The purpose of this guide is to help you find information and support on grief and bereavement. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- **Caring Connections**
  *There is No Right or Wrong Way to Grieve after a Loss.* Available online at: [http://goo.gl/sbRbXu](http://goo.gl/sbRbXu)


- **The Leukemia/Bone Marrow Transplant Program of BC.** *Helping Yourself Heal When Someone Dies*. Available online at: [http://goo.gl/DmDnnD](http://goo.gl/DmDnnD)

- **University of Michigan Comprehensive Cancer Center.** *Coping Through Transitions: A Guide for Those Who are Grieving*. Available at the PERC and online at: [http://cancer.med.umich.edu/files/bereavementbook.pdf](http://cancer.med.umich.edu/files/bereavementbook.pdf)

**Books**


• Noel, Brook & Blair, Pamela. I Wasn’t Ready to Say Goodbye: Surviving, Coping & Healing After the Sudden Death of a Loved One. Sourcebooks, 2008.


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: http://giftsofgrief.com

Web Resources

• Compassionate Friends
  http://compassionatefriends.org/home.aspx
  This national organization assists families grieving the loss of a child at any age.

• Grief Center
  http://goo.gl/WZnjax
  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.

• Griefnet
  http://griefnet.org
  An online community of people working through grief and loss issues of many kinds. Includes 47 email support groups, memorials, and resources for specific circumstances of loss.

• Hospice Net Section on Bereavement
  Includes information on frequently asked questions and the grieving process.

• Journey of Hearts
  http://journeyofhearts.org
  A healing place with resources and support to help those in the grieving process following a loss or a significant life change.

• National Cancer Institute section on Grief, Bereavement, and Coping with Loss
  http://ncancer.org/support/managing-emotions/grief-and-loss-program
  This section defines grief and bereavement and describes the different types of
grief reactions, treatments for grief, and other important issues such as coping skills and cultural responses.

**University of Michigan Resources**

- **Grief and Loss Program** at the University of Michigan Comprehensive Cancer Center  
  This site contains information about events and resources for families dealing with loss. The online booklet “Coping with Transitions” has valuable information for people who have just lost a loved one.

**Community Resources**

- **Hospice Directory**  
  [http://hospicedirectory.org](http://hospicedirectory.org)  
  Hospice programs may also offer programs for the bereaved and can be contacted for this information.