



Our Thoughts Are with You

Dear Family and Friends,

The death of a loved one can be one of the most difficult life experiences. We offer you this folder of information to help you cope with your loss. Chaplains, nurses, clinical social workers and licensed counselors developed this information as a resource to assist you now and during the difficult days ahead.

If there is anything else we can do for you at this time, please call the hospital where your loved one received care and ask for the Spiritual Care office. The numbers are listed in the back of this folder.

Our thoughts are with you.

Sincerely,

Orlando Health Team Members



Table of Contents

At the Time of Death	3
What to Do After a Loved One Dies	5
Helping You Understand the Grieving Process	6
Men and Women Grieve Differently	7
While You Are Grieving	8
Helping a Child Grieve	10
Should Children Go to Funerals	12
A Child's View of Death	13
Suggested Resources Following a Loss	16
Orlando Health Family of Facilities	21
Medical Examiners' Offices	22

At the Time of Death

We are here to walk with you in the first steps of your loss. Let the chaplain know if there are any rituals that you wish to have administered at the time of death, such as an anointing, prayer, cleansing and/or preparation of the deceased.

Chaplains are on-call or on-duty 24 hours a day, seven days a week to assist you with any immediate religious or spiritual needs. Usually, a hospital chaplain is contacted at the time of death. If a chaplain is not present, inform a staff member that you would like to speak with a chaplain. Licensed counselors are also available at most sites. Ask a nurse or physician if you wish to consult a counselor or a chaplain.

Will there be an autopsy?

When someone dies at a hospital, the medical examiner may be called and then it is determined if an autopsy needs to be done. If the medical examiner decides that an autopsy needs to be performed, your loved one will be brought to the appropriate medical examiner's office.

The medical examiner will contact you when your loved one is ready to be released to the funeral home of your choice. Phone numbers for the offices are found on page 22.

If the medical examiner decides that no autopsy is to be done, you may proceed in making arrangements for your loved one to be released from the hospital.

**Chaplains are on-call or on-duty
24 hours a day, seven days a week.**





What about funeral arrangements?

If pre-arrangements have been made, contact the funeral home/crematory and let them know that your loved one died at the hospital. They will need to know the name of the hospital.

Inform the hospital staff of your funeral home choice, and they will call the funeral home when your loved one is prepared for release. If no arrangements have been made, ask the chaplain or another staff member how to contact funeral homes in your area.

If you have a clergy person, or a faith community, they can help you in selecting a funeral home and making arrangements. You may want to go home and discuss arrangements with your family. You must then call the hospital within 24 hours to advise us of your arrangements.

If you will be using a funeral home out of the area, that funeral home will make the local arrangements.

You can ask the chaplain how to contact funeral homes in your area.

What do I do if I have a family member on active duty in the armed services and need assistance with emergency leave for the funeral?

Contact the Red Cross at **(877) 272-7337**.

You will need the following information:

- Full name of soldier
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number or date of birth
- Military address
- Information about the deployed unit and home base unit (for deployed service members only)

Is there anything else I need to do at the hospital before I leave?

The only information that the hospital needs to know is the name of the funeral home and how to reach you in the next 24 hours. Please be sure the nurse or chaplain has your name, address and phone number. All other arrangements will be made by the funeral home.

What to Do After a Loved One Dies

What does the funeral home do for me?

- Arranges for services and burial or cremation
- Places the obituary in the newspaper
- Provides you with information to assist you with legal and financial needs
- Orders death certificates

Who should I contact?

After you contact your family and friends, you will need to contact agencies, banks and other institutions to inform them of your loss. They will tell you the documentation that you need and advise you on next steps.

If your loved one was a veteran:

Contact **(800) 827-1000** for benefit information.

If your loved one was collecting Social Security:

Contact **(800) 772-1213**. You will have to return any checks received after your loved one died. The Social Security Administration may provide a one-time death benefit to a surviving spouse.

Who else should be contacted?

