

Samaritan

LIFE-ENHANCING CARE

Books and Websites on Grief for Teens

Title	Description
Fire in my Heart, Ice in my Veins: A journal for Teenagers experiencing a loss by Enid Samuel Traisman	To honor, record, and realize their many thoughts, feelings and questions related to grief and to their memories
Modern Loss: Candid Conversation about Grief by Gabriele Birkner and Rebecca Soffer	Described as fresh and at times irreverent; navigating grief in era of social media; original candid essays
Straight talk about death for teenagers: how to cope with losing someone you love by Earl Grollman	Explains to teens what to expect from the loss of a loved one and how to cope, grieve and live through and with grief
Weird if Normal when teenagers grieve by Jenny Lee Wheeler	Written for teens by teens
Healing your grieving heart for teens: 100 practical Idea by Alan Wolfelt	Ideas on how to go on with your life without the person you have lost
You are not alone: teens talk about life after the loss of a parent by Lynn Hughes	Teens talk about their personal loss and what works and what do
Teenagers and grief by Doris Zagdanski	These are emotional times and the stresses of grief can make it overwhelming. Includes writings by teens

Additional resources for teens

[The Dougy Center for Grieving Children & Families | Portland, OR](#)

<https://www.dougy.org/assets/uploads/Your-Friend-is-Grieving.pdf>

<https://www.dougy.org/assets/uploads/Tips-for-Grieving-Teens.pdf>

[Home \(childrengrieve.org\)](http://childrengrieve.org)