THE WRITINGS OF
Dr. Alan Wolfelt

NEW!

NEW!

NEW!

New resources available now!
See page 3.
A Note from Dr. Wolfelt

Perhaps like you, my life has been slowed down by COVID-19. Before, my travel and teaching schedule had me working constantly. But now, with most of my presentations and trainings postponed or canceled, I’m home. I have discovered that I have time to breathe and reflect on life, living and loving. I also have time to marvel at both sunrises and sunsets.

Throughout these quiet moments every day, I have been finding myself in a constant state of gratitude for family, friends, and colleagues. I am also filled with so much thankfulness for those of you that have read my books, attended my “on-road” workshops, and participated in my trainings.

Once we get to the other side of COVID-19, I’ll be re-initiating the “on-road” workshops and hope to look out and see many of you in attendance. In addition, we will stay committed to hosting our intensive trainings in person, which I know many of you are registered to attend. I can’t wait to see you as soon as circumstances allow.

Less travel has allowed me to dedicate time to create revised editions of my book, Understanding Your Grief, and its companioning Journal and Support Group Guide. I look forward to sharing more about these revised editions in the next issue of this catalog.

For the time being, I’d draw your attention to my book, 365 Days of Understanding Your Grief, which has just been released. If you’ve found Understanding Your Grief helpful, you’ll also appreciate this daily reader. For anyone surviving day by day, just one small dose of affirmation and compassion can be enough to see them through until the sun rises again.

I hope this note finds you and yours safe and well. Yet I also know that many of you have suffered loss since we last connected. I am thinking of you, and I am sending you courage and hope, one day at a time.

Stay safe,

Alan D. Wolfelt

365 Days of Understanding Your Grief

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- Sympathy and Condolences: What to Say and Write to Convey Your Support After a Loss
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- Expected Loss: Coping with Anticipatory Grief
- 365 Days of Understanding Your Grief

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New to the Words of Hope and Healing Series

Sympathy and Condolences: What to Say and Write to Convey Your Support After a Loss

When someone you care about has suffered the death of a loved one or another significant loss, you want to let them know you care. But it can be hard to know what to say to them or to write in a sympathy note. This handy book offers tips for how to talk or write to a grieving person to convey your genuine concern and support. What to say, what not to say, sympathy card etiquette, how to keep in touch, and more are covered in this concise guide written by one of the world's most beloved grief counselors. You'll turn to it again and again, not only after a death but during times of divorce or break-ups, serious illness, loss of a pet, job change or loss, traumatic life events, major life transitions that are both happy and sad, and more.

ISBN: 978-1-61722-305-1 • 64 pages • Softcover • $9.95

Expected Loss Coping with Anticipatory Grief

We don't only experience grief after a loss—we often experience it before. If someone we love is seriously ill, or if we're concerned about upcoming hardships of any kind, we naturally begin to grieve right now. This process of anticipatory grief is normal, but it can also be confusing and painful. This compassionate guide will help you understand and befriend your grief as well as find effective ways to express it as you live your daily life.

Life is change, and change is hard. This book will help see you through.

ISBN: 978-1-61722-295-5 • 64 pages • Softcover • $9.95

365 Days of Understanding Your Grief

After a significant loss, grief is an everyday experience. This companion book to Dr. Alan Wolfelt's bestseller Understanding Your Grief parses his essential guidance into small, daily doses.

Bit by bit, these one-page-a-day readings will help you feel supported and muster the courage and hope you need to make it through the day. Whether you're choosing this book as a follow-up to Understanding Your Grief or as a way to engage with the teachings in a different format, you'll find a combination of classic content mixed with new ideas and insights. Reading just one page each day will help you sustain hope and heal your heart.

ISBN: 978-1-61722-299-3 • 384 pages Softcover • $14.95

Now Available!

To order, call (970) 226.6050 or fax toll-free 1.800.922.6051. Or visit www.centerforloss.com/bookstore.

Now Available!
Grief After Homicide: Surviving, Mourning, Reconciling

Homicide creates a grief like no other. If someone you love died by homicide, your grief is naturally traumatic and complicated. Not only might your grief journey be intertwined with painful criminal justice proceedings, you may also struggle with understandably intense rage, regret, and despair. It's natural for homicide survivors to focus on the particular circumstances of the death as well.

Whether your loved one's death was caused by murder or manslaughter, this compassionate guide will help you understand and cope with your difficult grief. It offers suggestions for reconciling yourself to the death on your own terms and finding healing ways for you and your family to mourn. After a homicide death, there is help for those left behind, and there is hope. This book will help see you through.

ISBN: 978-1-61722-301-3 • 64 pages • Softcover • $9.95

Nature Heals: Reconciling Your Grief Through Engaging with the Natural World

When we're grieving, we need relief from our pain. Today we often turn to technology for distraction when what we really need is the opposite: generous doses of nature. Studies show that time spent outdoors lowers blood pressure, eases depression and anxiety, bolsters the immune system, lessens stress, and even makes us more compassionate. This guide to the tonic of nature explores why engaging with the natural world is so effective at helping reconcile grief. It also offers suggestions for bringing short bursts of nature time (indoors and outdoors) into your everyday life as well as tips for actively mourning in nature. This book is your shortcut to hope and healing…the natural way.