- Life insurance companies
- Credit cards
- Department of Motor Vehicles
- Banks
- Pension fund
- Utility companies
- Mortgage company
- Car loans
- Deceased's employer
- Current employer



Helping You Understand the Grieving Process

You will feel many emotions while you are grieving. There is no specific pattern or order of feelings that individuals may move through when experiencing grief. Some of the feelings you may have as part of the grieving process are:

Shock and Disbelief

You may feel numb and out of touch with what is happening and may not be able to fully understand what is said to you. You may also have difficulty concentrating, making decisions and remembering things. Shock and disbelief are natural ways of softening the impact of the loss until your mind and body are ready to cope with the reality of what has happened. When reality begins to set in, the numb and unreal feelings will lessen.

Guilt and Anger

One of your first thoughts may be, "What did I do to cause this?" or "If I had taken better care of him/her, this wouldn't have happened." Guilt is a normal feeling experienced by those suffering a loss. However, when guilt persists over a long period of time, it prevents you from moving through the grief process. You may be surprised by the intensity of the anger you feel. Some of your thoughts may be, "It's not fair ... why me?" or "I've always been a good person." Anger is experienced in a variety of ways. You may feel irritable, easily annoyed or angry with God, a family member, the doctor or the world in general. These intense feelings are very natural. You have suffered a significant loss. It is okay to be angry.

Realization of Loss

Slowly, you will find yourself beginning to feel the reality of the death. On a day-to-day basis, you may feel that the pain is never going to get better. Be patient with yourself as the grieving process may take a very long time. Some days you may feel that you have "gone backward." One day you will look back and realize that you do not hurt as badly as you once did. Eventually, you may begin to find some meaning in what has happened to you. You will notice that your energy level is returning and you are functioning in many ways as you did before your loss. This does not mean that you will forget or that the pain will never return.

Be patient with yourself – the grieving process may take a long time.



Men and Women Grieve Differently

Because our upbringing and traditional male and female roles affect us all, men and women often grieve differently.

Men are often taught to:

- Be strong ... men do not cry.
- Protect ... men are responsible for the care of their families.
- Be self-sufficient ... men do not need anyone to lean on; they are the ones to be leaned on.

Women are often taught to:

- Be emotional ... women are expected to cry.
- Verbalize ... women talk about their feelings.
- Be caregivers ... women are considered to be nurturing.

Here are some suggestions that both men and women have found helpful:

- Share feelings and concerns regularly.
- Be honest and do not try to hide your feelings.
- Be accepting of how others grieve differently.
- Remember whatever you feel is okay.

With the death of a loved one, perhaps for the first time, those left behind recognize that the deceased may have had many roles in the family (best friend, confidant, financial contributor, etc.). Those who acknowledge the significance of their loss and seek support may reduce the risks and additional stress associated with prolonged grieving.

There is no specific pattern or order of feelings when experiencing grief.



While You Are Grieving

It is important to remember that each person grieves in his or her own way. Be gentle with yourself and with others who are grieving. Your feelings are special and deserve the care you can give them. We offer the following suggestions as guidelines to help you in the days, weeks and months ahead.

Take It Slowly. Your grief may take longer than you or others think. Grieving will take more energy than you expect. Your grief will show up in all areas of your life: emotional, social, physical and spiritual. You will have trouble thinking, remembering and making decisions during this time. Sudden waves of grief that come without warning are not uncommon, nor are certain physical reactions, such as difficulty sleeping, loss of appetite, aches and pains, and so forth. When grief feels overwhelming you may feel tempted to use alcohol, sleeping medications, prescription drugs or to spend extra time at work to ease the stress you are feeling. However, these may prolong your grieving. Keeping all of this in mind, take it slowly and do not be too hard on yourself as you recover.

Share Your Feelings. Allow yourself to feel what you feel. It is better to experience the pain than avoid it. It is okay to cry and express your feelings. Find your own way to express your feelings (by journaling, exercising, listening to music, or talking with a friend, spiritual leader or counselor). You may feel like you are going crazy. Many people in grief experience this, for the feelings are very intense. If the feelings lead to dangerous thoughts, such as suicide or dangerous actions or inactions, seek professional help immediately. The grieving process is difficult, but you can make it through.

