

Grief Resources

A curated list by Ohio Family Care Association of books, websites, podcasts, and activities to support caregivers, children, and youth navigating grief and the child welfare system.

Resources

- [The Body Keeps the Score](#) — Bessel van der Kolk — Explores how trauma reshapes both the body and brain, and how innovative therapies offer healing.
- [What Happened to You?](#) — Dr. Bruce Perry & Oprah Winfrey — A conversation on trauma, resilience, and healing, shifting the focus from 'What's wrong with you?' to 'What happened to you?'.
- [Fostering Resilient Learners](#) — Kristin Souers & Pete Hall — Guidance for educators to create trauma-sensitive learning environments.
- [Ambiguous Loss: Learning to Live with Unresolved Grief](#) — Pauline Boss
- [Ambiguous Loss](#) — Treatment Advocacy Center
- Webinar: [Addressing Grief and Loss in Your Support of Adoptive, Foster, and Kinship Families](#) — AdoptUSKids
- [Coping with Bereavement and Grief](#) — SAMHSA
- [National Child Traumatic Stress Network \(NCTSN\)](#)
- [Doug Center](#)
- Podcast: [Building Parenting Skills to Address Trauma, Grief and Mental Health](#): Child Welfare Information Gateway
- [Understanding Grief for Helping Professionals](#) — Cigna
- [Grief](#) — Cleveland Clinic
- [Anticipatory Grief: Symptoms and How to Cope](#) — Cleveland Clinic
- [Unnamed Pain: Coping with Ambiguous Loss](#) — Mayo Clinic Health System

Resources for Kids

- [Maybe Days](#) — Jennifer Wilgocki — Helps children in foster care understand their uncertain circumstances.
- [A Terrible Thing Happened](#) — Margaret M. Holmes — Addresses children's responses to trauma in an accessible, age-appropriate way. [Video of book being read.](#)

- [My Family, Your Family](#) — Lisa Bullard — Celebrates family diversity and belonging with simple language and illustrations. [Video of book being read.](#)

Resources for Teens

- [Three Little Words](#) — Ashley Rhodes-Courter — The author's story of growing up in foster care and finding her voice.
- [Far From the Tree](#) — Robin Benway (add link here) — A novel about siblings separated by adoption and foster care, and their journey of reconnection.
- [Grief Resources for Youth in Foster Care](#) — Dougy Center

Activities for Trauma-Informed Learning

- Feelings Wheel — A printable tool to help children identify and name emotions.
- Safe Place Drawing — An art activity encouraging kids to draw a safe, comforting space.
- Journaling Prompts — Guided writing prompts to process big emotions.
- Calm-Down Jars — Glitter jars to help children self-regulate through visual calming.
- Emotion Bingo — A playful game to recognize and discuss emotions.