

Dear Family Members and Friends:

Please accept our deepest sympathy in the death of your loved one. We, the Hartford Hospital Staff, want you to know that our hearts go out to you in your loss. We want you to know that the care of our patients includes the care and support of their family and friends. Although the path of grief is one we each experience in our own way, this information packet and resource book are offered as a mean of providing further support to you.

Hartford Hospital is committed to assisting families, relatives, friends and professional caregivers with the support they need during the loss of a loved one. Many trained and experienced professionals and volunteers are available to help you. We can also assist you in locating resources and agencies in the community.

Listed below are telephone numbers you may call if you need further assistance:

Bereavement Support:	860-545-2290
Pastoral Services	860-545-2251
Social Services	860-545-2966
Trauma Support Coordinator	860-545-1538
Coordinator, Family Donor Services	860-286-3140
	or 1-800-874-5215

With sincere regards.

**Mr. Elliot Joseph
President & CEO
Hartford Hospital**

www.harthosp.org/bereavement

(Bereavement Program is listed under Programs & Services)

BEREAVEMENT SUPPORT RESOURCES

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SUPPORT GROUPS

The following is a list of support groups identified in this booklet. While these may not be the only groups available, we hope you will find them useful during your time of need. A list of suggested groups is given at the beginning of each section. Before attending, the contact person should be called to verify the time and place of the group.

BEGIN AGAIN – Ongoing self-help group for bereaved men and women of all ages.

THE BRIDGE – A bereavement support group for people who have recently suffered the loss or are facing the loss of a close friend or family member.

CANDLE LIGHTERS – Provides support to adults who have lost a child to cancer or other chronic or long-term illness.

COMPASSIONATE FRIENDS – Offers support and understanding; fosters the physical and emotional health of bereaved parents who have lost a child of any age.

COPE 1 – Social group for people who have suffered a loss of a loved one. Contact Pat Gallagher at 203-656-2669 for more information.

COPE 2 – Self help for grieving after the death of a loved one.

COPING WITH GRIEF – For those who have lost a loved one, friend, relative or spouse and who could use help in coping with this loss.

THE COVE – A safe haven for children ages 5-17 who have experienced the death of a parent or sibling. www.covect.org - tel. 800-750-cove

EMPTY ARMS – Provides support through the grieving experience of parents who have lost children through miscarriage, stillbirth, infant death, and therapeutic abortions.

MARY'S PLACE/PARENTAL LOSS FOR SIBLINGS – Provides one-to-one support for a bereaved child who has lost a mother or father or other family member.

NEW DAY – A widowed person's support group with Christian orientation.

NEW HORIZONS WIDOWS & WIDOWERS – Social activities and support for widows and widowers to help them get on with their lives and get back in the mainstream. Not for the newly bereaved.

SIBLINGS LOSS – Works one-to-one with an individual who has lost a parent. Brother, sister, or close relative.

SILVER LINING – A widowed person's support group with Christian orientation.

CARING NETWORK – Provides on-going support for men and women who have suffered a loss through death.

NEW BEGINNING – Provides support to the families who have suffered a loss.

CENTER FOR HOPE/SURVIVORS OF SUICIDE – The Center for Hope helps adults and children living with a life threatening illness or grieving the death of a loved one by providing professional counseling, education and support in an atmosphere of hope and renewal.

SUICIDE BEREAVEMENT – Provide support to adults who have suffered a loss through a death suicide of a loved one.

SUPPORT GROUP FOR CATASTROPHIC LOSS – Supports people who have experienced catastrophic loss and educates the community in helping.

THEOS (They Help Each Other Spiritually) – A widowed person's support group with Christian orientation.

WIDOWED PERSONS SERVICE – Provides widowed volunteers to reach out to newly widowed men and women on a one-to-one basis.

WIDOWS/WIDOWERS ASSOCIATION – Unites widowed men and women in fellowship, helps them find a new way of life, assures them they are not alone and develops a public awareness and recognition of the needs of the widowed.

WIDOWS/WIDOWERS SUPPORT NETWORK – Individual counseling for those in the initial stage of widowhood.

YOUNG WIDOWED SUPPORT GROUP – For anyone who is widowed, many who are raising children as a single parent.

HOSPITAL BEREAVEMENT PROGRAM

The following is an overview of known bereavement support groups and programs offered by local hospitals. Some may be listed within the booklet.

Bridgeport Hospital: For those who have lost a loved one to cancer. Meets at the hospital, 267 Grant Street, Bridgeport. Contact Lisa Riley 203-384-3436 for more information.

Bristol Hospital: On-going bereavement group is led by the bereavement coordinator for the Hospice Program (open to anyone except those who have lost young children). Contact Betty Burgess at 860-747-6738.

Day Kimball Hospital: For people who have experienced loss due to suicide and assist in recovery. Contact Chaplain Virginia Army at 860-963-6344 for further information.

Hartford Hospital: *Trauma Support Aftercare Program* is offered by referral for the families of victims of sudden death. Trained volunteers contact families by phone at specific intervals for individualized immediate and long-term support. Contact Jacqueline McQuay, R.N., M.S., at 860-545-1538.

Bereavement Support Group in English, every 2nd and 4th Mondays of every month at 1:00pm/2:15pm. Contact Bereavement Support Program at 860-545-2290 for more information.

Bereavement Support Group in Spanish, every 1st and 3rd Mondays of every month at 1:00pm/2:15pm. Contact Bereavement Support Program at 860-545-2290 for more information.