Communicate. Open communication is very important. Share your thoughts and feelings with your family and friends. This can be a way to release bottled-up emotions. Some responses of family and friends may surprise you. Even those closest to you may feel uncomfortable talking about your loss. They will wait for signals from you that they can talk to you about the loss. Their attempts to be helpful may sometimes be awkward, but understand, that in most cases, they are doing their best to care for you.

Get Help From Others. Acknowledge to yourself and family when you need help. Allow family and friends to share in your grief and, let them offer their support as this can lessen your pain and loneliness. In addition, it will provide the opportunity for them to express their care and concern for you. It may be helpful to let others know specifically what they can do for you.

Rest. Remember, grief takes a great deal of energy. Take time each day to let your body rest, even if you are unable to sleep.

Try To Eat Healthy. Grief may disrupt your normal eating habits. You may feel like eating less or eating more than usual. Try to eat a balanced diet and drink plenty of liquids.

Read. Reading books, articles and poems may provide understanding and comfort. See the list of recommended reading materials and websites found at the end of this booklet.

Write. Writing can be an excellent way to express your feelings. Keep a diary or journal of your thoughts and feelings. You may want to write letters, notes or poems about the person who died.

Be Careful With Big Decisions and Changes. Although it is good to make some plans for the future and have something to look forward to, it is better to postpone decisions about major changes in your life until you are further along in the grieving process.

Find Support Groups. People who have had a similar experience can provide support, help, encouragement and hope.

Seek Counseling. If strong feelings persist over a long period of time or if you feel that you are not moving through your grieving process, professional counselors are available to assist you. Contact your insurance provider for a list of counselors covered under your plan. You can also dial the "Help Line" at 211 for community mental health resources. If you have a religious leader, they may be of assistance or able to provide you with a referral.

Seek Faith Support. If faith is meaningful to you, request help and support from your clergy person. Be honest about the questions you have. You may want to ask others to pray for and/or with you. This can be a critical time for your faith, so do not worry that you are necessarily losing your faith.

Anniversary Grief May Affect You.

Even if you have been feeling better, grief may be experienced more intensely at a favorite holiday, birthday or the anniversary of the death. This is a very normal reaction. Seek help and support when you need it. Places, smells, photos, videos and the belongings of the deceased may remind you of your loss and intensify your grief.

Be Good To Yourself. Take time for yourself. Do something that you enjoy, go to a movie or out to dinner, or spend time enjoying the outdoors. Take your life one moment, one hour and one day at a time.

**Remember that each person grieves
in his or her own way.**



Helping a Child Grieve

You have lost someone you love. If you also have a child who is grieving, you may find yourself wondering, “How can I function and help my child too?” Remember that it can be good for children to see you cry because it helps them know it’s okay to cry and be sad.

Many experts also agree a good way to help a grieving child is to secure professional counseling.

Please see the resource section for information on different counseling programs and centers. There are programs where your child can meet with other children who have also lost someone they love; some are even school based. Contact your school’s guidance counselor for more information.

As your child moves through the grief process realize he/she may be grieving but may be doing so differently than you may expect. Actively listen to what they say as well as what they don’t say. If you find they never speak of the person they lost, you may want to open the door by saying, “I am affected by _____’s death in this way. How have things been different for you?” Or, “I really miss _____ and the way we used to _____. What do you miss most about _____?”

Leave lots of silence for them to answer you. Provide the time to regularly talk about your loved one. Ask questions like, “What if _____ were here?” or “What might _____ say you should do?”

Remember, there is no one face of a grieving child.



Avoid these expressions that often confuse or mislead children:

- Janie is going on a long, long journey.
- Grandmother is taking a long nap.
- God took Bobby because he was so good.
- Mama passed away because she was so sick.
- We lost your sister.
- Now that daddy is gone, you will have to be strong to take care of the family.
- God needed another angel in heaven.
- They are in a better place.

