Grief and Bereavement
Patient Education Resource Center (PERC)
Information Guide

Loss


The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at: [http://www.cancer.med.umich.edu/learn/percpathways.htm](http://www.cancer.med.umich.edu/learn/percpathways.htm)


### Child Loss


• Bernstein, Judith R. **When the Bough Breaks: Forever after the Death of a Son or Daughter.** Kansas City, MO: Andrews and McMeel, 1997.


• McCracken, Anne; Semel, Mary. **Broken Heart Still Beats: After Your Child Dies.** Center City, MN: Hazelden, 1998.


### Loss of an Adult Child

• Gaber, Ron R. **Death of Adult Children through the Eyes of Grieving Parents.** Kirksville, MO: Kirksville College of Osteopathic Medicine, 1999.

Parent Loss


Sibling Loss


Spouse Loss


**Young Spouse Loss**


• Young, Gary; Young, Kathy. **Loss and Found: How We Survived the Loss of a Young Spouse.** Ashcroft B.C.: Calabash Press, 2002.

**Audiovisual Resources**

• Shining Light Productions. **Gifts of Grief.** 2005 (52 minutes) This documentary explores how a unique group of people embrace their pain; learn to live with their loss and how to engage in life with more compassion, courage and awareness. To order go to: [www.giftsofgrief.com](http://www.giftsofgrief.com)

**Web Resources**

• **Griefnet** [www.griefnet.org](http://www.griefnet.org) An Internet community of people working through loss and grief issues of many kinds. It includes 47 e-mail support groups, memorials and resources for specific circumstances of loss.

• **Grief Zone** [www.americanhospice.org/griefzone/](http://www.americanhospice.org/griefzone/) Provided by the American Hospice Foundation this site has information about caregiving at the end of life and an extensive section on grief that focuses on the newly bereaved.

• **Compassionate Friends** [www.compassionatefriends.org](http://www.compassionatefriends.org) This national organization assists families grieving the loss of a child on any age.
• Journey of Hearts  www.journeyofhearts.org
A Healing Place with resources and support to help those in the grief process following a loss or a significant life change.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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