Healing Hearts. A pregnancy and infant loss support group which was formerly held at CCMC is now being offered at Hartford Hospital every 2nd and 4th Mondays of every month at noon. Contact Bereavement Support Program at 860-545-2290 for more information.

New Britain General Hospital: Support group offered for those person suffering a loss. Contact George Bray Library, Marcia 860-224-5011 -

Rockville General Hospital: Contact Chaplain Maryann Geerstma at 860-872-5399.

Yale-New Haven Hospital: A volunteer bereavement team trained and supervised by social workers who provide telephone follow-up, education, and referral to families after a traumatic death. Contact Peg Lewis at 203-688-2151.

BEREAVED PARENTS SUPPORT GROUPS**Empty Arms****Compassionate Friends****Healing Hearts****Morning Star**

- Bridgeport Compassionate Friends
 Helen Prokop
 109 Isingless Road
 Huntington CT 06484
*Meets @ Catholic Center, 238 Jewett Avenue
 7-9 p.m. every Tuesday*
- Central CT Compassionate Friends
 June O'Connor
 860-243-8609
*Meets @ Red Cross Center, 270 Farmington Ave.
 Farmington last Wednesday of month, 7:30pm.*
- Columbia Rockville Hospital
 31 Union St
 Rockville CT 06066
 (860)656-5260
Meets 2nd Tuesday of month, 7:30 pm @ Rockville Hospital.
- Guilford Shoreline Chap./Compassionate Friends
 Paul & Bridie Tracy
 203-481-7172
*Meets @ Episcopal Church, 11 Park St.
 2nd Thursday/month, 7:30pm.*

- Hartford Hartford Hospital
 Healing Hearts
 860-545-2290
*Meets at Hartford Hospital, every 2nd and 4th Monday/month
 Noon/1pm – Jefferson Building JB117
 Call for more information*
- Meriden Compassionate Friends
 Roberta Ash
 4 Woodmere Knoll
 Meriden, CT 06450
 203-634-1883
*Meets @ Girl's Inc. 30 Lincoln Street
 2nd Thursday/month 7:30/9:00pm*
- Rockville Rockville Hospital
 31 Union Street
 Rockville CT 06066
 860-656-5260
*Meets at Rockville General Hospital Cafeteria
 2nd Tuesday of month, 7:30pm.*
- Stafford
 Springs Empty Arms
 Mary Keane
 860-688-9621
*Meets at Johnson Memorial Hospital
 201 Chestnut Hill Road
 2nd Monday of the month, call Mary to Register*
- Wolcott Candle Lighters
 Joanne Salerno
 Wolcott Ct
 203-879-4598
Call for more information

GENERAL BEREAVEMENT

**The Bridge
The Caring Network
Center for Hope
Cope 1
Support Group for Catastrophic Loss**

**The Cove
Mary's Place
New Beginning
Coping with Grief**

Bethel Lottie and Jack Fanning
 13 Boyce Road
 Danbury CT 06810
 Meets @ St. Mary Church; Write for information

Bridgeport St. Vincent's Medical Center
 2800 Main Street
 Bridgeport, CT 06606
 203-576-5117
 *Meets on Thursdays 3/4:30pm – 6/7:30pm
 Call for more information*

Bristol Betty Burgess
 Bristol Hospital
 860-747-6738
 Call for more information

Coventry Coventry First Congregational Church
 860-742-8487
 Call for more information

Cromwell Coping with Grief
 First Congregational Church
 355 Main Street
 Cromwell CT
 860-635-4806
 Call for information

- Darien Deirdre Lewin203- 655-4693
Center for Hope
590 Post Road
Darien CT
Call for more information
- Dayville Nancy Cuthertson
United Services Inc.
Out-patient services
1007 No. Main Street
Dayville, CT 06241
860-774-2020
Call for more information
- Derby Anastasia Timpko
Griffin Hospital
130 Division Street
Derby, CT 06418
203-732-7181
6 week sessions; call for more information
- Fairfield Support group for Catastrophic Loss
Toni Woods
160 Beagling Hill Circle
Fairfield, CT 06430
Write for more information

Gr. New Haven Bonnie Sturtevant

write: Estuary Council of Senior Clubs
220 Main Street
Old Saybrook CT 06475
860-388-5796

Farmington Farmington Valley VNA
Call Bette Arey for more information
860-651-3539

Glastonbury Pat Snyder
VNA Hospice
Glastonbury
860-493-7328
Meets at Elmwood Community Center on Thursday
Call for more information

Guilford The Cove
www.covect.org

Hartford Hartford Hospital
Gray Cancer Center
85 Retreat Avenue, Room 37
Hartford CT 06106
860-545-1538 –Call for more information

Bill Pilkington/VNA Hospice
860-525-7001 Ext. 7204
Bereavement Support Program (HH)
860-545-2290
Meets at Hartford Hospital , Rm. J.B. 116
2nd and 4th Monday/month 1-2:15 pm
Call for more information

Bereavement Support Group in Spanish (HH)
869-545-2290
Meets at Hartford Hospital, Rm. J.B. 116
1st and 3rd Monday/month 1-2:15pm
Call or more information

Manchester North Central Hospice
860-872-9163

Manchester Memorial Hospital
 Thursdays 2-3:30 pm
Call for more information

Meriden Hospice Program
 McCormick (203)235-5714
 Midstate Hospital
 Meriden CT 06450
*Meets at Midstate Hospital – Conf. Room C
 East Campus, 883 Paddock Avenue
 2nd and 4th Tuesday/month, 5:30-6:30pm*