Use clear, direct terms like “death” and “died” to avoid additional confusion. If you do not know the answer to a question, say so. Answer only the questions that children ask. Listen carefully to their questions. Often, it is better to explore why they asked their questions than it is to offer them quick answers. While being honest and open, do not overburden the child with more than he or she can handle. Keep the answers simple.

Your religious beliefs can be important in responding to some of the questions your child may have about death. The strength and hope your faith gives you is important to share with your child.

Most importantly, remember there is no one face of a grieving child. Just because you have a child who never cries does not mean your child’s heart is not breaking. Or, you may have a child who cries daily but is actually functioning very well through her grief.

Develop a Support List

In addition to professional counseling, you may also want to develop a support list of friends you can call when you or your children need to talk to someone. This list should include adults whom your children trust and feel comfortable talking to; consider your neighbors, relatives, spiritual leaders and friends. When you are concerned about your child, you can call someone from your support list to come and visit them to provide a listening ear and a caring heart.

Unique Needs of Youth

Preteens will often be open about their feelings, and you won’t have to guess how they are feeling. As children reach their teenage years they may turn more to their friends for support than to their parents or other trusted adults. If your teenage child has friends who you feel are healthy and supportive, they could prove to be a valuable resource for your child during the grief process. If your child has friends who you consider to be a bad influence or who exhibit unsafe behaviors, there is reason for additional concern following the death of a loved one. Be aware that some young people may act out their grief in unhealthy ways by trying to medicate their grief with alcohol or drugs. Others may act out sexually as a way to numb the enormous pain they are feeling. If you are concerned about how your child is coping, please seek help through one of the community resources in the enclosed brochure.

Should Children Go to Funerals?

The funeral is usually a helpful time of closure for a child. Before you decide, it is important to consider the following:

Let The Child Decide Whether To Attend. For all children it is important that they tell you if they want to be there. Never force children to go to a funeral, and be sure they are not made to feel guilty for not going. If the child later regrets not attending the funeral, assure the child that he or she made the best decision at the time. One solution in this case is to take a flower to the gravesite as a special ceremony.

Other options include writing a poem or having a special prayer time. If cremation ashes were scattered, the child may wish to go to a special place and scatter rose petals as a memorial.

Explain To The Child What Will Happen At The Funeral. Will there be an open casket? Will there be music, people speaking, communion or incense? Describe the ceremony so that the child knows what to expect, and include the fact that people will be crying because they too miss the person who has died. Let the child help in planning the funeral as much as possible, even if it only means deciding what to wear or whether to put a flower on the grave. This makes the ceremony more personal to them.

Assure Children That They May Leave The Funeral At Any Time. Remember, children have a shorter attention span, so arrange for someone close to them to be ready to take them from the funeral.

Before The Actual Burial Process, Special Explanations May Be Needed. A younger child may still see death as temporary and have difficulty seeing the casket buried. If cremation is chosen, make it very clear that the body does not work anymore and cannot feel anything. One approach is to say, "The body was placed in a special box that gets very hot and gives us precious ashes."

After the funeral, ask children about their feelings and thoughts. Allow them to ask questions and help them express how they felt during the service.