ISBN: 978-1-61722-301-3 • 64 pages • Softcover • $9.95

If You’re Lonely: Finding Your Way

Ironically, if you are lonely, you're not alone.

People the world over are experiencing an epidemic of loneliness. In the US, one in five of us reports feeling lonely, and almost half of seniors are lonely on a regular basis. Loneliness hurts, and it can lead to depression, addiction, physical problems, and other harmful consequences.

This compassionate guide will help you better understand your loneliness as well as the important distinction between isolation and solitude. It also offers a variety of practical suggestions for reclaiming community and building meaningful connections in ways that suit you.

Finding your way back to companionship and hope is not only possible, it's essential. You deserve to feel better. You deserve connection. This book will help you find your way.

ISBN: 978-1-61722-297-9 • 64 pages • Softcover • $9.95
The Grief of Infertility

When you want to have a baby but are struggling with fertility challenges, it's normal to experience a range and mixture of ever-changing feelings.

These feelings are a natural and necessary form of grief. Whether you continue to hope to give birth or you've stopped pursuing pregnancy, this compassionate guide will help you affirm and express your feelings about infertility. By giving authentic attention to your grief, you will be helping yourself cope with your emotions as well as learn how to actively mourn and live fully and joyfully at the same time. This compassionate guide will show you how. Tips for both women and men are included.

ISBN: 978-1-61722-291-7 • 64 pages • Softcover • $9.95

Too Much Loss: Coping with Grief Overload

If you are feeling overwhelmed by too much loss in your life, this book is for you.

Grief overload is what you feel when you experience too many significant losses all at once, in a relatively short period of time, or cumulatively. In addition to the deaths of loved ones, such losses can also include divorce, estrangement, illness, relocation, job changes, and more. Our minds and hearts have enough trouble coping with a single loss, so when the losses pile up, the grief often seems especially chaotic and defeating. The good news is that through intentional, active mourning, you can and will find your way back to hope and healing. This compassionate guide will show you how.

ISBN: 978-1-61722-287-0 • 64 pages • softcover • $9.95

Understanding Your Grief after a Drug-Overdose Death

Loss is always hard, but when someone you love dies of an accidental drug overdose, the grief that follows can be especially painful and challenging. In this compassionate guide, Dr. Alan Wolfelt, one of the world's most respected and beloved grief counselors and educators, shares the most important lessons he has learned from loved ones who've picked up the pieces in the aftermath of a drug overdose. Readers will learn ideas for coping in the early days after the tragic death, as well as ways to transcend the stigma associated with overdose deaths. The book also explores common thoughts and feelings, the six needs of mourning, self-care essentials, finding hope, and more.

Yes, the road you are now walking is a heartbreaking one, but the principles in this guide will help you step through the darkness and back into the light.

978-1-61722-285-6 • 64 pages • softcover • $9.95
A Support Group for People Living with Dementia: The Leader’s Manual
By Samantha Culler, M.S.W., L.C.S.W., Christina T. Soriano, M.F.A., Marinda N. Freeman, M.S.W., L.C.S.W.A., Christina Hugenschmidt, Ph.D., M.S., L.P.C., and Edward G. Shaw, M.D., M.A.

A Support Group for People Living with Dementia: The Leader’s Manual is the comprehensive resource you need to lead meaningful support groups for those on the journey with Alzheimer’s disease or another type of dementia. Authored by mental health professionals, a dance professor, and a neuroscientist, the Manual provides information about how to start and lead a support group for people living with dementia. It provides 10 sessions of enriching experiences to support mind, body, and soul using cognitively engaging activities, improvisational movement, and emotional processing. It is the perfect companion resource to A Leader’s Manual For Dementia Care-Partner Support Groups for those interested in offering support groups for people living with dementia and their caregivers.

160 pages • Digital PDF • $19.95

The Dementia Care-Partner’s Workbook: A Guide for Understanding, Education, and Hope
By Edward G. Shaw, M.D., M.A.

The Dementia Care-Partner’s Workbook is a support group manual as well as a self-study guide for care partners of a loved one with Alzheimer’s disease or another type of dementia. It provides 13 lessons for support group participants or individuals who desire independent study. The Dementia Care-Partner’s Workbook is authored by Dr. Edward Shaw, a dually trained physician and mental health counselor who directs a large dementia caregiver support program and is an experienced support group leader. He was also care partner to his late wife Rebecca, who lost her nine year battle with Alzheimer’s disease several years ago.

ISBN 978-1-61722-274-0 • 290 pages • softcover • $19.95

A Leader’s Manual For Dementia Care-Partner Support Groups
By Edward G. Shaw, M.D., M.A., and Alan D. Wolfelt, Ph.D., C.T.

A Leader’s Manual For Dementia Care-Partner Support Groups is the comprehensive resource you need to lead a support group for dementia care-partners. The Manual provides general information about establishing and leading support groups, counseling skills for leaders and co-leaders, how to handle challenging group participants, step-by-step instructions on how to run each meeting (including meeting-specific handouts), and lots of practical advice from co-authors Dr. Edward Shaw and Dr. Alan Wolfelt.

