

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.calibrary](http://bccancer.bc.calibrary) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books for Children

Title	Library Call Number
<b>Badger's parting gifts</b>	BF575 C5 V315 1984
<b>Big D : explaining death and dying to young children</b>	BF575 C5 K29 2016
<b>Dancing with the cranes</b>	BF575 C5 A735 2013
<b>Fall of Freddie the leaf</b>	BF575 C5 B977 1982
<b>Gentle willow</b>	BF575 C5 M657 1993
<b>Giving tree</b>	BF575 G44 S587 1964
<b>Nana upstairs and nana downstairs</b>	BF575 C5 D419 1997
<b>Our dad died</b>	BF575 C5 D411 2003
<b>Samantha Jane's missing smile</b>	BF575 C5 K17 2007
<b>Something very sad happened : a toddler's guide to understanding death</b>	BF575 C5 Z94 2016
<b>Tear soup : a recipe for healing after loss</b>	BF575 C5 S415 2008
<b>When dinosaurs die</b>	BF575 C5 B878w 1996
<b>Why do I feel so sad : a grief book for children</b>	B575 C5 G7 L222 2020
<b>You'll find me</b>	BF575 C5 G7 R262 2020

### Books for Teens

Title	Library Call Number
<b>Grief recovery for teens : letting go of painful emotions with body-based practices</b>	BF575 G7 P829 2017
<b>Healing your grieving heart for teens</b>	BF575 W856h 2001

<b>I will remember you : what to do when someone you love dies</b>	BF575 D746 2001
<b>When will I stop hurting? : teens, loss, and grief</b>	BF575 G7 M996 2004

## Books for Parents and Other Adults

<b>Title</b>	<b>Library Call Number</b>
<b>Child's view of grief : a guide for parents, teachers, and counselors</b>	BF575 W856 2004
<b>Finding the words : how to talk with children and teens about death, suicide, funerals, homicide, cremation and other end-of-life matters</b>	BF575 G7 W855 2013
<b>Healing a child's grieving heart</b>	BF575 W854h 2001
<b>Healing children's grief : surviving a parent's death from cancer</b>	BF575 C554 2000
<b>When someone dies : supporting a child's grief</b>	BF575 G848 2004
<b>Why did you die? : activities to help children cope with grief &amp; loss</b>	BF575 G7 L487 2008

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about helping children understand death and cope with grief. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**American Cancer Society:** [cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer.html](http://cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer.html)

Topics include: dealing with recurrence or progressive illness; dealing with a parent's terminal illness; when a child has lost a parent.

**KidsGrief.ca:** [kidsgrief.ca](http://kidsgrief.ca)

**KidsHealth:** [kidshealth.org/en/parents/death.html](http://kidshealth.org/en/parents/death.html)

**Teens and Death:** [teensanddeath.com](http://teensanddeath.com)

**Widowed Parent:** [widowedparent.org](http://widowedparent.org)

## Support Programs

This is a list of support programs offered at community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

[bccancer.bc.ca/supportprograms](http://bccancer.bc.ca/supportprograms)

**BC Cancer Patient & Family Counselling:** [bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

## BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### Abbotsford

604.851.4710 x 646825  
1.877.547.3777 (toll free)

### Surrey

604.930.2098 x 654576  
1.800.523.2885 (toll free)

### Kelowna

250.712.3900 x 686821  
1.888.563.7773 (toll free)

### Vancouver

604.675.8001  
1.888.675.8001 x 8001

### Prince George

1.888.675.8001 x 8001 (toll free)

### Victoria

250.519.5517  
1.800.670.3322 (toll free)