Middletown Middlesex Memorial Hospital
 28 Crescent Street
 Middletown CT 06457
 860-344-6725
*Deals with death as a result of illness, accident, suicide.
 Meets 1st and 3rd Monday @ Middlesex, 7pm also 2nd Thursday,
 Shoreline Clinic Rte. 15, Essex, 6:30 pm.*

Milford The Caring Network
 203-874-0268
*Meets 3rd Wednesday/month @ Cody Funeral Home, 107
 Broad Street; call for more information*

Shoreline West Cove-Bridges
 Milford Mental health Clinic
 949 Bridgeport Avenue
 Milford CT 06460
 203/878-6365 Ext. 311
Call for more information and registration

New Britain The Bridge
 George Bray Library – Marcia
 860-224-5011
 New Britain General Hospital
 100 Grand Street
 New Britain CT
 860-224-5263
Call for more information

South Darien Jessica Bowers
 Center for Hope
 19 Old Kings Highway

South Darien CT
10-week program; write for information.

- South Windsor Good Grief Peer Fellowship – OSLC
 Eloise Powell
 239 Graham Road
*Meets at Our Savior Lutheran Church on 2nd and 4th Mondays
 from 6:30pm till 7:30pm.
 Call 860-644-3350 for information*
- Vernon North Central hospice
 860-872-9163
*Meets at VNA, 8 Keynote Dr. Vernon
 Mondays 6:30/8:00pm; call for more information*
- West Hartford Pat Snyder
 VNA Hospice
 860-493-7328
 Glastonbury
*Meets at Elmwood Community Center on Thursday
 Call for more information*
- Wethersfield Janet Klett
 D'Esopo-Pratt Resource Center
 280 Main Street
 Wethersfield CT 06109
 860-563-5677
2nd & 4th Friday ; 2-3 :30 pm
- Windsor Begin Again
 Lisa Peluso
 Mary's Place
 860-688-9621

SUPPORT GROUPS FOR CHILDREN**The Cove****Parental Loss for Siblings****Mary's Place**

- Bridgeport Lois Ravage-Mass, RN
Hospice at Home
765 Fairfield Avenue
Bridgeport, CT 06606
*Support for children ages 6-12 ;
Call for more information*
- Bristol Helen Skovren
The Cove
860-314-1236
Call for more information
- Guilford Valerie Cordiano, Michelle Daly
The Cove
203-457-1771
Call for more information
- Torrington Tina Bernacki
62 Commercial Blvd.
860-482-6419
*For children ages 5-12,
Tuesday 4:30-6:00pm*
- West Hartford Valerie Cordiano
The Cove
860-233-1700
Meets at Church of St. Timothy; Call for more information
- Windsor Mary Keane
Lisa Peluso – Center for Grieving Children & Families
860-688-9621
Call for more information

Lisa Peluso
Parental Loss for Siblings
860-688-9621
For children ages 3-12;
On as needed basis; call for more information

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ECUMENICAL & RELIGIOUS SUPPORT GROUPS**New Day
Theos**

- Branford Rose deJaeger
203-488-2302
St. Mary School
62 Cedar Street
Branford CT
9 weeks seminar – 7:00-9:00pm
Call for more information
- Hamden Fran Grindell
333 Hill Street
Hamden CT 06514
203-248-6529
Meets on as-needed basis; call for more information
- Family Life Office
 St. Maureen O'Brien
 412 Ridge Road
 Hamden CT 06517
 203-230-2460
 Call for more information
- Middlefield Peter Gill
St. Coleman Church
Cherry Hill Road
Middlefield CT 06455
860-349-3868
3rd Sunday/month, 1:30-3 p.m.; call for information
- Newington Suzanne McCaffrey, RN
Holy Spirit Church
183 Church Street
Newington CT 06111
860-561-8538
Meets in CCD Office 2nd & 4th Friday/month 7-9 p.m.

- Orange Ecumenical Widows & Widowers Support Group
Patricia Wright 203-795-6135
Patricia Sorensen 203-387-5453
450 Race Brook Road
Orange, CT 06477
*Thursday 7:30pm – Library –Rel. Education Center
(across parking lot from church)
Write for information*
- Seymour Good Shepherd Church Hall
135 Mountain Road
Seymour CT 06483
203-888-0384
Call as needed
- Simsbury Fran McEdwards
St. Mary Parish
940 Hopmeadow Street
Simsbury CT 06070
860-658-1410
*Meet at St. Mary's parish Center
(widowed only); call for more information*

Jan Young
 St. Mary Parish
 940 Hopmeadow Street
 Simsbury CT 06070
 860-658-2407
Meet at St. Mary's parish Center; for young widows aged 30-50; call for more information.

Somersville All Saints Education Center
 25 School Street
 Somersville CT
 860-749-8625
*Meets 1st Sunday/month, 1-3 pm;
 Call rectory for more information*

Southington Carmel Avitabile
 St. Thomas Church
 99 Bristol Street
 Southington CT
 860-628-6751
Meets 1st and 3rd Wednesday/month 7 pm

Westport Theos
 Catholic Center
 203-372-4301 ext. 314
*Meets at St. Luke's Church, 49 Turkey Hill Road.
 North Westport, Thursdays at 7 pm; call for information*

