

Resources

Supporting children & teens

Resources & Tip Sheets

Canadian Alliance for Children's Grief - <https://www.grievingchildrencanada.org/>

Children and Youth Grief Network <https://www.childrenandyouthgriefnetwork.com/>

The Dougy Center for Grieving Children & Families - <https://www.dougy.org/>

Dr. Jay Children's Grief Center – Online Resources - <https://drjaychildrensgriefcentre.ca/>

Family Education Center: Parenting Grieving Children -
<https://familyedcentre.org/categories/parenting-grieving-children/>

Kids Grief – Resources, learning modules, and shared personal experiences -
<https://www.kidsgrief.ca/>

Rethinking Breast Cancer: Resources for Young Families -
<https://rethinkbreastcancer.com/resources-for-young-families/>

Sesame Street- Helping Kids Grieve - <https://sesameworkshop.org/topics/grief/>

Sick Kid's Grief and Bereavement Resources -
<https://www.sickkids.ca/en/care-services/support-services/grief-bereavement-resources/#helping>

Super Sibs – Supporting Siblings of Children with Cancer -
<https://www.alexslimonade.org/childhood-cancer/for-families/supersibs>

Togetherall - A Safe Community to Support Your Mental Health, 24/7 (16+)
<https://togetherall.com/en-ca/>

Youth Grief - <https://youthgrief.ca/>

Programs

Bereaved Families of Ontario- Mid Western Region (Kitchener)

W: <https://bfomidwest.org/what-we-do/grief-support-programs/>

T: 519-603- 0196

- Healing Little Hearts: 7-week program for children ages 4-12 and their parents/caregivers. Led by a trained therapist and 1-2 volunteers.
- Good Grief: 6 week peer support group for teens ages 13-17, facilitated by a Registered Social Worker and a peer support volunteer.
- Children's Grief Resource - <https://bfomidwest.org/grief-resources/childrens-grief/>
- List of Community Organizations & Counsellors - <https://bfomidwest.org/grief-resources/in-the-community/>

Camp Erin Toronto

W: <https://camperintoronto.com/>

T: 647-957-2267 or torontocamperin@gmail.com

- A free weekend camp for children and teens ages 6-17 who are grieving the death of a loved one. Bereavement professionals and volunteers will provide grief education and support, along with traditional camp activities.

Huron Hospice

W: <https://www.huronhospice.ca/>

T: 519-525-6332 or sally.brodie@huronhospice.ca

HUUG (Help Us Understand Grief) - Program to educate and support children and their families who are grieving after a death, divorce, or other major life event

North Perth Community Hospice- Listowel

W: <https://www.northperthcommunityhospice.org/dealing-with-death>

T: 519-291-5141

- Staff certified in Bereavement and Grief Support of Children
- Books and Bears for Kids Program

VON Oxford Sakura House

W: <http://vonsakurahouse.com/care-support/bereavement-support/>

T: 519-539-1231 ext. 286

- Kid's and Teens' Circle - Grief support groups (ages 5-12 and 13-17)
- Youth Meet Up - Monthly bereavement support group on Zoom (ages 5-12)

Recommended Books

Children Also Grieve: Talking about Death and Healing. L. Goldman (2005)

Coping with Death and Grief. Marge Eaton Heegaard (1990)

Ida, Always – Caron Levis (2016)

Lifetimes: A Beautiful Way to Explain Death to Children. B. Mellonie (1983)

Saying It Out Loud. Joan Abelove (1999)

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love. Earl A. Grollman (1999)

Tear Soup: A Recipe for Healing After Loss. P. Schweibert & C. DeKlyen (1999)

The Color Monster – Anna Llenas (2018)

The Huge Bag of Worries – Virginia Ironside (1994)

The Invisible String - Patrice Karst (2000)

The Memory Box: A Book about Grief – Joanna Rowland (2017)

The Rabbit Listened – Cori Doerrfeld (2018)

What Happens when a Loved One Dies? Read-Along: Our First Talk about Death –Jillian Roberts (2016)

When Dinosaurs Die: A Guide to Understanding Death. L.K. Brown (1996)

As posted on <https://bfosw.ca/childrens-grief-resources/>

Workbooks/ Colouring Books

Coloring Through Grief – Artisurn

<https://cdn.shopify.com/s/files/1/0305/4781/files/ColoringThroughGrief.pdf?14016357920897472054>

Me and My Illness – Activity Book

<https://caringtogether.life/media/sn5dibux/me-and-my-illness-book-english.pdf>

Medical Assistance in Dying (MAiD) - Activity Book

<https://www.virtualhospice.ca/maid/media/3bdlkrve/maid-activity-book.pdf>

My Life, My Grief – Activity Book

<https://kidsgrief.ca/local/staticpage/pdf/My-Life-my-grief-workbook-FIN-Nov-21-2023.pdf>

My Life, Their Illness – Activity Book

<https://kidsgrief.ca/local/staticpage/pdf/My-Life-Their-Illness-EN.pdf>

Crisis Supports

Kids Help Phone

Brief counselling, information help, and referrals. Text support or support over the phone. Parents and kids, teens, and young adults are all welcome to use the resource.

Call 1-800-668-6868 (24/7)

[Text CONNECT](#) to 686868.

[Live Chat](#) (7 p.m. to midnight ET)

kidshelpphone.ca