



This resource list does not constitute an endorsement or recommendation for any organizations or businesses listed.

This information is provided by the IWK's Pediatric Advanced Care Team as a resource for adult members of the community to assess applicability for their families. It is a compilation of selected resources, and should not be considered a comprehensive listing.

Online Grief Support for Teens and the Adults Who Care about Them UPDATED August 2021

IWK updates this list yearly.

Please contact IWK Bereavement Coordinator for an updated listing.

902-470-8942

Grief and Bereavement Online Resource	Website / Contact Information	Other Information
<p>American Foundation for Suicide Prevention Free Online Booklet Children, Teens, and Suicide Loss</p>	<p>https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/children-teens-suicide-loss/</p>	<p>“This booklet provides indispensable information about how young loss survivors understand and grieve a suicide death, guidance on age-appropriate language to use when speaking about the loss, and how best to provide support for them.”</p>
<p>Camp Erin - Toronto</p>	<p>https://drjaychildrensgriefcentre.ca/programs/camp-erin/</p>	<p>“Camp Erin Toronto is a weekend-long overnight bereavement camp in Muskoka for children and youth aged 6-17 from the Greater Toronto Area and military families from across Canada. Camp Erin is provided at no cost to families and is open to any child who has experienced the death of an immediate family member or custodial caregiver, regardless of cause or length of time since the death.”</p>
<p>Camp Kadoospe At Brigadoon Village</p>	<p>https://brigadoonvillage.org/camp/kedooopse/</p>	<p>“This overnight camp for grieving children ages 7-18 offers a unique environment where children and youth can share common experiences with peers and learn healthy coping skills while engaging in traditional camp activities. Campers ages 16 - 18 can join our Leaders in Training program.”</p>

<p>Camp Kerry Atlantic Family Bereavement Retreat</p>	<p>https://lumarasociety.org/camp-kerry-atlantic/</p>	<p>“A team of qualified counsellors and specially trained volunteers will welcome you and support your entire family throughout the four-day retreat. Children and teens of any age are welcome to attend along with their parent(s) and/or guardian(s). Extended family members are also welcome.”</p>
<p>Centering Corporation</p>	<p>www.centering.org</p>	<p>“The Centering Corporation is a non-profit organization dedicated to providing education and resources for the bereaved.”</p>
<p>Children and Youth Grief Network</p>	<p>www.childrenandyouthgriefnetwork.com</p>	<p>“We aim to connect individuals and organizations who provide services and resources that benefit children and youth who are grieving a death.”</p>
<p>Comfort Zone Camp</p>	<p>www.comfortzonecamp.org</p>	<p>“Comfort Zone Camp transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. Our programs are free of charge and include confidence building activities and age-based support groups that break the emotional isolation grief often brings. Programs are offered to children ages 5-25 and their families for family programs held year-round. We have hosted campers from nearly all 50 states, Canada and the U.K.”</p>

<p>Dougy Center</p>	<p>www.dougy.org</p>	<p>“We provide support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief.”</p>
<p>Dr. Jay’s Children’s Grief Centre Tip Sheets</p>	<p>https://drjaychildrensgriefcentre.ca/programs/resources/</p>	<p>“The Dr. Jay Children’s Grief Centre is a Toronto based charity that provides compassionate care, support and education to grieving children, youth and their families while building strength, resilience and hope.”</p>
<p>Eluna Network</p>	<p>www.elunanetwork.org</p>	<p>“The mission of Eluna is to support children and families impacted by grief or addiction.”</p>
<p>Family Education Centre Weathering the Storm Parenting Grieving Children Free e-learning course</p>	<p>https://familyedcentre.org/downloads/weathering-the-storm-parenting-grieving-children/</p>	<p>“Solid grief information and strategies to help you parent your grieving child or youth and self-care ideas and activities to help you cope with your own grief. And because everyone’s grief journey is so personal and individual, you can customize this course by completing whatever lesson you prefer in the order you need or suits you and your situation best.”</p>

