

Suggested readings on grief

To help you better understand your grieving process, here are some suggested books, articles, and web resources.

BOOKS

Bowlby, J. (1998). *Loss: sadness and depression* (Vol. 3.) Pimlico Books.

This book, by psychiatrist John Bowlby, is devoted to the concept of loss. It describes the reactions of children and teenagers to the loss of a parent and compares them to the reactions of adults to the loss of a spouse or child. Special attention is given to complicated grief.

Klein, D. H. (1998). *Saying Good-Bye: You and your aging parents.* Browntrout Publishers.

Drawing on his experience of supporting bereaved people and supervising students, David Klein, clinical psychologist and doctor of medical sciences, offers thoughts and guidelines on supporting bereavement and distress situations. This book is intended for healthcare professionals as well as grieving individuals and families.

Laan, C. (2022). *The art of grieving: gentle self-care practices to heal a broken heart.* Rockpool.

This «book is (...) filled with practical self-care practices and rituals (...). Each practice (...) has been carefully chosen to shine light on areas that are likely to arise as the grieving and healing journey unfolds, and have been organized to make it easy for the reader to choose a path they feel drawn to at any particular moment». (Biblio santé, 2023).

Rando, T. A. (1991). *How To Go On Living When Someone You Love Dies.* Bantam books.

« Mourning the death of a loved one is a process all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings.

There is no right or wrong way to grieve; each person's response to loss will be different. In this guide, Therese A. Rando [clinical psychologist] leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself. » (Amazon, 2025)

Willis, C.B., and Crawford Samuelson, M. (2022). *Opening to grief: finding your way from loss to peace.* Dharma spring.

« With the demeanor and tone of a loving friend, the authors offer an invitation to grieve fully, to turn toward your emotions and experiences however they arise, and to follow your own path toward healing. The book explores the deep truth that grief and love are richly intertwined. Because we love, we grieve. And when we fully feel our sorrow, we open to loving ourselves and other beings more deeply. » (Biblio santé, 2023)

ARTICLES

Crawley, S., Sampson, E., Moore, K.J., Kupeli, N., West, E. (2023). Grief in family carers of people living with dementia: a systematic review. *International psychogeriatrics*, 35(9), 477-508.
<https://doi.org/10.1017/S1041610221002787>

WEB DOCUMENTS

General

Canadian mental health association – Grieving

Website <https://cmha.ca/brochure/grieving/>

« Loss is one of life's most stressful events. It takes time to heal, and everyone responds differently. We may need help to cope with the changes in our lives. Grief is part of being human, but that doesn't mean we have to go through the journey alone. » (CMHA, 2016)

Canadian Virtual Hospice – KidsGrief.ca

Website <https://kidsgrief.ca/>

This website provides tools to help parents or other care partners who are accompanying children through the bereavement of a loved one. It also lists programs and resources for bereaved children in every province of Canada.

Canadian virtual hospice – MyGrief.ca

Website www.mygrief.ca

The site has many sections on various aspects of grief.
« This is an online resource to help people move through their grief. It can help you understand your grief and approach some of the most difficult questions that may arise. It was developed by people who have experienced the death of someone important to them and grief specialists. » (MyGrief.ca, 2021)

McGill University Center – Grieving

Website https://muhcpatienteducation.ca/DATA/GUIDE/437_en~v~grieving.pdf

Sherry, W., and Tremblay, B. (2018). Grieving – A guide for your family and your friends. McGill University Health Center, Patient education office.

Good Grief Central

Website www.goodgriefcentral.com/grief-support-groups

This non-for-profit organization located in Québec offers workshops and age specific support groups for children, teens, parents or guardians. Your participation will give you the opportunity to have information, educational tools and structured activities.

Grief Therapists in Quebec

Website <https://www.psychologytoday.com/ca/therapists/quebec?category=grief>

List of specialized grief support resources in Quebec, if needed.

Suicide grief - Canadian association for suicide prevention

Website <https://suicideprevention.ca/support-for-people-living-with-loss/>

This website offers support for people living with suicide loss and helpful information (e.g. reactions, coping strategies, resources).

Healthlink BC - Grief and grieving

Website <https://www.healthlinkbc.ca/healthwise/grief-and-grieving>

The website provides an overview of grief with links to many other information pages (e.g. coping with grief, handling difficult feelings, helping children, teens and older adults with grief, etc.)

Helpguide – Grief and loss

Website <https://www.helpguide.org/mental-health/grief/coping-with-grief-and-loss>

This resource, developed in collaboration with Harvard Health Publishing, provides information on different grief topics, including the grieving process, how to deal with it and find support.

Their emotional intelligence toolkit offers you a step-by-step approach for managing stress and emotions, improving your relationships and bringing more balance in your life:

<https://www.helpguide.org/mental-health/wellbeing/emotional-intelligence-toolkit>

Legal and funeral aspects

Chambre des notaires du Québec

Website <https://www.cnq.org/en/>

The Chambre des notaires provides basic legal information (e.g. wills, inheritance, etc.).

Éducaloi

Website

<https://educaloi.qc.ca/en/>

Wills and estates

<https://educaloi.qc.ca/en/categories/wills-and-estates/>

In this section of the website, you will find information sheets on:
« Planning ahead » and « Managing someone's final affairs ».

Gouvernement du Québec

Website

<https://www.quebec.ca/en/family-and-support-for-individuals/death/what-to-do-in-the-event-of-death>

What to do in the event of death? This website explains the steps to take after a person's death.

Video

Warburton, G. (2012). *The adventure of grief* [video]. TED Conference. <https://www.youtube.com/watch?v=juET61B1P98>

« Psychologist, writer and innovator, Geoff Warburton has spent the last 25 years studying love and loss. [He] challenges conventional apathy about grief and loss by offering an approach that evokes curiosity, openness and compassion. His approach [still relevant today] synthesizes Eastern wisdom traditions, in-depth psychology and common sense. » (YouTube, 2012)