ISBN: 978-1-61722-293-1 • 180 pages • softcover • $19.95
Grief One Day at a Time
365 Meditations to Help You Heal After Loss

After someone you love dies, each day can be a struggle. But each day, you can also find comfort and understanding in this daily companion. With one brief entry for every day of the calendar year, this little book offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme.

How do you get through the loss of a loved one? One day at a time. This compassionate gem of a book will accompany you.

ISBN 978-1-61722-238-2 • 384 pages • softcover • $14.95

One Mindful Day at a Time
365 Meditations for Living in the Now

For most of us, life is way too hectic. We feel scattered and distracted. We’re busy rushing from one required activity to the next, and when we have a few moments of downtime, we’re often glued to our electronics. Is this what life is really all about?

Learn to slow down and live more mindfully with this daily companion. In one brief entry for each day of the calendar year, counselor Dr. Alan Wolfelt offers small, day-at-a-time doses of wisdom and practical guidance. Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme as well as a succinct mantra to return to throughout the day.

ISBN 978-1-61722-263-4 • 384 pages • softcover • $14.95
When Your Pet Dies
A Guide to Mourning, Remembering and Healing

When your pet dies, you may struggle with your grief. You may feel overwhelmed at the depth of your sadness. This book affirms the pet owner’s grief and helps you understand why your feelings are so strong. It also offers practical suggestions for mourning—expressing your grief outside of yourself—so that you can heal. Ideas for remembering and memorializing your pet are also included.

Dr. Wolfelt has been a dog lover and owner for a long time, suffering the loss of his Husky several years ago.

ISBN 978-1-879651-36-4 • 84 pages • softcover • $9.95

My Pet Died
A Coloring Book for Grieving Kids

The death of a pet can be particularly difficult for children, and the stronger the relationship between child and pet, the more the child will grieve when the pet dies. This coloring book for kids will help them express their feelings about the pet’s death and learn about both the joy—and the pain—that comes from caring for others, including our precious companion animals.

ISBN 978-1-61722-217-7 • 22 pages $2.00
Bulk Order Discount • 25 copies $30.00

When Your Pet Dies is an excellent book to help you through the grieving process. I was able to relate to feelings that were expressed. I was struggling to cope with the loss of my cat and nothing was helping. This book helped me to deal with my emotions and bring some closure.”

— A Reader

After Your Pet Dies
Helping Yourself Heal

This compassionate, affordable aftercare booklet for veterinary offices, memorial centers, humane societies, and individuals who have recently lost a beloved pet offers condolences and tips for understanding and expressing grief.

Topics covered include the nature of pet loss, common feelings, misconceptions about pet grief, and tips for mourning. A listing of pet loss organizations and support groups is provided, as is a selected reading list.

For pricing, see page 5.

The Pet Lover’s Code
Ten Inalienable Rights After the Death of a Special Companion Animal Wallet Cards

Wallet cards to keep with you at all times and share with others grieving the death of a beloved pet.

Wallet cards (packet of 50) • $15.00
Understanding Your Grief
Ten Essential Touchstones for Finding Hope and Healing Your Heart

This book is Dr. Wolfelt’s most comprehensive, covering the essential lessons that mourners have taught him in his three decades of working with the bereaved. In compassionate, down-to-earth language, Understanding Your Grief describes ten touchstones—or trail markers—that are essential physical, emotional, cognitive, social, and spiritual signs for mourners to look for on their journey through grief.

The Ten Essential Touchstones:
1. Open to the presence of your loss.
2. Dispel misconceptions about grief.
3. Embrace the uniqueness of your grief.
5. Recognize you are not crazy.
6. Understand the six needs of mourning.
7. Nurture yourself.
8. Reach out for help.
9. Seek reconciliation, not resolution.
10. Appreciate your transformation.

Think of your grief as a wilderness—a vast, inhospitable forest. You must journey through this wilderness. To find your way out, you must become acquainted with its terrain and learn to follow the sometimes hard-to-find trail that leads to healing. In the wilderness of your grief, the touchstones are your trail markers. They are the signs that let you know you are on the right path. When you learn to identify and rely on the touchstones, you will find your way to hope and healing.

ISBN 978-1-879651-35-7 • 176 pages • softcover • $14.95

The Understanding Your Grief Journal
Exploring the Ten Essential Touchstones

Writing can be a very effective form of mourning, or expressing your grief outside yourself. And it is through mourning that you heal in grief. The Understanding Your Grief Journal is a companion workbook to Dr. Wolfelt’s Understanding Your Grief. Designed to help mourners explore the many facets of their unique grief through journaling, this compassionate book interfaces with the ten essential touchstones. Throughout, journalers are asked specific questions about their own unique grief journeys as they relate to the touchstones and are provided with writing space for the many questions asked.

Purchased as a set together with Understanding Your Grief, this journal is a wonderful mourning tool and safe place for those in grief. It also makes an ideal grief support group workbook.

ISBN 978-1-879651-39-5 • 150 pages • softcover • $14.95

SPECIAL SET PRICE:
Order Understanding Your Grief and The Understanding Your Grief Journal and receive more than 15% off the normal combined price • $25.00

“Of all the books I’ve read since my son was killed (and there are plenty), this one would be at the top of the recommendation list for the bereaved to read. It thoroughly covers every facet of grief that one will ever experience along the journey. For once, I had my own worst time of day acknowledged and explained. In our mourning-avoiding society, this book validates and fortifies the bereaved. In addition, Dr. Wolfelt adeptly and compassionately shows the way to integrate grief into a positive transformation toward a new life of hope as our loved ones would want us to live.”

