

KinderMourn

Suggested Reading for Grieving Teens

Facing Change – Falling Apart And Coming Together Again In The Teen Years

By: Donna O'Toole

Discusses all teen loss in addition to death.

Straight Talk About Death For Teenagers – How To Cope With Losing Someone You Love.

By: Earl Grollman

A straightforward book discussing teenage grief.

Fire In My Heart, Ice In My Veins

By: Enid Traisman

A journal for teenagers.

WeiRd is Normal

By: Jenny Lee Wheeler

A book for adolescents written by one.

Flowers For The Ones You've Known

By: Centering Corporation

Letters, drawings and poems by grieving teens.

When A Friend Dies

By: Marilyn Gootman

This book guides and validates teens with gentle wisdom and advice.

Healing Your Grieving Heart For Teens

By: Alan D. Wolfelt, PH.D.

Simple tips for understanding and expressing your grief.

When Death Walks In

By: Mark Scrivani

Discusses ways of facing grief during the teen years.

How It Feels When a Parent Dies

By: Jill Krementz

Poignant testimonies written by children and teenagers about their experiences with death and how they've learned to cope with their pain.

When Nothing Matters Anymore

By: Bev Cobain

A survival guide for depressed teens.

All books listed above along with many others can be found in KinderMourn's lending library. We hope you find support and comfort from these materials and we encourage you, your family and friends to utilize this resource.