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**SUPPORT GROUPS FOR FAMILIES/FRIENDS AFFECTED BY
SUICIDE**

**Safe Place
Suicide Bereavement
Survivors of Suicide**

- Darien Pat Nelson
Survivors of Suicide
203-655-4693
Call for more information
- Hartford Safe Place
The Samaritans of the Capitol Region
Box 12004
Hartford CT 06112
860-232-2121 OR 860-232-9559
3RD Monday/month – 7:30/9:30pm
Call or write for more information before attending
- Middlesex Middlesex Memorial Hospital
28 Crescent Street
Middletown CT 06457
860-344-6725
Deals with Deaths as a result of illness, accident, suicide
*Meets 1st & 3rd Monday @ Middlesex 7 pm. Also 2nd
Thursdays, Shoreline Clinic, Rte. 153, Essex, 6:30pm*
- Middletown Clayton Hewitt
Survivors of Suicide
506 Hunting Hill Avenue
Middletown CT 06457
860-347-4003
Call for more information

- New Haven Survivors of Suicide
203-634-6695
Call for more information
- Southbury Vivian Michaels
Survivors of Suicide
164 Burma Road
Southbury CT 06488
203-264-5613
Meets in Seymour; call for more information
Last Tuesday of the month 7/8:30pm
Seymour Congregational Church – Seymour
(Call for December schedule)
- Wethersfield Joann C. Mecca
Suicide Bereavement
123 Woclott Hill Road Apt. B
Wethersfield CT 06109
860-563-3035
Call for more information
1st Monday – East Hartford
Call J. Mecca before attending
- Wilton Kathy Risley
Survivors of Suicide
203-762-7804
Call for more information

WIDOWS/WIDOWERS SUPPORT GROUPS**Coping with Widowhood****Esperanto****New Horizons****Widows/Widowers Association****Widows/Widowers Support Network****Young Widowed Support Group**

- Brandford Rose Dejager 488-2302
 Andy Porto 481-3808
 Bill Bergers 484-9704
St. Mary's School
2, 4th Wednesday, 7:00 pm
- Bridgeport Doris Sharkey
 Coping with Widowhood
 203-372-4301 Ext. 314
Meets at Catholic Center, 238 Jewett Avenue,
Bridgeport four times a year; call for more information
- Mary Bill, 203-372-8259
Meets at St. Augustine, Bridgeport on Saturday nights;
Call for more information
- Cromwell Linda Barry 635-1072
St. John's Silver Linings
2-4th Tuesday, 7/8:30 pm
- East Hartford Jean Beakey 568-4906
 Barbara Stubbs 895-1289
 Bob Lechance 289-8832
St. Rose Rectory
Last Thursday of month 7/9:00PM
- Forestville Carol Daweczyk 589-3257
St. Matthew – 2nd Friday at 7:00pm

- Hamden Fran Grindell 203- 248-6529
 Adrienne Morello 203-285-1134
Ascension Church Rectory
1040 Dunbar Hill Road
Hamden CT 06054- 1st & 2nd Thursday
Call for more information
- Hartford Estelle Labarr 688-9393
St. Patrick & St. Anthony
 1st & 3rd Tuesday, 5-6:30pm
- Manchester Mrs. Ramey
 30 Lewis Street
 Manchester CT 06040
 Write for more information
- New Haven Josephine Mastro
 New Horizons 203-387-7598
Call for more information
- Eleanor Sudol 467-3347
St. Francis (home visits)
- Newington Susan McCaffrey 561-8538
Holy Spirit – 2nd & 4th Friday, 7/9:00pm
- Sr. Nancy McNamara 666-1085
St. Mary Parish (parish only)
- Ridgefield Kathy Siciliano 203-438-5555
 Bereavement Support Group
 VNA Building, 96 East Ridge
 Ridgefield CT 06877
Tuesdays/Thursdays 6/7:30pm
Call for more information
- Rocky Hill Janice Labs 667-3473
 Toni Colaninno 632-2299
St. Elizabeth Seton – Thursdays 7/9:00pm

- Simsbury Fran McEdwards 658-1410
St. Mary – Wednesday 7:30pm
3 Massaco Street – Simsbury
- Southbury Linda Groves 263-3411
Sacred Heart, 1 & 3rd Monday – 7/8:00pm
- Southington Carmel Avitable 628-6751
St. Thomas – Alt. Wednesdays 7pm
- Waterbury Leta: 754-2714, Edith: 756-6060, Carol: 264-6857
Blessed Sacrament Rectory, Thursday 7-8:30pm
- West Haven Deacon Charles Parlee 934-6000
One to one ministry only
St. John Vianney
- Windsor Locks Ruth Cate 627-8182
St. Mary, 1st & 3rd Tuesday 7pm
- Ed & Mary Scully 677-7016 (Children)
Compassionate Friends
- Windsor Lisa Peluso
 Young Widowed Support Group
 860-688-9621
Meets at 6 Poquonock Ave, 2nd & 4th
Wednesdays/month, call to register.

BEREAVEMENT BIBLIOGRAPHY

Many bereaved individuals and families find reading about grief and bereavement helpful. We hope this list of pamphlets and books will be helpful to you. Most can be found at your local library.

FOR CHILDREN OF ALL AGES

***The Fall of Freddie the Leaf.* Leo Buscaglia, New York: Charles B. Slack, Inc. 1982**

This warm, wise, and very simple story is about how Freddie the leaf and his friends change as the seasons change. A special story of the delicate balance between life and death, it is helpful in explaining death to children.

***Lifetimes.* Bryan Mellonie & Robert Ingpen, New York: Bantam Books, 1983.**

A wonderful book about beginnings and endings which helps to explain death to children and adults by explaining that all living things have their own lifetimes.

***The Velveteen Rabbit.* Margery Williams, Garden City: Doubleday & Co., 1992.**

Another wonderful story for young and old which capture the love shown to stuffed animals even as they get old and ragged.

***The Giving Tree.* Shel Silverstein, New York: Harper & Row, 1964.**

A special book about giving and the acceptance of love in return.

