



## Info Rx

# Children's Grief

Losing someone you love can be one of the most challenging experiences for both families and children. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

Check out these resources. Use your phone to scan the QR codes to open the links.

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2acde5edd01c0012aab9dd>



### FCRC Information Prescription

Check out all these grief resources and more on our website.

<http://fcrc.ahs.ca/rx/childrens-grief/>



### MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about Grief.

<https://myhealth.alberta.ca/>



### Canadian Virtual Hospice

Provides personalized information and support for families, patients, and professionals on palliative and end of life care, loss, and grief. There are various articles, recommended resources, and discussion forums.

[https://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home.aspx](https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx)



### Children's Hospice and Palliative Care Services (CHaPS)

A comprehensive palliative care service, including a community-based hospice for children with serious illnesses and their families. Bereavement support for parents after the death of a child 0-17 years of age is also provided.

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1062456>



### Kids Grief

This website was created to help you support children of all ages grieve. Learning modules were developed by experts to help caregivers understand and support a grieving child. (Ages 0-18)

<https://kidsgrief.ca/>



## The Dougy Center

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences.

<https://www.dougy.org/>



## Hospice Calgary

Hospice Calgary, provides education, programs, and services for grieving children, teens, adults, and families.

<https://www.hospicecalgary.ca/>



## The National Child Traumatic Stress Network (NCTSN)

This website had a number of resources on death and grief. Use the search button to find articles that were created for both adults and children.

<https://www.nctsn.org/>



### VIDEO—Out of Order: Dealing with the Death of an Older Child

This video is helpful for parents who have experienced the death of a teen or adult child. You will hear how three couples have experienced their grief, what has helped them, and how they honor and keep connections with the memories of their children

<https://www.youtube.com/embed/yzaMEAQ7FnI?rel=0>



### VIDEO—Lost Innocence: Dealing with the Death of a Young Child

In this program you will meet three parents who have experienced the death of a young child. These parents speak openly about their children and the many grief experiences they have encountered.

<https://www.youtube.com/embed/8aV2KmuSDEs?rel=0>



### VIDEO—Love and Sorrow: Dealing with the Death of a Child with Special Needs

In this program you will meet four parents who have experienced the death of a special needs child. These parents speak openly about their grief experiences.

<https://www.youtube.com/embed/nTTxaXUn1e8?rel=0>



*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

### Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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