

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

COPING WITH GRIEF

Losing a loved one to cancer can be a painful and complicated journey. This Pathfinder provides resources that may help you work through the grieving process, cope with your loss and begin on the road to healing your self.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

Catching your breath in grief (Book)	BF575 G7 A885 2012
Don't take my grief away from me (Book)	BF575 M283 2003
Giving a voice to sorrow (Book)	BF575 G7 Z48 2001
Graceful endings (Book)	BF575 G7 K11 2012
Healing a friend's grieving heart (Book)	BF575 W855h 2001
Healing a spouse's grieving heart (Book)	BF575 W857 2003
Healing the adult child's grieving heart (Book)	BF575 W853h 2002

Indigenous voices : stories of serious illness and grief (DVD)	FB575 C212 2016
It's ok that you're not ok (Book)	BF575 G7 D495 2017
Life goes on: losing, letting go and living again (Book)	BF789 B763 2002
Men & grief (Book)	BF575 S798 1991
Mourner's dancer (Book)	BF575 G7 A824 2009
On grief and grieving (Book)	BF575 G7 K82 2005
Safe passage (Book)	BF575 F978 1992
Saying goodbye to someone you love (Book)	BF575 G7 D773 2010
Also available online at http://www.r2library.com/Resource/Title/1932603859 . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.	
Swallowed by a snake (Book)	BF575 G619s 2000
Understanding your grief (Book)	BF575 W853u 2003

AUDIO CDs

This list provides the names of just a few of the many CDs that are available at BC Cancer centre libraries.

Living with grief: after sudden loss	BF575 L785d 2004
Working through your grief	BF575 W926d 2004

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

Coping with loss and grief (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Emotional Support→Helpful Handouts→Loss and Grief.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Grief Websites.

BC Cancer

www.bccancer.bc.ca/emotional-support

Click on Loss and Grief.

American Cancer Society

www.cancer.org

Click on Treatment & Support→Nearing the End of Life→Coping with the Loss of a Loved One.

This website provides information about the grieving process and offers tips to help cope with a loss.

MedlinePlus

www.nlm.nih.gov/medlineplus

Click on Health Topics→Bereavement.

Provides links to information about coping with grief.

MyGrief.ca

www.mygrief.ca

MyGrief.ca can help you understand grief and work through some of the difficult issues you may be facing. There are nine sections to choose from; each includes text and video clips. You may wish to review certain specific topics only, or you may prefer to work through the entire content section by section. MyGrief.ca is free to Canadian users; a fee of \$25 USD is levied on out-of-country residents.

National Cancer Institute

www.cancer.gov

Click on About Cancer →Advanced Cancer→Advanced Cancer and Caregivers→Planning for the Caregiver→Grief, Bereavement and Coping with Loss.

Provides information and resources for coping with grief.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

BC Cancer Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

BC Bereavement Helplinewww.bcbereavementhelpline.com

Connects the public to grief support services within the province of BC and provides resources to help people cope with grief.

Call toll-free 1-877-779-2223.

Compassionate Friends of Canada<http://tcfcanada.net>

Offers support in the grief and trauma which follows the death of a child, no matter the age or cause. See website for chapters in BC.

Living Through Loss Counseling Society of BC<https://livingthroughloss.ca>

Offers fee-based grief counselling.

Lower Mainland Grief Recovery Societywww.lmgr.ca

Offers fee-based programs to people in the lower mainland.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322