

HELPFUL BOOKS

FOR CHILDREN AND ADOLESCENTS

A Memory Box: A book about grief by Joanna Rowland

A Terrible Thing Happened by Margaret Holmes

After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.

Fire in my Heart, Ice in My Veins: A Journal for Teenagers Experiencing Loss by E.S. Traisman

Once I Was Very Very Scared by Chandra Ghosh Ippen

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways.

Straight Talk About Death For Teenagers by Earl Grollman

A book for teenagers explaining what feelings and emotions they may experience after the death of a loved one.

The Invisible String by Patrice Karst

A story about losing someone close and how sharing together helps.

When Dinosaurs Die by Marc Brown

Explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.

FOR ADULTS

Finding the Words: How to Talk with Children and Teens about Death, Suicide, Funerals, Homicide, Cremation, and Other End of Life Matters by Alan Wolfelt, PhD.

Healing Your Traumatized Heart: 100 Practical Ideas after Someone Love Dies a Sudden, Violent Death by Alan Wolfelt, PhD.

Living with the Unimaginable – Life in the Aftermath of Murder-Suicide by Tawana Righter

Written from the perspective of the perpetrator's family

No Time for Goodbyes: Coping with Sorry, Anger, and Injustice After a Tragic Death by Janice Harris Lord

Shattered: Surviving the Loss of a Child by Gary Roe

What to do When the Police Leave by Bill Jenkins

Written by a victim for other victims and their caregivers, this book offers authoritative and invaluable advice, guidance, and resources for families dealing with the traumatic loss of a family member or friend.

When Bad Things Happen to Good People by Harold Kushner

Written from a spiritual perspective

 **Kate's Club** (404) 347-7619
katesclub.org

 **Georgia
Commission on
Family
Violence** 404-657-3412
gcfv.ga.gov

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