PICTURE BOOKS FOR YOUNGER CHILDREN

***The Two of Them.* Alike, New York: Grenwillow Books, 1979.**

The author captures the special love that exists between family members which can continue after their death.

***My Grandma Leonie.* Bijou LeTord, NY: Bradbury Press, 1987.**

Another book about the special love that exists between family members which can continue after their death.

***I Had a Friend Named Peter.* Janie Cohn, New York: William Morrow & Company, Inc., 1987.**

This very sensitive book helps a child understand the sudden death of a friend. It answers some of the questions children might ask and offers parents and teachers some guidelines for explaining death to children.

***Nana Upstairs and Nana Downstairs.* DePaola, Tomi, New York: G.P. York: G.P. Putnam, 1973.**

Both a great-grandmother and a grandmother live with Tommy. When one dies, Tommy asks, "Won't she ever come back?" His mom explains that she will come back in memory whenever he thinks about her.

***Saying Good-bye to Daddy.* Judith Ligna, Morton Grove, IL: Albert Witman & Co., 1991.**

A special book to help children understand the death of a dad.

***My Grandson Lew.* Charlotte-Zolotow & William Pene du Bots. Trophy Picture Books, 1985.**

Remembering special things about his grampa and sharing them with his mom helps both the six-year old and his mom ease the pain of their grief.

***My Grampa Died Today.* Joan Fassler, Human Science Printers, 1983.**

When grampa dies, David is overcome with grief. A good book for children age ten, which describes how youngsters can grieve in spurts.

***Everett Anderson's Good-bye.* Lucille Clifton, New York: Henry Holt and Company, 1983.**

A moving, very short story, in poem form of the struggle a little boy experiences as he moves through the traditional five stages of grief.

***Saying Good-bye to Grandma.* Jane Resh Thomas, New York: Clarion Books, 1988.**

The death, viewing, and funeral of a little girl's grandma are sensitively described, while focusing on how a family can draw together in a time of grief.

***I'll Miss You, Mr. Hooper.* Norman Stiles, New York; Random House, 1984.**

Everyone on Sesame Street tries to learn to accept Mr. Hooper's death.

***My Grandmother's Cookie Jar* Montzalee Miller**

Grandma tells her grandchildren Native American stories.

***The remembering Box.* Eth Clifford, New York: Morrow Beachtree Books, 1992.**

Remembering his visits to his grandmother on the Jewish Sabbath helps Joshua accept her death.

***Geranium Morning.* E. Sandy Powell, Minneapolis: Carolhoder Books, 1990.**

Two children whose parents die find comfort in helping each other.

***Where's Jesse.* Mary & Joy Johnson, Omaha: Centering Corporation, 1983.**

A very easily read short story about the death of a baby sibling.

***Daddy's Chair.* Sandy Lanton, Rockville, MD: Karben, 1991.**

Michael and his family are observing Shiva, the Jewish week of mourning. He doesn't want anyone to sit in his Daddy's special chair. Gradually, the chair has some special meaning as Michael comes to term with his Dad's death.

***On The Wings of a Butterfly: A Story About Life and Death.* Marilyn Maple, Seattle: Parenting Press, 1992.**

A gentle, honest story about a child dying of cancer who finds comfort with a caterpillar preparing to become a butterfly.

***Thumpy's Story: Story of Love and Grief Shared by Thumpy the Bunny.* N. Didge, Springfield, IL: Praire Lark Press**

A picture book that allows parents and surviving children express their own feelings about grief.

***My Twin Sister, Erika.* I. Vogel, New York: Harper & Row, 1976.**

The feelings of love and rivalry between twin sisters, and how one feels when the other dies.

***Remembering with Love. A Coloring/Activity Book.* Mt. Holly, NC: Children's World.**

A special coloring book for children to draw pictures about their feelings about loss.

***Saying Goodbye: Bereavement Activity Book.* Santa Rose, CA: Boulden Publishing.**

Another activity book for grieving children.

FOR OLDER CHILDREN

***A Taste of Blackberries.* Doris B. Smith, New York: Thomas Y. Crowell Company, 1973.**

A story of a young boy and his friend Jamie, who dies unexpectedly. How his family and friends are affected by his death is described, including a funeral and burial plans.

***The 10th Good Thing About Barney.* Judith Viorst, New York: Atheneum, 1971.**

To help him through his grief, a child thinks about the ten best things about his dead cat. Especially good for children age five to ten.

***Charlotte's Web.* E.B. White, New York: Harper J., 1952.**

Wilbur the pig, runt of the litter, is saved by a little girl Fern when he is born. After Wilbur grows up, he is saved again from being butchered by Charlotte the Spider, who also helps Wilbur win a medal at the county fair. Charlotte dies of old age, and Wilbur knows he will never forget her.

***Lanky Longlegs.* Karin Lorezen, New York: Atheneum, 1983.**

A special story of the love, happiness and pain shared in a family when the brother dies. This experience is woven through the adventures of the older sister and her new puppies.

***Tiger Eyes.* Judy Blume, Scarsdale, N.Y. Bradbury Press, 1981.**

When her father dies very suddenly, Davey is sad and lonely and frightened. New friends help her learn to see the world again where good things can happen.

***Where the Red Fern Grows.* Wilson Rawls, New York: Doubleday, 1973.**

A tender story about love of a boy for his dogs and his feelings when they die.

***Bridge to Terabithia.* Kathleen Peterson, New York: Crowell, 1977.**

Two 11-year-olds have a special meeting place. When one of the children is killed in an accident, the other reacts with grief and learns to begin new relationships.