— A reader

“After almost four years on the grief path, this is by far the best book I’ve read to date. I wish I had this book and journal at the start of my journey.”

— Bill
The Understanding Your Grief Support Group Guide
Starting and Leading a Bereavement Support Group

For bereavement caregivers who want to start and run an effective grief support group for adults, this support group guide discusses the role of support groups for mourners and describes the steps involved (such as deciding on group format, publicizing the group, and writing meeting plans) in getting a group started. Responding to problems in the group is also addressed, as is a model for evaluating your group’s progress.

This guide includes potential meeting plans that interface with Understanding Your Grief and the companion journal as texts for group participants. This support group guide is a must for all bereavement group leaders.

ISBN 978-1-879651-40-1 • 104 pages • softcover • $19.95

The Wilderness of Grief
Finding Your Way

Understanding Your Grief provides a comprehensive exploration of grief and the ten essential touchstones for finding hope and healing your heart. The Wilderness of Grief is an excerpted version of Understanding Your Grief, making it approachable and appropriate for all mourners.

This concise book makes an excellent gift for anyone in mourning. On the book’s inside front cover is room for writing an inscription to your grieving friend.

While some readers will appreciate the more in-depth Understanding Your Grief, others may feel overwhelmed by the amount of information it contains. For these readers we recommend The Wilderness of Grief. (Fans of Understanding Your Grief will also want a copy of The Wilderness of Grief to turn to in spare moments.)

The Wilderness of Grief is an ideal book for the bedside or coffee table. Pick it up before bed and read just a few pages. You’ll be carried off to sleep by its gentle, affirming messages of hope and healing.

ISBN 978-1-879651-52-4 • 112 pages hardcover • $15.95

The Wilderness of Grief Audiobook

Narrated by Dr. Wolfelt and beautifully produced, this audiobook version of The Wilderness of Grief reveals the trail markers—or touchstones—that will help guide you through the wilderness that is grief. Makes a wonderful gift—either for someone you care about or for yourself!

ISBN 978-1-879651-55-5 • 90 minutes • $15.95

Now available digitally on Audible!

SPECIAL SET PRICE:

Order the audiobook together with the hardcover version and receive 10% off the normal combined price • $28.00
Understanding Your Suicide Grief
Ten Essential Touchstones for Finding Hope and Healing Your Heart

Using the metaphor of the wilderness, Dr. Wolfelt introduces ten touchstones that will assist the survivor in what is often a complicated grief journey. Learning to identify and rely on the touchstones helps those touched by suicide find their way to hope and healing.

ISBN 978-1-879651-58-6 • 228 pages • softcover • $14.95

The Understanding Your Suicide Grief Journal
Exploring the Ten Essential Touchstones

This companion journal to Understanding Your Suicide Grief helps you explore the ten essential touchstones for finding hope and healing your grieving heart after the suicide death of someone loved. Throughout, you’ll be reminded of the content you have read in the companion book and asked corresponding questions about your profound, unique grief.

ISBN 978-1-879651-59-3 • 150 pages • softcover • $14.95

SPECIAL SET PRICE:
Order Understanding Your Suicide Grief and The Understanding Your Suicide Grief Journal and receive more than 15% off the normal combined price. • $25.00

The Wilderness of Suicide Grief
Finding Your Way

This hardcover gift book is a compassionate, gentle guide to finding your way through the wilderness of grief after the suicide death of someone you love. An excerpted version of the comprehensive Understanding Your Suicide Grief, this is a more concise resource, making it appropriate for mourners who might be overwhelmed by a lengthy text.

ISBN 978-1-879651-68-5 • 128 pages • hardcover • $15.95

The Understanding Your Suicide Grief Support Group Guide
Meeting Plans for Facilitators

This book is for those who want to facilitate an effective suicide grief support group. It includes 12 meeting plans that interface with Understanding Your Suicide Grief and its companion journal.

ISBN 978-1-879651-60-9 • 52 pages • softcover • $12.95

“Already I feel a sense of hope for the first time in the seven years since my husband Paul took his life. I just can’t thank Dr. Wolfelt enough for this book—I’ve tried a few books but this one is different. I’ve a lot of work ahead of me as I find a new way through the wilderness.”
— Lorna from England
We’re pleased to present our popular (and ever-growing) 100 Ideas Series

This series of concise, practical books on grief offers compassionate and reader-friendly guidance to mourners of all ages. One idea per page—that’s what makes these books so very useful. Some of the ideas explain the basic principles of grief and mourning. Others offer immediate, here-and-now suggestions for what to do to help yourself or someone you care about.

What’s more, each audience-specific book customizes counsel based on the type of loss.

“Access to this kind of help when my daughter died would have made a major difference in my grief. I would have draped this gem over a silken cord and worn it around my neck 24 hours a day. I recommend one for your bedside table, one for your car, one for your desk, and one for everyone who cares about you.”

