

## Resources

### ***Books for Children:***

Tear Soup: A Recipe for Healing After Loss

By: Pat Schwiebert; Grief Watch; 5th edition (June 1, 2005)

Reading level – 8 yrs. & older; Age range: 4 and up

The Invisible String

By: Patrice Karst; Devorss & Co.; 13th Printing edition (September 1, 2000)

Age range: 3 and up

Lifetimes: The Beautiful Way to Explain Death to Children

By: Bryan Mellonie; Bantam; 1st edition (October 1, 1983)

Age range: 5 and up

I Miss You: A First Look at Death

By: Pat Thomas; Barron's Educational Series; 1 edition (January 1, 2001)

Age range: 4 (preschool) and up

Goodbye Fish

By: Judith Koppens; Clavis (July 1, 2013)

Age range: 2 to 5 years

All the Dear Little Animals

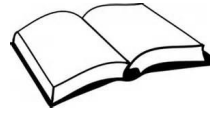
By: Ulf Nilsson; Hawthorn Press (September 1, 2009)

Age range: 4 to 7 years

Cry, Heart, But Never Break

By: Glenn Ringtved; Enchanted Lion Books (February 16, 2016)

Age range: 4 to 8



### ***Books for Adults:***

Life after Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss

By: Bob Deits; Da Capo Lifelong Books; 5th Edition (May 12, 2009)

Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers

By: Alan D. Wolfelt, PH.D., Companion Press, 2001

Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers

By: Alan D. Wolfelt, PH.D., Companion Press, 2001

## NOTES:

### **Palouse Grief Coalition**

Palouse Grief Coalition (PGC) is an alliance of community based end-of-life professionals and grief facilitators dedicated to ensuring our community is nurtured and cared for by providing information on local resources to assist/support those in their grief.

2017-03



## **Bereavement Care On The Palouse**

Grief is a natural and normal reaction to death and loss, often with common and shared responses, yet people grieve each in their own unique way.

Understanding the grieving process and sharing this experience with others can aid the healing journey through grief.

Palouse Grief Coalition  
PO Box 484  
Pullman, WA 99163  
(509) 332-4414

## Support Groups

### Willow Center For Grieving Children

Willow Center, Inc., is a free children's bereavement program, providing peer support groups for children ages 3 - 18 yrs., and their adult care providers, who have experienced the death of someone close to them, and provide Camp Erin, a children's summer bereavement camp. They also extend grief resources, education and consultation to families and the community. Call 208-791-7192 to learn more or visit [www.willow-center.org](http://www.willow-center.org).

### Friends of Hospice Community Grief

**Support** Friends of Hospice, serving at end-of-life and offering grief support in Whitman County, holds adult monthly drop-in groups and 8-week grief support groups throughout the year in Pullman and Colfax. Join with others in a safe place to pause, explore your grief, receive support, and find resources. Contact Annie Pillers at [griefsupport@palouse.com](mailto:griefsupport@palouse.com) or 509-332-4414 for schedule and more information. [www.friendsofhospice.net](http://www.friendsofhospice.net).

### Living with Loss

Living with Loss support group offers support, education and understanding to friends and family members who have suffered the loss of a loved one. Because grief can appear or reappear at any stage in life, this group is one that is ongoing and not limited to a block of time. Groups are held the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month at 12:00 noon at the United Church of Moscow. Contact Glenda Hawley, MSW, PhD, at 208-882-3197 for more information.

### Grief and Loss: Circle of Sharing and Support.

Loss is an inherent part of life. We all have to walk through the valley of the shadow of death...but we don't have to walk it alone. Join Rev. Elizabeth Stevens for a time of sharing, listening, and support. First Monday of each month, 6-7:30 pm, at the UU Church of the Palouse. All welcome. (208)310-5937 or [revhstevens@gmail.com](mailto:revhstevens@gmail.com) with questions.

## Options

**Grief Counseling** Grief counseling is helpful for people who experience grief that manifests in ways that interfere with daily functioning. Significant sleep difficulty, severe depression, inability to return to work or complete daily tasks, and marked behavioral changes are examples of why someone might benefit from private, individual grief counseling. The benefits of grief counseling include resolving complicated grief reactions, processing other losses that interfere with the experience of the current loss, and restoring a healthy balance of wellness in daily living.

### Community Grief Support Groups for Adults: Drop-In and Time-

**Limited** Grief support groups provide peer support with others who are also experiencing grief and loss. It's a shared connection with others to explore your own grief. Time-limited groups develop a rhythm and flow: a journey of the individual and the group. They often meet 6, 8, or 12 weeks. Individuals commit to the series and usually register in advance. Drop-in groups provided that much needed ongoing support throughout the year generally meeting once or twice a month with no pre-registration required. Some folks come once, others come over the course of months or years. Both are powerful and healing in the moment.

### Children and Teen Grief Support

**Groups** Provide support to children, teens and their families who are grieving the death of a loved one. The preventive program at Willow Center provides group support coordinated by mental health professionals and trained volunteers to promote the expression of grief and loss; the understanding of death, loss and the process of grief; and decrease feelings of isolation associated with grief.

## Resources

### 24-Hour Support Services

#### Washington

Palouse River Counseling  
509-334-1133 or TollFree 866-871-6385

#### Idaho

State of Idaho Behavioral Health  
208-882-0562

### Web Sites:

#### Adults:

- [Griefnet.org](http://Griefnet.org)
- [Hospicefoundation.org](http://Hospicefoundation.org)
- [Compassionatefriends.org](http://Compassionatefriends.org) – for parents who have experienced the death of a child
- <http://www.suicidology.org/home>

#### Children & Teens:

- [Hellogrief.org](http://Hellogrief.org)
- [Dougy.org](http://Dougy.org)
- [Childrengrieve.org](http://Childrengrieve.org)
- [Kidsaid.com](http://Kidsaid.com)