***The Magic Moth.* Virginia Lee.**

When his 10-year-old sister dies, six-year-old Mark and his family learn about death and life.

***Edge of Next Year.* Mary Stolz.**

When his mom dies in a car accident, a young boy experience many feelings.

PARENTS AND CHILDREN***The Kid's Book About Death and Dying.* Eric E. Rofes and the Unit at Fayerweather Street School, Boston: Little, Brown & Company, 1985.**

Written in their own words by a group of students age 11-14, this book explores their perceptions and feelings of many aspects of dying and death. Helpful for parents and teachers to know how children may be feeling.

***Talking About Death: A Dialogue Between Parent and Child.* Earl Grollman, Boston: Beacon Press, 1976.**

This book offers parents and children a chance to share feelings of loss, guilt and fear, all normal responses in the grieving process.

***About Dying.* Sara Bonnett Stein, New York: Walker and Co., 1974.**

With separate texts for parents and children, this book helps parents assist children through the common hurts of childhood, including the death of a pet and the death of a family member.

***On Children and Death.* Elizabeth Kubler-Ross, New York: MacMillan Publishing Company, 1983.**

The renowned author addresses the fears, doubts, anger and confusion of parents who suffer the terminal illness or sudden death of a child.

Children of Color: Psychological Interventions with Minority Youth.* J.F. Gibbs, San Francisco: Jossey-Bass, 1989.**Helping Children Cope with Death.* Alan Wolfelt, Ft. Collins, CO: Center for Life Transition, 1991.**

Describes behaviors of grieving children and how adults can offer help.

PARENTAL DEATH

***When Someone You Love Dies.* Edna LeShan, New York: MacMillan Publishing Co., Inc.**

Easy-to-understand language which helps children and adults understand the grieving process.

***How it Feels When a Parent Dies.* Jill Kremenz, New York: Alfred A. Knopf, 1982.**

Excellent for children, the author interviews children age 7-16 regarding their feelings, fears and fantasies after the death of a parent.

***Learning to Say Good-bye: When a Parent Dies.* Edna L. LeShan, New York: MacMillan Publishing Co., 1976.**

Speaking directly to bereaved children, the author answers questions, addresses fears and offers simple support for the children to help them understand the process of grief.

***When a Parent Dies: A Guide for Adults.* Edward Myers, Penguin Books, 1986.**

Personal stories help readers reflect on their own response to the death of their parent.

***When my Mommy Died: A Child's View of Death.* Janice M. Hammond, Cranbrook Publishers, 1980.**

For younger children, this book covers feelings, fears and touches on some thoughts to help the children integrate the death.

***When My Daddy Died: A Child's View of Death.* Janice M. Hammond, Cranbrook Publishers, 1981.**

Similar to *When My Mommy Died*, both books include a section for parents and a journal area for children.

***Children's Grief: How to Help the Child Whose Parent has Died.* Redmont, WA: Medic Publishing.**

An easy-to-read pamphlet to help adults understand how children feel when a parent dies.

SIBLINGS

***Sibling Grief.* Marcia G. Scherago, Redmont, WA: Medic Publishing Co., 1987.**

A booklet written by a bereaved parent who offers what she has learned through experience. It is intended to help people of all beliefs as it discusses problems common to all who must help siblings through their grief.

***Recovering From the Loss of a Sibling.* Katherine Fair Donnelly, New York: Dodd, Mead & Company, 1988.**

A book for older/adult siblings which shares their unique experience as they cope with the loss of a brother or sister. Very helpful for parents to understand what their surviving children are feeling, as the author describes the responses to death that may occur.

***Losing Someone You Love: When a Brother or Sister Dies.* Elizabeth Ritcher, Putnam Publishing Company, 1986.**

Thoughts from several young people about their feelings at home and school after the death of a sibling (ages 12 and up).

***Another Look at the Rainbow: Straight from the Siblings.* Stephen Bird, Lillbrake, CT: Celestial Art, 1982.**

Written for those whose younger sister or brother has died.

***Am I Still a Sister?* Alice M. Sims, Albuquerque, NM: Rig A & Co., 1988 (K-9).**

Thoughts and feelings of an 11-year-old girl several years after the death of her baby brother.

***For Those Who Live.* K. Latour, Omaha: Centering Corporation, 1983.**

For older children to help them cope with the death of a sibling. Also good for parents and grandparents.

***The Stone Pony.* P. Calvert, New York: Scribners, 1982.**

A special story of the love between two sisters coping with chronic illness and the intense grief that is felt after one dies.

BEREAVED PARENTS

***The Bereaved Parent.* Harriet H. Schiff, Penguin Books, 1978.**

Written by a bereaved parent, this book explores the feelings and frustrations of those who suffer the loss of a child. Practical suggestions to take one day at a time.

***Children Die, Too.* Joy Johnson and S.M. Johnson, Omaha: Centering Corporation, 1984.**

A very short book that discusses the very real responses many bereaved parents experience.

***The Grief of Parents When a Child Dies.* Margaret S. Miles, Oak Brook, IL: Compassionate Friends, 1980.**

A short, easy-to-read book, especially helpful in the early day of grief.

***Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death.* Sherokee Ilse, Maple Plain, MN: Wintergreen Press, 1900**

The feelings of parents who are newly bereaved are shared by one who has experienced infant death.

***No New Baby.* M. Gryte, Omaha: Centering Corporation: 1988.**

An easy-to-read book to help families understand their feelings when a baby dies.

***Dear Parents.* Omaha: Centering Corporation, 1988.**

Letters from bereaved parents, siblings and others to help a bereaved parent know they can go forward with their lives after a death.