A Child's View of Death

Infant/Toddler To Age 3

3 To 5 Years

Child's Idea About Death	Frequently Observed Behaviors of a Grieving Child	How An Adult Can Help
<ul style="list-style-type: none"> ◦ No understanding of death ◦ Limited understanding of time ◦ Notices sadness in adults and senses that something is very wrong ◦ Senses the loss of an important caregiver 	<ul style="list-style-type: none"> ◦ May show extra needs for touching or holding ◦ May not want to be separated from you ◦ Possible feeding and stool problems, even rashes ◦ Changes in sleeping patterns; increased crying possible 	<ul style="list-style-type: none"> ◦ Offer abundant love ◦ Meet increased attachment needs: eye contact, smiling, comforting gestures such as touching, holding, rocking, singing, soft blankets ◦ Try to maintain normal schedule
<ul style="list-style-type: none"> ◦ Death seen as reversible, temporary ◦ Death seen as separation; any separation from a parent may create anxiety ◦ May think, "It may be my fault" ◦ May not understand the sadness around them ◦ Children absorb only as much as they can understand ◦ Confusion about what's real/not real: "magical thinking" and very fertile imaginations ◦ Understanding is very literal ◦ Emotions are very hard to control 	<ul style="list-style-type: none"> ◦ May "act out" or relieve anxiety through fantasy instead of talking to you ◦ May feel at fault, guilty ◦ May fear being left alone ◦ Regression: may act as they did when they were younger such as going back to thumb sucking ◦ May see changes in behavior (sad, mad, nervous) ◦ Will take "breaks" from grieving: playing, laughing, singing ◦ Help child to understand his/her own feelings: anger, sadness, etc. 	<ul style="list-style-type: none"> ◦ Accept regressive behavior ◦ Model your own grief in front of them ◦ Tell child, "it is not your fault," that they did not cause death to happen ◦ Help child grasp what is real and what is not real ◦ Repeated explanations may be needed to help understanding ◦ "The body stopped working" is a helpful first definition of death, including no breathing, no eating, no sleeping, no feeling ◦ Tell the child he or she will be cared for, and demonstrate that care with constant closeness and love ◦ Try to maintain a normal schedule

A Child's View of Death

	Child's Idea About Death	Frequently Observed Behaviors of a Grieving Child	How An Adult Can Help
6 - 7 Years	<ul style="list-style-type: none"> Begins to see death as final, universal, but only for others ("not me") Neither believes nor denies that he will die May believe he can escape by being good or trying hard Death often understood as an actual person, spirit or being (such as the "boogey man") 	<ul style="list-style-type: none"> Feelings may be shared with you or held in, and may be out of child's control Coping may take form of gathering information, becoming an expert about the disease or condition May regress to younger stage, earlier needs and actions May see changes in behavior: some children become aggressive, some withdraw May develop physical symptoms (eating and sleeping difficulties, headaches, stomach pain) 	<ul style="list-style-type: none"> Understand feelings, allow child to talk or not talk as needed; caring adults are very important Answer questions honestly Repeated explanations may be needed to help understanding Respect their "need to know" (information gives child some form of control) Creating a memory book may be helpful; art and poetry are helpful outlets Work with child's teachers at school to help with the grieving process and watch for isolation from classmates
7 - 11 Years	<ul style="list-style-type: none"> Understands death as permanent and irreversible: "Am I next?" Growing awareness of his/her own mortality Vivid ideas of what occurs after death May be concerned with details of what happens after a person dies 	<ul style="list-style-type: none"> Feelings may be talked about, expressed or kept to themselves Regressive behavior common (including increased clumsiness) Relationships with friends is important May see changes in behavior, moods and/or grades in school may suffer May take on role of person who died, seeking to "repair" the loss May develop physical symptoms and pain 	<ul style="list-style-type: none"> Support child's style of coping Be available, supportive Acknowledge importance of friends Do not ask child to be strong, brave, grown-up, in-control, or to comfort others Help with goodbyes Say, "I don't know" when you do not know the answers



12 - 18 Years

Child's Idea About Death	Frequently Observed Behaviors of a Grieving Child	How An Adult Can Help
<ul style="list-style-type: none"> ◦ Awareness of own mortality ◦ Attitudes towards death similar to adults ◦ Possible "survivor's guilt" if sibling or friend dies 	<ul style="list-style-type: none"> ◦ Relationship with siblings can be quite intense at this age ◦ Range of emotions may include anger, sorrow, guilt, depression ◦ Mood changes common ◦ Expressions of "might have been," "why" and "if only" ◦ Increased reliance on peers ◦ Striving for independence, yet often fragile inside; short-term withdrawal is normal ◦ Grades and sports may suffer ◦ "Acting out" behaviors possible 	<ul style="list-style-type: none"> ◦ "I'm here if you need me" ◦ Understand that friends are important, find support groups if possible ◦ Respect adolescent's need to work through independently ◦ Encourage activities such as journaling, keeping a diary, drawing and writing poetry as means of expressing the strong emotions