— From the Foreword of Healing a Parent’s Grieving Heart

THE NEWEST TITLE IN OUR 100 IDEAS SERIES

Healing Your Chronic Illness Grief
100 Practical Ideas for Living Your Best Life
by Alan D. Wolfelt, Ph.D., and Jaimie Wolfelt

Chronic illness is a type of loss. Depending on your condition and its course, you may be confronted with physical limitations, financial struggles, relationship challenges, and much more. Your hoped-for future may feel stolen from you.

In addition to good physical care, acknowledging and working through your normal, necessary grief along the way are essential to living well with chronic illness. Mourning is important self-care. The 100 tips, affirmations, and simple activities in this book will help you attune to and express your feelings each day. They will support you in living your best life physically, cognitively, emotionally, socially, and spiritually.

To mourn well is to clear the way for living well. Let’s get started.

ISBN 978-1-61722-277-1 • 116 pages • softcover • $11.95

Healing Your Grieving Heart
100 Practical Ideas

This flagship title in our 100 Ideas Series offers 100 practical ideas to help you practice self-compassion no matter your loss or where you are in your grief journey. Some of the ideas teach you the principles of grief and mourning. The remainder offer practical, action-oriented tips for embracing your grief. Each idea also suggests a carpe diem, which will help you seize the day by helping you move toward your healing.

ISBN 978-1-879651-25-8 • 128 pages • softcover • $11.95

Healing A Parent’s Grieving Heart
100 Practical Ideas After Your Child Dies

The unthinkable has happened; your child has died. The normal circle of life has been broken and you have outlived your child. How do you go on? What can you do with your pain? Where do you turn? What do other grieving parents do not only to survive, but over time and with the support of others, to live and love fully again?

Common challenges, such as dealing with marital stress, helping surviving siblings, dealing with hurtful advice from others, and exploring feelings of guilt, are also addressed.

ISBN 978-1-879651-30-2 • 128 pages • softcover • $11.95
Healing Your Grieving Soul
100 Spiritual Practices for Mourners

Grief is in large part a spiritual struggle, and turning to spiritual practices in the face of loss helps many people find hope and healing. Following a helpful introduction about the role of spirituality in grief, this practical guide offers tips and activities on meditation, prayer, yoga, solitude and many more.

ISBN 978-1-879651-57-9 • 128 pages • softcover • $11.95

Healing A Spouse’s Grieving Heart
100 Practical Ideas After Your Husband or Wife Dies

When your spouse dies, your loss is profound. Not only have you lost the companionship of someone you deeply loved, but you have lost your helpmate, your lover, the person who shared your history, and perhaps your financial provider. Learning to cope with your grief and find continued meaning in life will be difficult, but you can and will if you embrace the principles set forth in this practical guide.

ISBN 978-1-879651-37-1 • 128 pages • softcover • $11.95

Healing The Adult Child’s Grieving Heart
100 Practical Ideas After Your Parent Dies

When people get older, they die. We understand this, yet when a parent who has lived to middle or old age dies, the death often still comes as a shock. And the grief can be surprisingly deep and painful.

Why do adult children whose parent has died often feel “orphaned,” depressed, and alone? What should they do with their sadness, resentment, or anger? What are some effective ways to cope?

ISBN 978-1-879651-31-9 • 128 pages • softcover • $11.95

Healing Your Holiday Grief
100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season

Grieving the death of someone loved is always hard, but during the holiday season it can seem overwhelming. Is it possible to mourn and celebrate at the same time?

Topics covered include honoring your thoughts and feelings, giving yourself permission to mourn, deciding what is important and what isn’t, creating new traditions, finding ways to de-stress, and incorporating healing rituals into your holidays.

Specific, creative tips for blending mourning and celebration are also included.

ISBN 978-1-879651-48-7 • 128 pages • softcover • $11.95

“Dr. Wolfelt’s writings are at the foundation of our grief program and for that we are eternally grateful.”

— Sheila, Grief Services, University of Iowa Children’s Hospital
Healing the Adult Sibling's Grieving Heart
100 Practical Ideas After Your Brother or Sister Dies

When your adult brother or sister dies, part of you dies, too. Whether your sibling died as a young or older adult, whether the death was sudden or anticipated, this compassionate and easy-to-use resource is for you. Turn to any page and seize the day by taking a small step toward healing.

ISBN 978-1-879651-29-6 • 128 pages • softcover • $11.95

Healing A Friend’s Grieving Heart
100 Practical Ideas for Helping Someone You Love Through Loss

When a friend suffers the loss of someone loved, you may not always know what to say. But you can do many helpful, loving things. Compassionate and eminently practical, this book offers 100 practical ideas for friends, family members, and caregivers who want to help.

ISBN 978-1-879651-26-5 • 128 pages • softcover • $11.95

Healing Your Traumatized Heart
100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death

Death is never easy, but for families and friends affected by a sudden, violent death, grief is especially traumatic. Deaths caused by accidents, homicide, and suicide typically seem premature, unjust, and very, very wrong.

ISBN 978-1-879651-32-6 • 128 pages • softcover • $11.95

Healing Your Grieving Heart After a Cancer Diagnosis
100 Practical Ideas for Coping, Surviving, and Thriving

By Alan D. Wolfelt, Ph.D., and Kirby J. Duvall, M.D.