***Coping with Sudden Infant Death.* J. Defrain, J. Taylor, and L. Ernst, Lexington, MA: Lexington Books, 1982.**

A scientific and sensitive exploration of SIDS phenomenon, reaction of parents and community, and long-term issues facing parents. Includes parental accounts, and an optimistic view of how families survive and grow.

***Healing a Father's Grief.* William Schatz, Richmond, VA: Medic Publishing Co., 1984.**

Written by a bereaved father who offers hope and courage to other fathers as they struggle through the loneliness that fathers often feel in grief. Practical suggestions are offered to fathers who often grieve very differently than moms.

***Fathers Grieve, Too.* Omaha: Centering Corporation, 1989.**

A short, easy-to-read book especially for dads. Also very helpful for moms to understand what husbands may be feeling when their child dies.

***Song for Sarah.* Paula D'Arcy , Wheaton, IL: Harold Shaw Publishers, 1980.**

A sensitive book of letters written from a mom to her little girl during pregnancy and Sarah's short life. The letters continue after Sarah and her dad are killed in a motor vehicle accident and show the struggle of the mom and her eventual growth.

***Before and After My Child Died.* J. Fischhoff and N. O'Brien-Broh, Detroit: Emmons-Fairfield Publishing Co., 1981.**

A collection of beautiful short stories by parents, honestly telling the frustrations and pain they have suffered, and the support they have received.

***God is a Bird Watcher.* Linda Musser, Omaha: Centering Corporation, 1991.**

Diary of a mom who is also a nurse after her 18-year-old son dies.

***Meditations for the Bereaved Parent.* Judy Osgood, Sunriver, OR: Giligal Publishers, 1984.**

Gentle thoughts from other bereaved parents.

GENERAL BEREAVEMENT***Good Grief.* G. Westberg, Philadelphia: Fortress Press, 1962.**

A short, easy-to-read booklet that is wonderful for the newly bereaved.

***Why Are the Casseroles Always Tuna?* D. Sims, Albuquerque, NM: Big A & Co., 1992.**

A humorous book which helps to make us laugh at some of the things that happen during our bereavement.

***When Bad Things Happen to Good People.* H. Kushner, New York: Avon Books, 1981.**

A wonderful book to help us all understand "WHY".

***Men and Grief.* Carol Staudacher, Oakland, CA: New Harbinger Publications, 1990.**

A guide to help men (and caregivers) understand issues unique to men's grief.

***About Mourning and Support and Guidance for the bereaved.* S.G. Weizman and P. Hamm, New York: Human Sciences Press, Inc., 1985.**

As a guide, this book takes the bereaved through the mourning process while offering support and comfort.

***Living Through Mourning: Finding Comfort and Hope When a Loved One Has Died.* Harriet Sarnoff Schiff, Penguin Books, 1987.**

A positive book for finding hope after the loss of a loved one, includes information on starting a support group.

***What Helped Me When My Loved One Died.* Earl Grollman, Boston: Beacon Press, 1981.**

Personal essays about loss and grief.

***A Grief Observed.* C.B. Lewis, New York: Bantam Books, 1978.**

A journal written after the death of this famous author's wife describes doubts, rage, and rediscovered faith.

***Living – When a Loved One Has Died.* E. Grollman, Boston, 1978.**

A compassionate, easily-read book, which comforts and helps us through each stage of grief, while validating what we are feeling.

***To Live Again.* Catherine Marshall, London: Peter Davias, 1938.**

***Don't Take My grief Away: What To Do When You Lose a Loved One.* Doug Manning, Harper-Row, 1984.**

A how-to-book to help you walk through your grief and learn to live again. Particularly helpful at the time of death.

***How to Survive the Loss of a Loved One.* Melbe Colgrove, Harold Bloomfield & Peter McWilliams, New York: Bantan Books, 1981.**

A book which helps to define loss and offers grievers to help healing and growth in a step-by-step format

***You Can Heal Your Life.* Louise Hayes, Carson, CA: Hay House, Inc. 1984.**

First-hand information and accounts of personal experiences and how to begin your journey of healing.

***Living Through Personal Crisis.* Ann Kaiser Stearns, New York: Ballantine Book, 1984.**

A national bestseller, this book helps us understand that to find freedom and healing we must face our loss and not deny it.

***Necessary Losses.* Judith Viorst, New York: Fawcet Gold Medal, 1986.**

Another bestseller, this book discusses how we change as we experience the losses which are inevitable in life.

***Parting Is Not Goodbye.* Kelly Osmont, Nobility Printers, 1987.**

A touching book of a family's struggle through death and healing with practical suggestions for grieving in a healthy way.

***The Courage to Grieve.* Judy Tattlebaum, Lippencott and Cromwell, 1980.**

A positive, optimistic, self-help book offering specific helps for grief resolution.

***Grief and How to Live With It.* Sarah Morris, New York: Grosset and Dunlap, 1972.**

An older book, which can be read quickly and offers practical suggestions for your grief work.

***Time Remembered: A Journal for Survivors.* I Earl Grollman, Boston: Beacon Press, 1987.**

An opportunity to write how and what you are feeling.

***No Time for Goodbyes.* Janice H. Lord, Ventura, CA: Pathfinder Publishing, 1989.**

Useful suggestion for survivors who experience a sudden death.

***Healing Grief.* Omaha: Centering Corporation, 1984.**

A short, easy-to-read pamphlet especially helpful for the newly bereaved.