<p>Good Grief</p>	<p>www.good-grief.org</p>	<p>“Good Grief’s mission is to provide unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy.”</p>
<p>Grief Net</p>	<p>www.griefnet.org</p>	<p>“Our integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds.”</p>
<p>Hope Again Young People Living After Loss</p>	<p>www.hopeagain.org.uk</p>	<p>“...provides support, advice and information to children, young people and adults when someone they love dies. We also work to enhance society’s care of bereaved people.”</p>
<p>How do I Tell the Kids?</p>	<p>www.kidsgrief.ca</p>	<p>“Helping parents help kids.”</p>
<p>Kids Help Phone</p>	<p>www.kidshelpphone.ca available 24 hours per day, seven days per week 1-800-668-6868 Text connect to 686868</p>	<p>“Kids Help Phone is a Canadian and world leader known for our expertise and continuous innovation as Canada’s only 24/7 counselling and information service for young people... Our trained, professional counsellors have been listening to kids, often when no one else can or will. We are always there – supporting young people wherever and whenever they need us most.”</p>

National Alliance for Grieving Children	www.childrengrieve.org	“The National Alliance for Grieving Children promotes awareness of the needs of children and teens grieving a death and provides education and resources for anyone who wants to support them.”
New York Life Foundation Bereavement Support	https://www.newyorklife.com/foundation/bereavement-support	“This Foundation strives to make a difference by funding direct service providers to help grieving children today, as well as scholarly research that will have long-term impact in the field.”
Online Forum for Grief	http://forums.grieving.com	Online forums to discuss grief.
PhotoGrief	www.photogrief.com	“The process of creating images allows you to spend time reflecting on your emotions and to feel closer to your loved one’s memory.”
Rainbows Canada	www.rainbows.ca	Rainbows Canada helps “children, youth and adults with grief, loss, separation, divorce etc., through a variety of different resources and programs.”

The Shared Grief Project	www.sharedgrief.org	“The Shared Grief Project envisions a world where no child grieves alone. To achieve this, we share the stories of individuals who have experienced a major loss at an early age and have gone on to live health, happy and successful lives.”
Surviving Life After a Parent Dies (Slap’d)	www.slapd.com	“SLAP’D aspires to provide teens who have lost a parent with an online community of support to help ensure that they are not alone, to inspire hope, and to provide them with important resources throughout the grieving process.”
Teens’ Health	https://kidshealth.org/en/teens/someone-died.html	“Doctor-reviewed advice on hundreds of physical, emotional, and behavioral topics — from before birth through the teen years.”
Too Damn Young	www.toodamnyoung.com	“Too Damn Young was founded with the sole purpose of letting any grieving teenager know they are not alone and is a resource for teens and young adults who are navigating grief.”

Winston's Wish	www.winstonswish.org.uk	"Winston's Wish was set up in 1992 to meet the needs of bereaved children, young people and their families. Since then, we have helped many thousands of children begin to live with their loss."
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Podcasts

Coming Back with Shelby Forsythia

Episode 72 with Vivian Nunez, founder of Too Damn Young: "Waiting for the Other Shoe to Drop."

"We're talking about creating a personal vocabulary for grief when textbooks fail, coping with the anxiety of waiting for the other shoe to drop, what dating is like as a young grieving person, and how Vivian is making room for Latina grief in a space that is very, very white."

<https://www.iheart.com/podcast/256-coming-back-conversations-30929984/episode/72-waiting-for-the-other-shoe-35453542/>

The Dougy Center Podcasts

Drawing from over 30 years of stories and wisdom from grieving children, teens, and adults, the Dear Dougy Podcast is opening up the conversation about dying, death, and bereavement.

<https://www.dougy.org/grief-resources/grief-out-loud-podcast/>

Family Education Centre: Parenting When your Child or Youth Is Grieving

https://familyedcentre.org/english_23-parenting-when-your-child-or-youth-is-grieving/

Family Education Centre: Tips for Recognizing a Grieving Child or Youth

https://familyedcentre.org/english_24-tips-for-recognizing-a-grieving-child-or-youth/

Family Education Centre: The Importance of Self-Care When Helping Your Child or Youth Grief

https://familyedcentre.org/english_22-the-importance-of-self-care-when-helping-your-child-or-youth-grief/

Grief Works with Julia Samuel

Julia is joined by Cathy Rentzenbring, author of The Last Act of Love and A Manual for Heartache, to discuss how her happy family was torn apart by an unthinkable tragedy when she was a teenager.

<https://play.acast.com/s/griefworks/5ec2f228-2555-4f47-8f4a-87fb97727ffe>

Grief Works with Julia Samuel

Teenage Grief: Losing Dad with Cariad Lloyd. Julia meets British comedian, actor and writer Cariad Lloyd to discuss the sudden death of her father while she was in her teens, and the repercussions of this loss through her adult life.

