

Virtual Parent Bereavement Group

Winter 2021

Suggested Book Resources

- After Suicide Loss: Coping with Your Grief. Baugher, B. & Jordan, J. (2015).
- Suicide Survivor's Handbook: A Guide to the Bereaved and Those Who Wish to Help Them, Expanded Edition. Carlson, T. (2000)
- A Mourner's Kaddish: Suicide and the Rediscovery of Hope. Clarke, J.C. (2006).
- The Seven T's: Finding Hope and Healing in the Wake of Tragedy. Collins, J. (2007).
- Journaling a Pathway Through Grief: One Family's Journey After the Death of a Child. Dean, W. (2002).
- The Empty Room: Understanding Sibling Loss. Devita-Raeburn, E. (2007).
- After Daniel: A Suicide Survivor's Tale. Farr, M. (2000).
- No Time to Say Goodbye: Surviving the Suicide of a Loved One. Fine, C. (1999).
- The Gift of Grief: Finding Peace, Transformation and Renewed Life After Great Sorrow. Gewitz, M. D. (2008).
- Why People Die by Suicide. Joiner, T. (2007).
- When it is Darkest: Why People Die By Suicide and What We Can Do to Prevent It. O'Connor, R. (2021).
- Do They Have Bad Days in Heaven? Surviving Suicide Loss of a Sibling. Linn-Gust, M. (2001)
- Silent Grief: Living in the Wake of Suicide. Lukas, C. & Seiden, H.M. (2007).
- Coping with Teen Suicide. Murphy, J. M. (1999).
- Touched by Suicide: Hope and Healing After Loss. Myers, M. F. & Fine, C. (2006).
- Seven Choices: Finding Daylight After Loss Shatters Your World. Neeld, E. H. (2003).

We are here for you. You are not alone.

Here4Hope

Support After Suicide Team
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- Night Falls Fast: Understanding Suicide. Redfield Jamison, K. (2000).
- But I Didn't Say Goodbye: Helping Families After a Suicide. Rubel, B. (2020).
- Goodbye Jeanine: A Mother's Faith Journey After Her Daughter's Death. Sackett, J. (2005).
- The Suicidal Mind. Schneidman, E. S. (1996).
- When There are No Words: Finding Your Way to Cope with Loss and Grief. Walton, C. (2003).
- A Special Scar: The Experiences of People Bereaved by Suicide. Wertheimer, A. (2001).
- Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death. Wolfelt, A. D. (2002).
- The Journey Through Grief: Reflections on Healing. Wolfelt, A. D. (2003).
- Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart. Wolfelt, A. D. (2009).
- Finding Meaning: The Sixth Stage of Grief . Kessler, D. (2019)

WEBSITES

[Here 4 Hope](#)

[Canadian Association for Suicide Prevention / Association canadienne pour la prévention du suicide - Home suicide_loss_toolkit_eng.pdf \(mentalhealthcommission.ca\)](#)

[Survivors of Suicide Loss - The LifeLine Canada Foundation](#)

[Waterloo Region Suicide Prevention Council | Home \(wrspsc.ca\)](#)