

From Grief to Growth

Resources & Books



3 Tips for Talking to Children, Adolescents,
and Teens about Traumatic Grief

ONLINE RESOURCES

- **Adolescent and Teen Support Groups**

- Therapy Heals
www.therapyheals.com
- Our House
<https://www.ourhouse-grief.org/>
- One Legacy
<https://www.onelegacy.org/>

- **Summer Camps**

- Comfort Zone
<https://comfortzonecamp.org/>
- Camp Erin
<https://www.ourhouse-grief.org/camp-erin/>
- Camp Kangaroo
<https://seasonsfoundation.org/camp-kangaroo/>

- ◆ Dougy Center: <https://www.dougy.org/>

- ◆ National Alliance for Grieving Children: <https://childrengrieve.org/>

BOOKS

All books can be acquired via Amazon.com

- **For Children**

- The Invisible String (Patrice Karst)
- Tear Soup (Pat Schwiebert)
- Freddie the Leaf (Leo Buscaglia)

- **For Adolescents & Teens**

- **Book:** Grief Recovery for Teens: Letting Go of Painful Emotions with Body-Based Practices (The Instant Help Solutions Series)
- **Workbook** - The Resilience Workbook for Teens: Activities to Help You Gain Confidence, Manage Stress, and Cultivate a Growth Mindset
- **Journal:** The Healing Your Grieving Heart Journal for Teens (Healing Your Grieving Heart series)
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- ◆ **Podcasts:** <https://www.dougy.org/grief-resources/grief-out-loud-podcast/>