Being diagnosed with cancer is a major blow physically, emotionally, socially, cognitively, and spiritually. All aspects of your self are under assault at the same time. And no matter the type or stage of cancer, the treatment plan, or the prognosis, your new and frightening grief can rattle you to your core. This book will help you understand and cope with your many difficult thoughts and feelings and find ways to experience peace and joy in the journey.

ISBN 978-1-61722-200-9 • 128 pages • softcover • $11.95

Healing Your Grieving Body
100 Physical Practices for Mourners

by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

Do you have muscle aches and pains, problems with eating and sleeping, low energy, headaches, and other physical symptoms since the death of someone loved? The mind-body connection in grief is profoundly strong, but taking care of your body in the 100 ways described will help you soothe your body as you heal your heart and soul.

ISBN 978-1-879651-63-0 • 128 pages softcover • $11.95

“As usual, Dr. Wolfelt does a wonderful job in providing good and realistic ideas for those who are in need of support after the death of a loved one.”
— A Reader
Healing a Friend or Loved One’s Grieving Heart After a Cancer Diagnosis

100 Practical Ideas for Providing Compassion, Comfort, and Care

By Alan D. Wolfelt, Ph.D., and Kirby J. Duvall, M.D.

When someone you love is diagnosed with cancer, it’s hard to know what to do. What should you say? What shouldn’t you say? How can you help? This book will help you understand the normal and natural grief your friend is experiencing. No matter the type or stage of cancer, the treatment plan, or the prognosis, this compassionate and practical guide will help you be a good companion through the journey that is cancer.

ISBN 978-1-61722-203-0 • 128 pages • softcover • $11.95

Healing Your Grieving Heart After Miscarriage

100 Practical Ideas for Parents and Families

The miscarriage of a hoped-for child is a shattering loss. Those who had already begun to feel attached to the baby will naturally grieve—particularly the mother and father, but also siblings this baby would have had, extended family, and friends. The loss may ripple across many lives in many ways.

If you are grieving in the aftermath of a miscarriage or extopic pregnancy, this compassionate book will help you heal.

ISBN 978-1-61722-218-4 • 128 pages • softcover • $11.95

Healing Your Grieving Heart When Someone You Care About Has Alzheimer’s

100 Practical Ideas for Families, Friends and Caregivers

By Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

Navigating the challenging journey that families and friends of Alzheimer’s patients must endure, this heartfelt guide offers compassionate support for their struggle, which is as complex and drawn out as the illness itself.

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Healing Your Grief When Disaster Strikes
100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster

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Healing Your Grieving Heart After a Military Death
100 Practical Ideas for Families and Friends by Bonnie Carroll and Alan D. Wolfelt, Ph.D.

When a loved one is killed in the line of duty, this book affirms, survivors’ grief is shaped by the unique circumstances of the death. Because military deaths are almost always sudden and violent, the traumatic nature of the loss creates a two-part grief—one focused on the manner in which the person died, the other focused on the long-term repercussions of life without this special person. This guide also acknowledges the mixture of sadness, pride, anger, and blame that often characterizes grief after a military death and offers ideas for constructively expressing thoughts and feelings. Military suicide is also addressed. Anyone whose life has been touched by a military death will find compassionate understanding and healing guidance in these pages.

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Healing Your Grief About Aging
100 Practical Ideas on Growing Older with Confidence, Meaning, and Grace

by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

Getting older goes hand in hand with losses of many kinds—ending careers, empty nests, illness, the deaths of loved ones. This book will help you acknowledge and mourn the many losses of aging while also offering advice and inspiration for living better than you’ve ever lived before.

ISBN 978-1-61722-171-2 • 128 pages • softcover • $11.95
Healing the Empty Nester’s Grieving Heart

100 Practical Ideas for Parents After the Kids Move Out, Go Off to College, or Start Taking Flight

You’ve spent most of your adult life focused on the care and raising of your children...and now they’re leaving. For you and for them, this major transition is often challenging in many ways. You may feel surprised at the intensity of your grief—a confusing mixture of sadness, hope, emptiness, fear, excitement, and other emotions all at once.

This book helps parents understand their normal and necessary empty nester grief. The 100 practical tips and activities are designed to help you acknowledge and express your feelings of loss, foster love and respect, and, over time, find ways to re-instill your life with meaning. Advice is also offered for nurturing a marriage or partnership through this challenging time.

ISBN 978-1-61722-250-4 • 128 pages • softcover • $11.95

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Healing After Job Loss

100 Practical Ideas

by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

After job loss, it is normal and natural to struggle with challenging thoughts and feelings. Anger, anxiety, and depression are common. Self-esteem often suffers, and feelings of hopelessness and despair can take over. This book helps you understand your reaction to job loss and teaches you to explore your thoughts and feelings in ways that lead to healing.

ISBN 978-1-879651-69-2 • 128 pages • softcover • $11.95

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Healing Grief at Work

100 Practical Ideas After Your Workplace is Touched by Loss

Topics covered include effective ways to channel grief during the workday, supporting coworkers who mourn, participating in group memorial, negotiating appropriate bereavement leave, and many others.

Ideas for both the mourner and the mourner’s coworkers are included. Purchased in bulk, this book makes an excellent resource for employee in-services as well as general distribution at a time of need.