Prepared by the Orlando Health Arnold Palmer Hospital for Children Bereavement Team, Orlando, Florida. Information taken from Sue Shaffer, 1988, and adapted from the work of John Bowlby, Earl Grollman, Claudia Jewett, Elizabeth Kubler-Ross, Margaret Nagy, J.W. Worden, Alan Wolfelt, Valerie Young and Sister Teresa McIntier.

Suggested Resources Following a Loss

For the Immediate Time after Loss

How to Go On Living When Someone You Love Dies by Therese Rando
Comprehensive guide for all kinds of loss.

Living When a Loved One Has Died by Earl A. Grollman

A simple practical guide leading the reader from loss to hope. "A life has ended, living goes on."

Healing After Loss: Daily Meditations for Working Through Grief by Martha Whitmore Hickman

A helpful companion book for the first year of grief. "For those who have suffered the loss of a loved one, here are thoughtful words to inspire and comfort."

A Time to Grieve by Carol Staudacher

One of the standards for general grief support.

Loss After Long Illness

Living with Grief When Illness is Prolonged, Edited by Kenneth J. Doka, PhD with Joyce Davidson
Sudden Loss

Living With Grief: After Sudden Loss Suicide, Homicide, Accident, Heart Attack, and Stroke, Edited by Kenneth Doka

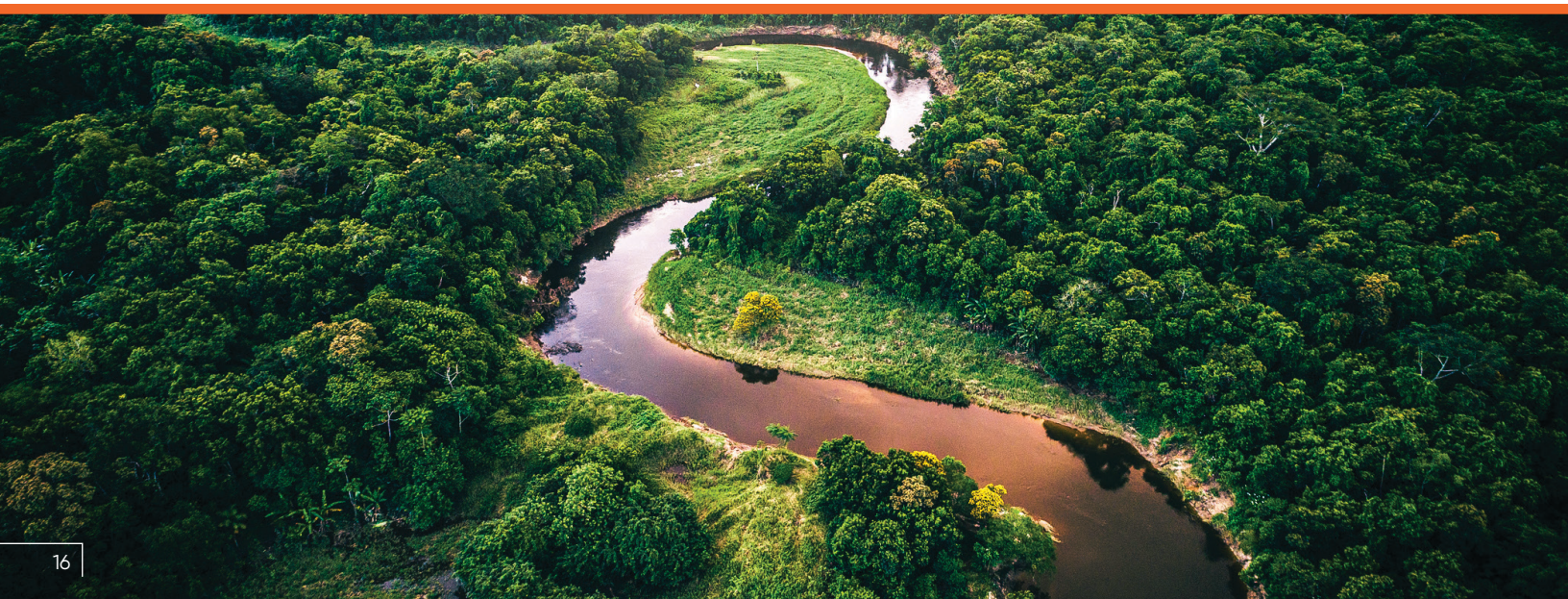
A Grief Like No Other: Surviving the Violent Death of Someone You Love by Kathleen O'Hara and Dan Gottlieb, PsyD

