

# Resources for Children & Adolescents

## Community Resources for Children

The following books may be useful when helping a child to understand death, grief and in addressing some fears. They unfortunately are NOT homicide specific. Many of these books are available through the public library.

### *Coping with the Death of a Loved One*

By Eve Bunting. 1999.

When a sick boy dies, his friends and classmates remember him by building a schoolyard pond in his memory.

### *Are You Sad, Little Bear? A Book About Learning To Say Goodbye*

By Rachel Rivett. 2009.

Grandmother Bear has gone forever, and Little Bear is feeling sad. This charmingly illustrated book will help young children in times of bereavement, loss and change.

### *I hear a Noise*

By Diane Goode. 1988.

A little boy, hearing noises at his window at bedtime, calls for his mother. His worst fears are realized, but he learns that monsters have mothers too.

### *Missing Mummy*

By Rebecca Cobb. 2011.

This book deals with the loss of a parent from the child's point of view and explores the many emotions a bereaved child may experience.

### *Samantha Jane's Missing Smile: A Story About Coping With The Loss Of A Parent*

By Julie Kaplow. 2007.

The story of a young girl whose father has recently died, and she deals with the full range of emotions, questions and worries.

*Sunshine: More Meditations for Children*

By Maureen Garth. 1994.

These innovative meditations are simple visualizations parents can read to their children to help them sleep, develop concentration, awaken creativity, and learn to quiet themselves.

*The Fall of Freddie the Leaf: A Story for All Ages*

By Leo Buscaglia. 1982.

This wonderfully wise and strikingly simple story of a leaf named Freddie has become one of the most popular books of our times. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with a winters snow, is an inspiring story illustrating the delicate balance between life and death.

*The Tree that Survived the Winter*

By Mary Fahy, Paulist 1989

The story of a tree that awakens one spring morning to discover that she has survived the winter, but with many changes in her being and appearance. Overcoming feelings of anger, fear and abandonment, the tree comes to appreciate the abundance she has been given and finds ways to share this mystery with others.

*There's a Nightmare in My Closet*

By Mercer Mayer

Childhood fear of the dark and the resulting exercise in imaginative exaggeration are given that special Mercer Mayer treatment in this dryly humorous fantasy.

*There's Something in My Attic*

By Mercer Mayer

A little girl with a lasso bravely prepares to confront the scary nightmare living in her attic.

*When Dinosaurs Die: A Guide to Understanding Death*

By Laurie Krasny Brown and Marc Brown. 1996.

Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

*When Someone Very Special Dies, Children Can Learn to Cope with Grief*

By Marge Heegaard. 1988

A practical format for allowing children to understand the concept of death and develop coping skills for life.

*When Something Terrible Happens, Children Can Learn to Cope with Grief*

By Marge Hegaard. 1988

Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives.

*Where Do People Go When They Die?*

By Mindy Avra Portnoy. 2004.

Children ask different adults and themselves about death and receive a wide variety of answers. Includes an afterward and suggestions for parents.

## Community Resources

NOTE: The Edmonton Police Service/Crime and Trauma-Informed Support Services (CTSS) cannot make specific agency referrals - below are some options to explore (unfortunately, NOT homicide specific)

### Alberta Health Services (AHS) – Health Link Alberta

Health Link can suggest a Walk-In Clinic.

Phone: 8-1-1 (24-7 Service)

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

### AHS Children and Adolescent Intake Services

To get connected to a mental health professional.

Phone: 780-342-2701

### Canadian Mental Health Association Edmonton Distress Line

Phone: 780-482-4357 (HELP)

### City of Edmonton - Walk-In Counselling (Single Session)

Services offered at a variety of locations by intern therapists (Masters and PhD Students)

Phone: 780-423-4821

### Starfish Family Resources

Assists children, teens and families with moving forward through major life transitions.

Phone: 780-448-1180.

[www.starfishfamilyresources.org](http://www.starfishfamilyresources.org)

### Kids Help Phone - Need confidential help now?

You can reach a Kids Help Phone - 24/7 (5-20 years of age)

Phone: 1-800- 668- 6868

Text CONNECT to 686868

Online chat: [www.kidshelpphone.ca/live-chat](http://www.kidshelpphone.ca/live-chat)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### Pilgrims Hospice Society

Grief Services for children, teens and families

Phone: 780-413-9801, ext.102

[www.pilgrimshospice.com](http://www.pilgrimshospice.com)

### Catholic Social Services/ Children, Family and Community Service

Phone: 780-471-1122

[www.cssalberta.ca](http://www.cssalberta.ca)

**Mercy Counselling (through Catholic Social Services)**

Provides individual/family grief counseling

Fee based – subsidies available

Phone: 780-391-3233

[www.cssalberta.ca/Our-Services/Mercy-Counselling](http://www.cssalberta.ca/Our-Services/Mercy-Counselling)

**Metis Child and Family Services Society of Alberta**

One of the services offered are advocacy, in-home support, youth work, informal counseling and community referral supports for those struggling with grief and loss

Phone: 780-452-6100

**First Nations and Inuit for Wellness Help Line**

Phone: (1-855) 242-3310

Online chat: [www.horpeforwellness.ca](http://www.horpeforwellness.ca)

**Bent Arrow Traditional Healing Society**

Creating a world where Aboriginal children, youth and their families thrive.

Phone: 780-481-3451

[www.bentarrow.ca](http://www.bentarrow.ca)

**211**

Call 2-1-1 for additional resources.

Prepared by:

Edmonton Police Service

Crime and Trauma-Informed Support Services (CTSS)

Tel: 780-421-2217

Email: [ctss@edmontonpolice.ca](mailto:ctss@edmontonpolice.ca)