ISBN 978-1-879651-45-6 • 128 pages • softcover • $11.95
Healing A Child’s Grieving Heart
100 Practical Ideas for Families, Friends and Caregivers
Some of the ideas teach about children’s unique mourning styles and needs. Others suggest simple activities and “companionship” tips. A compassionate, easy-to-read resource for parents, aunts and uncles, grandparents, teachers, volunteers—and a great refresher for professional caregivers.
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Healing Your Grieving Heart for Kids
100 Practical Ideas
*Healing Your Grieving Heart for Kids is for young and middle readers (6- to 12-year-olds) grieving the death of someone loved. The text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal but necessary.
ISBN 978-1-879651-27-2 • 128 pages • softcover • $11.95

Order both Healing a Child’s Grieving Heart and Healing Your Grieving Heart for Kids and get 10% off! • $21.50

Healing A Teen’s Grieving Heart
100 Practical Ideas for Families, Friends, and Caregivers
*Healing A Teen’s Grieving Heart is for adults who want practical, day-to-day “how-tos” for helping the grieving teens in their lives. Some of the ideas teach about teenagers’ unique mourning styles and needs. Other ideas suggest simple activities and tips for relating to and spending time with the grieving teen.
ISBN 978-1-879651-24-1 • 128 pages softcover • $11.95

Healing Your Grieving Heart for Teens
100 Practical Ideas
In this compassionate book for grieving teenagers, Dr. Wolfelt speaks honestly and straightforwardly to teens, affirming their thoughts and feelings and giving them dozens of teen-friendly ideas for understanding and coping with their grief.
ISBN 978-1-879651-23-4 • 128 pages softcover • $11.95

Order both Healing a Teen’s Grieving Heart and Healing Your Grieving Heart for Teens and get 10% off! • $21.50

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All our titles are available as e-books! To purchase an e-book for any of our books, simply visit www.ipgbook.com and search for the book title or ISBN.
How I Feel
A Coloring Book for Grieving Children
Dr. Wolfelt’s coloring book for kids ages 3-8 explores many of the feelings grieving children often experience. The expressive, easy-to-color drawings clearly depict disbelief, fear, anger, loneliness, happiness, sadness, and other normal grief feelings. And the simple text accompanying the drawings (“Someone I love has died”, “Ever since this person died, I have felt new and scary feelings. Grown-ups call these feelings grief”; “Sometimes I feel all alone”; “Sometimes I hurt inside”) provides grieving children with words to describe their new, sometimes scary feelings.
22 pages • $2.00  •  Bulk Order Discount • 25 copies • $30.00

My Pet Died
A Coloring Book for Grieving Kids
The death of a pet can be particularly difficult for children, and the stronger the relationship between child and pet, the more the child will grieve when the pet dies. This coloring book for kids ages 3-8 will help them express their feelings about the pet’s death and learn about both the joy—and the pain—that comes from caring for others, including our precious companion animals.
22 pages • $2.00  •  Bulk Order Discount • 25 copies • $30.00

Divorce Coloring Book
A Coloring Book for Kids During and After Divorce
by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.
While divorce is common, it’s also very difficult for children, eliciting many challenging feelings. This coloring book for kids ages 3-8 gives them simple ideas for expressing their emotions during this life-changing time so that they can go on to lead happy lives and develop healthy relationships of their own.
22 pages • $2.00  •  Bulk Order Discount • 25 copies • $30.00

The Healing Your Grieving Heart Journal for Teens
With a Foreword by Brian Griese
Teenagers often don’t want to talk to adults—or even to their friends—about their struggles. But given the opportunity, many grieving teens find that journaling helps them sort through their confusing thoughts and feelings.
Yet few journals created just for teens exist and even fewer address the unique needs of the grieving teen. In the Introduction, this unique journal—written by Dr. Wolfelt and his 14-year-old daughter, Megan—affirms the grieving teen’s thoughts and feelings and offers gentle, healing guidance. The six central needs of mourning are explained, as are common grief responses. Throughout, the authors provide simple, open-ended questions for the grieving teen to explore, such as:
• What do you miss most about the person who died?
• Which feelings have been most difficult for you since the death? Why?
• Is there something you wish you had said to the person who died but never did?
Designed just for grieving teens as a companion to Dr. Wolfelt’s bestselling Healing Your Grieving Heart for Teens: 100 Practical Ideas, this journal will be a comforting, affirming, and healing presence for teens in the weeks, months, and years after the death of someone loved.
ISBN 978-1-879651-33-3  • 120 pages softcover • $11.95
I Have Diabetes:
A Feelings Coloring Book for Children with Type-1 Diabetes

This coloring book for children ages 3-8 was written by Jaimie Wolfelt, a diabetes education advocate who was diagnosed at age nine with Type-1 diabetes. Throughout the coloring book, children are invited to express—in words, drawing, and coloring—common feelings they may have after their own Type-1 diagnosis as well as in the months and years to come, as they learn to make diabetes and self-care an integral part of their lives. The friendly drawings depict diverse children and families as they interact with medical professionals and go about their days, encountering a range of feelings from confusion and sadness to anger, isolation, happiness, and more. The coloring book emphasizes that it's normal to have lots of thoughts and feelings about diabetes, and it's good to express those feelings. The book closes with this affirmation: “I have diabetes, and I am strong and amazing!”

