



Grief Support Resource Guide for Children, Teens, and Families

This guide provides grief-related resources for children of all ages and abilities, their caregivers, educators, and professionals. The materials include toolkits, activities, expert conversations, and links to national and local organizations.

For additional information or resources, to suggest resources, or if a resource is no longer available (broken link, etc.) please reach out to Michelle Halm at

hello@griefconnectionspace.com

1. Children of All Abilities

- **Toolkit: Supporting Children of All Abilities Who Are Grieving**
[View Toolkit](#)
 - **Activities**
[View Activities](#)
 - **Video Conversation with Jennifer Wiles**
[Watch Video](#)
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2. Preschool-Aged Children

- **Supporting Preschoolers Who Are Grieving**
[View Resource](#)
 - **What to Expect at Different Ages (up to 8)**
[View Guide](#)
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3. Sesame Street Resources

- **Grief Support Resources**
[Sesame Street Grief Resources](#)
 - **Calming Strategies**
[View Calming Strategies](#)
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4. Talking to Children About Death

- [10 Comprehensive Tips \(What's Your Grief\)](#)
 - [Tips for Talking with Children \(Dougy Center Podcast\)](#)
 - [Talking About Death and Dying \(Adobe PDF\)](#)
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5. Tips for Supporting Grieving Children and Teens

- [General Tips \(Dougy Center\)](#)
 - [Helping Children & Teens Cope with Fear After a Death](#)
 - [Supporting Teens After the Death of a Close Friend](#)
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6. Posters & Visual Tools

- [Poster for Teens](#)
 - [Supporting a Friend Who Is Grieving \(2 posters\)](#)
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7. Grief After Specific Causes of Death

Death by Suicide

- [Support Guide 1](#) and [Support Guide 2](#)
- [Resources from Missing Pieces](#)

Substance-Use Related Death

- [Supporting Children Through Substance-Related Loss](#)
- [Resources from Missing Pieces](#)

Death by Homicide/Violent Death

- [Supporting Children & Teens After A Murder or Violent Death](#)
- [How to Help Children and Teens Grieving A Violent Death](#)
- [Resources from Missing Pieces](#)

8. Activities for Processing Grief

- [10 for 10: Activities for When Emotions Run High](#)
 - [Activities for Children of All Abilities \(Duplicate of Section 1\)](#)
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9. Grief Support in Schools

- [Rights of a Grieving Student](#)
 - [Individual Student Bereavement Support Plan \(ISBSP\)](#)
 - [Resource Guide for School Administrators](#)
 - [Caregiver Guide for School Settings](#)
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10. Funerals & Memorials

- [Creating Space for Children in a Funeral Home](#)
 - [Planning a Funeral When a Child Dies](#)
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11. National Organizations & Online Resources

- [National Alliance for Children's Grief \(NACG\)](#)
 - [New York Life Foundation Bereavement Resources](#)
 - [What's Your Grief](#)
 - [Douggy Center](#)
 - [Judi's House/JAG Institute \(CBEM Tool\)](#)
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12. Chicagoland Area Grief Support

- [Grief Connection Space](#)
- [Grief Care Network](#)
- [Buddy's Place – Pillars Community Health](#)
- [GriefShare \(St. John's Lutheran\)](#)
- [Bereaved Parents of the USA \(First Congregational Church\)](#)
- [Fox Valley Hands of Hope \(Geneva\)](#)
- [Willow House \(Bannockburn\)](#)
- [Lightways Hospice and Serious Illness Grief Support \(Joliet\)](#)
- [Chicago Survivors](#)
- [Sheilah A. Doyle Foundation](#)
- [Missing Pieces](#)

13. Grief Support Camps

- [**Grief Camps and Additional Programming**](#)

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Resources commonly found on our table at outreach events:

New York Life Foundation

▪ New York Life Foundation's Kai's Journey Series

- <https://www.newyorklife.com/foundation/kais-journey>
- The Golden Sweater
 - Ebook - https://www.newyorklife.com/assets/foundation/docs/pdfs/TheGoldenSweater_Ebook.pdf
- The Girl with the Locket
 - Ebook - https://www.newyorklife.com/assets/foundation/docs/pdfs/TheGirlWithTheLocket_Ebook.pdf
- The Fishless Lake
 - E-book - https://www.newyorklife.com/assets/foundation/docs/pdfs/TheFishlessLake_Ebook.pdf
- Lost In the Middle (Graphic Novel) - <https://www.newyorklife.com/foundation/kais-journey/lost-in-the-middle>

▪ New York Life Foundation's Booklet - After a Loved One Dies

- English - <https://www.newyorklife.com/assets/foundation/docs/pdfs/Be-reavement-bklet-English.pdf>
- Spanish - <https://www.newyorklife.com/assets/foundation/docs/pdfs/Be-reavement-bklet-Spanish.pdf>

▪ Supporting Your Child

- English - <https://www.newyorklife.com/assets/foundation/docs/pdfs/supporting-your-child.pdf>
- Spanish - <https://www.newyorklife.com/assets/foundation/docs/pdfs/supporting-your-child-spanish.pdf>



- Additional resources from the New York Life Foundation for families - <https://www.newyorklife.com/foundation/bereavement-support/families>
- Resources for Schools - <https://www.newyorklife.com/foundation/bereavement-support/schools>
- Supporting Our Students <https://www.newyorklife.com/assets/foundation/docs/pdfs/supporting-our-students.pdf>
- What to Say, What Not to Say
 - English - <https://bereavement.newyorklifestore.com/index.php/store/viewItem/49062>
 - Spanish - <https://bereavement.newyorklifestore.com/index.php/store/viewItem/49063>

National Alliance for Grieving Children

- When Someone Dies – Family Activity Book
 - English - <https://www.newyorklife.com/assets/foundation/docs/pdfs/supporting-our-students.pdf>
 - Spanish - <https://nacg.org/product/cuando-alguien-muere-un-libro-de-actividades-para-la-familia/>
 - Updated version (2025) - <https://nacg.org/product/when-someone-dies-a-child-caregiver-activity-book/>
 - Amazon - <https://a.co/d/0rie05W>
- When Someone Dies
 - Spanish (Amazon) - <https://a.co/d/a2OY9QH>
 - Activity Cards (Amazon) –
 - English - <https://a.co/d/b21ggpq>
 - Spanish - <https://a.co/d/0jj5Nzj>
- Teen Grief Journal (Amazon) –
 - English - <https://a.co/d/7BtPnQ8>
 - Spanish - <https://a.co/d/1faHJqO>