ORGAN AND TISSUE DONOR FAMILIES

***For Those Who Give and Grieve.* National Kidney Foundation, New York: 1990.**

The first book for donor families. Provides support and education for families and an opportunity to share their experience.

***Something More.* Sue Holtkamp, Mashville: Tennessee Donor Services, 1991.**

A pamphlet for donor families, which discusses the family's feelings following a sudden death.

BEREAVEMENT NEWSLETTERS AND MAGAZINES

***Bereavement Magazine.* P.O. Box 674, Carmel, IN 46032.**

Poems, articles, stories and personal experiences of the bereaved.

***Compassionate Friends.* P.O. Box 3696, Oak Brook, IL. 60522-3696.**

A quarterly newsletter for bereaved parents.

***MADD.* 669 Airport Freeway, Suite 310, Hurst, TX 76053.**

A magazine for bereaved victims of drug-or alcohol-related deaths.

***For Those Who Give and Grieve.* National Kidney Foundation, New York, NY.**

A complementary newsletter for donor families addressing various issues on a quarterly basis.

CONNECTICUT HOSPICE PROGRAMS

Branford	Bereavement Department 203-481-6231 Connecticut Hospice 61 Burban Avenue Branford, CT 06405 <i>Call for more information</i>
Bridgeport	Lois Ravage-Mass, RN Hospice at Home 765 Fairfield Avenue Bridgeport, CT 06606 203-366-3821 <i>Call for more information</i>
Bristol	Betty Burgess 860-747-6738 Bristol Hospital 199 Queen Street Bristol CT 06010 <i>Call for more information</i>
Danbury	Hospice of Western CT 87 Sandpit Road Danbury, CT 06810 <i>Write for more information</i>
Glastonbury	Pat Snyder VNA Hospice 860-493-7438 <i>Meets at Elmwood Community Center on Thursday</i> <i>Call for more information</i>
Hartford	Susan Pearson St. Francis Hospital Home Care & Hospice 240 Woodland Street Hartford, CT 06105 860-714-4682 <i>Call for more information</i>

- Mansfield Shirley Plante
Hospice of Eastern CT
Box 716
Mansfield Center, CT 06250
860-456-7288
Call for more information
- Meriden Phyllis James
MidState VNA Hospice
658 Broad Street
Meriden CT 06450
203-235-5714
- New Milford Linda Lewis
Hospice Home Care Program
68 Park Lane Road
New Milford, CT 06796
860-354-2216
Call for more information
- Plainville Barbara Helming, PN
Hospice of Central CT
46 East Street
Plainville, CT 06062
860-792-3009
Call for more information
- Simsbury Hospice Program of VNA
8 Old Mill Lane
Simsbury, CT 06070
Write for more information
- Margi Crane
McLean Hospice
75 Great Pond Road
Simsbury, CT 06070
860-658-3737
Call for more information
- Shelton Hospice & Palliative Care of CT VNA
680 Bridgeport Avenue
Shelton, CT 06484
203-735-6664
Call for more information

- Stamford
Hospice Care
461 Atlantic Street
Stamford, CT 06901
Write for more information
- Trumbull
Karin Speer
United Home Hospice
40 Lindeman Drive
Trumbull CT 06601
203-330-9592
Call for more information
- Uncasville
Gloria Fogarty
Hospice of Southeastern CT
179 Gallivan Lane
Box 982
Uncasville CT 06382
860-848-5699
Call for more information
- West Hartford
Pat Snyder
VNA Health Care Hospice
860-493-7328
*Meets at Elmwood Community Center on Thursday
1106 New Britain Avenue, West Hartford CT 06110*
- Wilton
Natalie Furman
MidFairfield Hospice
180 School Road
Wilton CT 06897
203-847-7646
Call for more information

NEWSLETTERS

The following are known newsletters available for those dealing with bereavement.

American Foundation for Suicide Prevention, 120 Wall Street, 22nd Floor, New York, NY 10005. Toll free 888-333-2377 or 212-363-3500. Twelve chapters nationwide. Provides state-by-state directories of survivor support groups for families and friends of a suicide. Also provides information regarding suicide statistics, prevention and surviving.

The Compassionate Friends, Box 3696, Oak Brook, IL 60522. 630-990-0010. National office makes referrals as necessary. Provides various brochures, catalogues, newsletters.

The Compassionate Friends, c/o Gerry Vastano, 270 Farmington Avenue, Farmington, CT 06032. 860-561-9548. Makes referrals as necessary. Provides various brochures, catalogues, newsletters.

Heartbeat, 2015 Devon Street, Colorado Springs, CO 80909. 719-596-2575. Mutual support for those who have lost a loved one through suicide and grief. Provides information and referrals, phone support, chapter development guidelines. Speakers on suicide bereavement are available.

Ray of Hope, Box 2323, Iowa City, IA 52244, 319-337-9890. Provides educational materials on suicide post-intervention, telephone counseling, books on suicide and grief. Call for price list. Will assist in starting up a survivor support group.

Society of Military Widows, 5535 Hempstead Way, Springfield, VA 22151. 703-750-1342. Support and assistance for widows/widowers of members of all US uniformed services. Help in coping with adjustment to life on their own . Promotes public awareness. Dues \$12.

Widowed Persons Service, 601 East Street NW, Washington, DC 20049. 203-434-2260. Provides quarterly newsletter, referral services and public education. Provides on-line bereavement support group on AOL Mondays at 8:30pm.

For Those Who Give and Grieve. National Donor Family Council, 30 East 33rd Street, New York, NY 10016. 800-622-9010. Provides complimentary quarterly newsletter for organ and tissue donor families.