellness Centre, both locations.

*Grandpa Loved* by Josephine Nobisso.  
Westhampton Beach, NY: Gingerbread House, 2000

This beautifully illustrated book shows a boy's memories of the things his grandpa loved, and

the landscapes they once shared: the beach, the country, the city, and their family.

**Availability for Loan:**  
GK 770 N62 JUV 2000 Health Information & Wellness Centre, both locations

### For Parents and Caregivers

*When a Parent is Sick: Helping Parents Explain Serious Illness to Children* by Joan Hamilton.  
Lawrencetown Beach, NS: Pottersfield Press, 2001.

This book provides parents and other caregivers with suggestions on how to tell children that their parent is seriously ill. The author reviews a child's understanding and response to serious illness at different stages of development. Also included are chapters on how to cope with the death of a parent.

**Availability for loan:**  
GK 770 H26 2001 Health Information and Wellness Centre, both locations  
362.1 HAM Toronto Public Library

*Cancer in the Family: Helping Children Cope with a Parent's Illness* by Sue P. Heiney and others.  
Atlanta, GA: American Cancer Society, 2001.

A diagnosis of cancer affects the whole family, and this book offers suggestions for helping children deal with an emotional experience such as a parent's serious illness. There are also chapters which deal with the death of a parent and its after effects.

**Availability for loan:**  
FE600 H34 2001 Health Information and Wellness Centre, both locations  
362.19699 CAN Mississauga Library System  
362.19699 CAN Toronto Public Library