

Additional Resources:

- **Center for Loss, Alan Wolfelt**

Founded by Alan Wolfelt in 1984 to offer education and support both to griever and bereavement caregivers. Focus is on compassionate messages of hope and healing as well as his companioning philosophy of grief care.

<https://www.centerforloss.com/>

- **Irish Childhood Bereavement Network (ICBN)**

A hub that provides information on bereaved children and young people, and their families. It provides information, guidance and support to enable children and young people, including those with additional needs, to manage the impact of death and loss in their lives.

www.childhoodbereavement.ie

- **The Dougy Centre U.S.A.**

A national centre which offers helpful guidance and resources to grieving families, with tips for supporting children, teens, and yourself. There is also their podcast ***Grief out Loud*** featuring a mix of personal stories from bereaved people and interviews with bereavement professionals.

www.dougy.org/grief-resources

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Other Useful Websites

- www.anamcara.ie
- www.shapesofgrief.com
- www.barnardos.ie
- www.bereaveddads.ie
- www.cruse.org.uk
- www.ataloss.org/resources
- www.dyingmatters.org

For children and young people:

- www.childbereavementuk.org
- www.winstonswish.org.uk
- www.childrenandyouthgriefnetwork.org
- www.cbn.org.uk
- www.griefencounter.org.uk

Support from St. Francis Hospice Dublin

St Francis Hospice Dublin provides a range of bereavement supports. These include:

Service of Remembrance

Bereavement Information Evening

Tree of Life Ceremony

Bereavement Support & Counselling

You can find more information on our website www.sfh.ie. If you would like to attend any of our services, or to talk about how you are coping, please contact the Social Work department at 01 8327535 (Raheny), 01 8294000 (Blanchardstown) or bereavement@sfh.ie

St. Francis Hospice Raheny & Blanchardstown Social Work & Bereavement Services

Station Road, Raheny, Dublin 5, D05 E392
01 8327535 (Raheny), 01 8294000 (Blanchardstown)
Email: bereavement@sfh.ie

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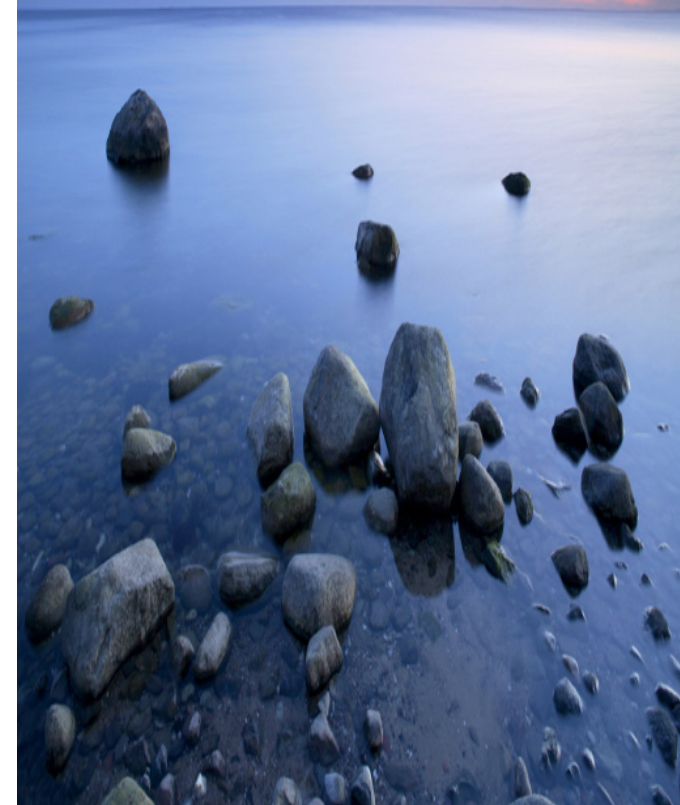
TÚSLA

An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency



Bereavement Resources Information

Information for Families



Grieving

Grieving is a normal process of adjustment following the death of someone important in your life. Grief is sometimes described as a journey of change, with most people going in and out of grief as they adjust to life again. This may include learning new skills, or taking on new tasks such as managing finances or cooking. Grieving can bring up many different and difficult emotions. It can be tiring and challenging.

Everyone benefits from information about what to expect in grief and the many different ways it can show up in our world. Some people like to read about different aspects of grief, or hear about how other people may have coped with their grief. You can listen to a talk about grief on our website www.sfh.ie in the bereavement section. The resources below are an example of some of the places you may find other information. We do not endorse any of the sites, but rather invite you to consider what type of information you may find helpful.

Books for Adults

- **Tell Me the Truth about Loss**
by Niamh Fitzpatrick (2020)
- **Finding Joy** *by Gary Andrews (2020)*
- **Grief Works: Stories of Life, Death and Surviving** *by Julia Samuel (2018)*
- **The Widower's Notebook: a memoir**
by Jonathan Santlofer (2018)
- **It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand**
by Megan Devine (2017)
- **Grief is the thing with feathers**
by Max Porter (2016)
- **The Five Ways We Grieve: Finding Personal Path to Healing after the Loss of a Loved One**
by Susan Berger (2009)
- **The Blue Skies of Autumn**
by Elizabeth Turner (2009)
- **Understanding Your Grief**
by Alan Wolfelt (2004)

Books for Children

- **Finding Your Way Through Grief: A Guide for Teenagers and Young Adults**
by the Social Work Team, St Francis Hospice (2021). Order free on www.sfh.ie/shop
- **A Shelter for Sadness'**
by Anne Booth & David Litchfield (2021)
- **The Elephant in the Room**
by Amanda Edwards & Leslie Ponciano (2014)
- **Always and Forever**
by Debbie Gliori & Alan Durant (2003)
- **'I Miss You' - A First Look at Death**
by Pat Thomas (2000)
- **The Invisible String** *by Patrice Karst (2000)*
- **Heaven** *by Nicholas Allan (1996)*
- **Badgers Parting Gifts** *by Susan Varley (1984)*

Podcasts

- **Shapes of Grief**
Conversations with people about their experience of loss and grief in their lives hosted by Liz Gleeson, an Irish grief therapist.
<https://podtail.com/en/podcast/shapes-of-grief/>
- **Death Become Him**
Conversations with people experiencing different types of loss hosted by Brian Dowling Gourounlian.
<https://podtail.com/en/podcast/death-becomes-him/>
- **Life After Loss**
RTE reporter Brian O'Connell lost one of his closest friends to suicide. This deeply personal and moving programme examines the impact of that loss, and looks at how grief can be an overpowering yet necessary emotion, especially at Christmas time.
<https://www.rte.ie/radio1/life-after-loss/>
- **Grief Encounters**
A weekly Irish podcast series that looks at different aspects of grief. Hosts Venetia Quick and Sasha Hamrogue hope to open up the conversation around death and loss, and all that comes with it and create a modern platform for people to share their own experiences.
<https://podtail.com/en/podcast/grief-encounters/>
- **Grief Works**
Hosted by Julia Samuel, grief psycho-therapist with over twenty five years' experience of working with the bereaved. Julia shares stories from those who have experienced great love & loss and survived.
<https://play.acast.com/s/griefworks>
- **Terrible, thanks for asking**
Author Nora McInerney focuses on helping people open up and get comfortable being honest about how they are doing.
<https://www.ttfa.org/>
- **Griefcast podcast**
- **Grief matters podcast**
- **What's your grief podcast**
- **@griefireland on instagram**