<https://play.acast.com/s/griefworks/8b4abe4c-7944-4c08-ae4f-12dfe4504a49>

Where's the Grief Podcast with Jordon Ferber

Live From the 2018 TCF Conference

From the 41st National Compassionate Friends Conference in St. Louis, Missouri with Zander Sprague, Garrett McCormick and Heather Horsely.

As a bereaved sibling myself, it is the national conference and my local meetings that were the most helpful part of my healing process, and ultimately spurred me to do this podcast in the first place. This episode features conversations with Zander Sprague, Garrett McCormick and Heather Horsely.

<https://player.fm/series/wheres-the-grief-87057/live-from-the-2018-tcf-conference>

Open to Hope

On this show Dr. Gloria Horsley and Dr. Heidi Horsley discuss with Dana Brophy and Zander Sprague author of MAKING LEMONADE: Choosing A Positive Pathway After Losing Your Sibling, the impact of having an adult sibling die. Zander and Dana discuss their personal responses and give suggestions for promoting health and healing.

<https://www.youtube.com/watch?v=hKuY-AUNH3s>

YouTube and Online Videos

Grief is Good: Joe Primo at TEDx AsburyPark

“Joe Primo from Good Grief talks about grief as a process and how it creates a climate of hope and resilience for kids.”

<https://www.youtube.com/watch?v=sdbc6jg00ro>

Grief Out Loud: Teens Talk about Loss

<https://www.youtube.com/watch?v=qgrRoJyljeQ>

Heart House Hospice: Maddy's Story

Maddy shares her experience of finding strategies to cope with her Dad's cancer diagnosis while balancing school and family. Maddy gives advice for others in similar situations.

<https://www.youtube.com/watch?v=IphiF5Wh5uE>

Heart House Hospice: Isaac's Story

Isaac shares his experience of becoming a young carer after his Mom was diagnosed with cancer. Isaac shares advice for others in similar situations who may also be grieving the death of a loved one.

<https://vimeo.com/331111962>

How to comfort a grieving teen: Bridget Park at TEDxUniversityofNevada

"Bridget Park is a high school senior from Reno, Nevada. Inspired by the tragic loss of her brother's suicide, Bridget wrote her debut memoir at the age of 15 in the hopes that her story would encourage others to find healthy ways of grieving. In this talk, Bridget shares her insight on how to comfort a grieving teen."

<https://www.youtube.com/watch?v=ySeZLAqcnuo>

It's Grief to Me: Anna-Maija Lee at TEDxGullLake

"The primary focus of Anna-Maija's research has been grief experiences of children and teens impacted by death, divorce, parental incarceration, parental deployment and foster care placement. She sees herself as someone with uncanny hope, a hope shaped through her own experiences as a teen, and seeks to empower children 'to keep going, to keep moving forward when they feel they can't go on anymore.'"

https://www.youtube.com/watch?v=_JRTXdMRQW4

Stars for Heroes

"Everyone's life challenges and hardships are uniquely different thus there is no single solution: but a host of 'Star Tips' worthy of your consideration. Teens convey tips for you to discover inner strength of courage, while propelling a journey of healing."

<https://vimeo.com/86556515>

Teens Talk About Grief

https://www.youtube.com/channel/UCM7pF_ZcU6yDIPOrvmR2oGQ/videos?disable_polymer=1

Travis Hamonic Helps Boy Cope with Father's Death

<https://www.youtube.com/watch?v=3JqoyuXvaOY>

Other ways to find support for grief include:

- Joining a community group that provides grief support. A list of grief groups is available through the IWK Pediatric Advanced Care Team.
- Contacting your local hospital's palliative care service, bereavement service, spiritual health or social work department for information and resources.
- Contacting a hospice society or family resource centre in your area for information and resources.
- Contacting your Employee Assistance Program (EAP).
- Contacting your faith community.
- Military families may contact resources through your Military Family Resource Center.
- Indigenous families may contact resources connected with your Reserve.
- Finding a grief counselor for yourself or your child/teen through one of the following methods:
 - Using the IWK Pediatric Advanced Care Team grief counselor resource list
 - Contacting your provincial Social Work Association
 - Contacting your provincial Psychologists' Association
 - Asking your family doctor to refer you to a counselor
 - Contacting Child and Family Services for counseling options
 - Contacting your child's school psychologist or counselor
 - Contacting the IWK public mental health referral line (902)464-4110
 - Contacting the adult public mental health system at your nearest hospital