I Wasn't Ready to Say Goodbye: Surviving Coping and Healing After the Death of a Loved One by Brooke Noel
and Pamela Blair

Suicide

Silent Grief: Living in the Wake of Suicide by Christopher Lukas and Henry M. Seiden

No Time to Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine



Surviving the Death of a Child

Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis, PhD

When the Bough Breaks: Forever After the Death of a Son or Daughter by Judith R. Berstein

Sibling Death

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies by TJ Wrey

The Empty Room: Understanding Sibling Loss by Elizabeth DeVita-Raeburn

Widowhood

Being A Widow by Lyn Caine

I'm Grieving As Fast As I Can: How Young Widows & Widowers Cope & Heal by Linda Feinberg

Men and Grief

Swallowed by a Snake: The Gift of the Masculine Side of Healing by Thomas R. Golden

When a Man Faces Grief /A Man You Know is Grieving by James E. Miller

Parental Loss

Midlife Orphan by Jane Brooks

Nobody's Child Anymore: Grieving, Caring and Comforting When Parents Die by Barbara Bartocci

When Parents Die: A Guide for Adults by Edward Myers

How to Survive The Loss of a Parent: A Guide for Adults by Lois F. Akner

Losing a Parent: Passage to a New Way of Living by Alexandra Kennedy

Pet Loss

Cold Noses at the Pearly Gates by Gary Kurz

Will I See Fido in Heaven? by Mary Buddemeyer-Porter



Titles for Children

The Tenth Good Thing About Barney by Judith Viorst and Erik Blegvad (Ages 4-8)

I Miss You: A First Look at Death by Pat Thomas and Leslie Harker (Ages 4-8)

The Next Place by Warren Hanson (Ages 4-8)

Help me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies by Janis Silverman (Ages 4-8)

The Fall of Freddie the Leaf by Leo Buscaglia (Ages 5 and up)

What's Heaven by Maria Shriver (Ages 4 and up)

Aarvy Aardvark Finds Hope by Donna O'Toole (Ages 8 and up)

Bridge to Terabithia by Katherine Paterson (Ages 8-12)

Charlotte's Web by E.B. White (Ages 8-12)

Tear Soup by Pat Schweibert, Chuck DeKlyen, Taylor Bills and Pat Schwiebert (Ages 9-12)

Titles for Teens

Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan D. Wolfelt

The Healing Your Grieving Heart Journal for Teens by Alan D. Wolfelt

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love by Earl A. Grollman

When a Friend Dies: A Book About Grieving and Healing by Marilynn E Gootman

Titles for Young Adults

Beyond Grief: A Guide For Recovering From The Death of a Loved One by Carol Staudacher

Facing Grief: Bereavement & The Young Adult
by Susan Wallbank

Good Grief by Granger E. Westberg

How to Go On Living When Someone You Love Dies
by Therese A. Rando, PhD

How to Survive The Loss of a Parent: A Guide for Adults
by Lois F. Akner

In the Unlikely Event of a Water Landing: A Geography of Grief by Christopher Noel

Living When a Loved One has Died by Earl Grollman

Losing a Parent: Passage to a New Way of Living
by Alexandra Kennedy

Motherless Daughters by Hope Edelman

No Time for Goodbyes: Coping With Sorrow, Anger and Injustice After a Tragic Death by Janice Harris Lord

The Courage to Grieve by Judy Tatelbaum

The Loss That is Forever: The Lifelong Impact of the Early Death of a Mother or Father by Maxine Harris



General Grief List

A Time to Grieve by Carol Staudacher

A Time to Mourn, a Time to Comfort: A Guide to Jewish Bereavement
by Ron Wolfson

Beyond Grief: A Guide for Recovering from the Death of a Loved One
by Carol Staudacher

Don't Take My Grief Away: What to Do When You Lose a Loved One
by Doug Manning

Finding Hope by Ronna Jerne and James E. Miller

Good Grief by Granger E. Westberg

How to Survive the Loss of a Love by Colgrove, Bloomfield & McWilliams

Life After Loss: A Practical Guide to Renewing Your Life After Experiencing Major Loss by Bob Deits

Life is Goodbye, Life is Hello, Grieving Through All Kinds of Grief
by Alla Renee Bozarth

The Healing Journey Through Grief: Your Journal for Reflection and Recovery by Phil Rich

The Journey Through Grief: Reflections on Healing
by Alan Wolfelt, PhD

The Path Through Grief, a Compassionate Guide
by Marguerite Bouvard and Evelyn Gladue

Mourning & Mitzvah: A Guided Journal for Walking the Mourner's Path Through Grief to Healing by Anne Brener

Necessary Losses by Judith Viorst

Your Particular Grief by Wayne Oates

The Courage to Grieve: Creative Living, Recovery and Growth Through Grief by Judy Tatelbaum

The Grief Club: The Secret to Getting Through All Kinds of Change
by Melody Beattie

Turn My Mourning Into Dancing: Finding Hope In Hard Times
by Henri Nouwen

Your Sorrow is My Sorrow: Hope and Strength in Times of Suffering
by Joyce Rupp

When Bad Things Happen to Good People by Harold S. Kushner

Winter Grief, Summer Grace: Returning to Life After a Loved One Dies
by James E. Miller

Internet Resources

GriefNet

GriefNet.org

Grief Recovery Online for All Bereaved

GROWW.org

Grief Watch Online Support Groups

GriefWatch.com

Support for Loss of a Child

CompassionateFriends.org

Loss from a Suicide

Suicidology.org





Orlando Health Family of Facilities

Orlando Health Orlando Regional Medical Center
(321) 841-5111

Orlando Health Arnold Palmer Hospital for Children
(407) 649-9111

Orlando Health Winnie Palmer Hospital for
Women and Babies
(321) 843-9792

Orlando Health Cancer Institute
(407) 648-3800

Bayfront Health St. Petersburg
(727) 823-1234

Orlando Health Dr. P. Phillips Hospital
(407) 351-8500

Orlando Health – Health Central Hospital
(407) 296-1000

Orlando Health Horizon West Hospital
(407) 407-0000

Orlando Health South Lake Hospital
(352) 394-4071

Orlando Health South Seminole Hospital
(407) 767-1200

Orlando Health St. Cloud Hospital
(407) 892-2135

Orlando Health Emergency Room – Lake Mary
(321) 842-0550

Orlando Health Emergency Room – Osceola
(321) 842-1270

Orlando Health Emergency Room – Randal Park
(321) 842-2280

Orlando Health Emergency Room – Reunion Village
(407) 407-0200

Orlando Health South Lake Hospital Emergency Room –
Blue Cedar
(352) 536-8831

Orlando Health South Lake Hospital Joe H. and Loretta Scott
Emergency Room
(352) 536-8821

Bayfront Health Emergency Room – Pinellas Park
(727) 893-6195

Medical Examiners' Offices

Lake County

(352) 326-5961

Orange/Osceola County

(407) 836-9400

Seminole County

(386) 258-4060

Pinellas County

(727) 582-6800