22 pages • $2.00 • Bulk order discount 25 copies $30.00.

My Grief Rights as a Kid with Diabetes
Wallet Cards

These colorful wallet cards help kids diagnosed with diabetes understand their feelings and empowers them to express themselves in healthy ways. The contemporary design and straightforward—but-not-condescending text also make it appropriate for those diagnosed with diabetes at any age. Wallet cards are great for kids to carry with them and share with others.

Wallet cards (packet of 50)
$15.00

Living with Diabetes:
A Journal for Teens
By Jaimie A. Wolfelt

If being a teenager is hard, what about being a teenager with diabetes? Alternating brief educational sections with space for responding to questions, this compassionate guided journal helps teens understand and express their many feelings about living with Type 1 diabetes. Topics explored include depression, anxiety, isolation, chronic fatigue, self-identity challenges, emotional responses to high and low blood sugar, and more. As they step through this journal, teens learn that their feelings are normal and are invited to share their unique stories. Physical self-care for teens with diabetes is essential, but so is emotional self-care. This journal is a simple, teen-friendly tool for emotional support, exploration, and growth.

ISBN: 978-1-61722-289-4
Softcover • $11.95
A Child’s View of Grief
In this informative, easy-to-read booklet, Dr. Wolfelt explains how children and adolescents grieve after someone loved dies and offers helping guidelines for caregiving adults.
ISBN 978-1-879651-43-2 • 54 pages • softcover • $6.95

A Child’s View of Grief Video
Written by and featuring Dr. Wolfelt, this video explores several key principles of helping children cope with grief. In use by hundreds of hospices and funeral homes throughout North America.
ISBN 978-1-879651-66-1 • 30 minutes • DVD • $29.95

A Teen’s View of Grief Video
Written by and featuring Dr. Wolfelt, this 40-minute video on teen grief contains in-depth information and compassionate advice. Throughout, Dr. Wolfelt’s teachings are interspersed with comments from actual bereaved teens.
ISBN 978-1-879651-67-8 • 40 minutes • DVD • $29.95

Sarah’s Journey
Eight-year-old Sarah Johnson had always been her “daddy’s little girl”—until the tragic day her father was killed in a car accident. Based on the belief that each child has the need to mourn in his or her own way, this book describes Sarah’s grief experience and offers compassionate, practical advice for adults on topics such as regressive behaviors, explosive emotions, children and funerals, the grieving child at school and more.
ISBN 978-1-879651-03-6 • 121 pages • softcover • $9.95

Finding the Words
How to Talk with Children and Teens about Death, Suicide, Homicide, Funerals, Cremation, and Other End-of-Life Matters
It’s hard to talk to kids about death, especially when someone close to them dies. What should you say? What shouldn’t you say? With this compassionate book, you’ll have simple advice and suggested phrases at your fingertips when you need them. Honest but child-appropriate language is advocated, and different wording and levels of explanation are suggested for different ages.
ISBN 978-1-61722-189-7 • 144 pages • softcover • $14.95

My Grief Rights
A poster for kids
This colorful, oversized poster helps grieving kids understand their feelings and empowers them to mourn in healthy ways. A compassionate gift for any bereaved child old enough to read. The contemporary design and straightforward-but-not-condescending text also make it appropriate for grieving teenagers.
Poster (24”x36”) • $15.00
Also available as wallet cards, see page 32.
The Paradoxes of Mourning
Healing Your Grief with Three Forgotten Truths

When it comes to healing after the death of someone loved, our culture has it all wrong. We’re told to be strong when what we really need is to be vulnerable. We’re told to think positive when what we really need is to experience the pain of the loss. And we’re told to seek closure when what we really need is to welcome our natural and necessary grief.

The paradoxes of mourning are three Truths that grieving people used to respect but in the last century seem to have forgotten. In fact, our thinking about loss has gotten so mixed up that the Truths can now seem backwards, or paradoxical. Yet the paradoxes are indeed true, and only by giving yourself over to their wisdom can you find your way.

ISBN 978-1-61722-222-1 • 136 pages • hardcover • $15.95

The Journey Through Grief
Reflections On Healing Second Edition

This popular hardcover book makes a wonderful gift for those who grieve, helping them gently engage in the work of mourning. Comforting and nurturing, The Journey Through Grief doses mourners with the six needs of mourning, helping them soothe themselves as they begin to heal. This revised, second edition of The Journey Through Grief takes Dr. Wolfelt’s popular book of reflections and adds space for guided journaling, asking readers thoughtful questions about their unique mourning needs and providing room to write responses.

The Journey Through Grief is organized around the six needs that all mourners must yield to—indeed embrace—if they are to go on to find continued meaning in life and living. Following a short explanation of each mourning need is a series of brief, spiritual passages that, when read slowly and reflectively, help mourners work through their unique thoughts and feelings. The Journey Through Grief is being used by many faith communities as part of their grief support programs.

ISBN 978-1-879651-11-1 • 152 pages • hardcover • $21.95
Living in the Shadow of the Ghosts of Grief
Step into the Light: Reconcile Old Losses and Open the Door to Infinite Joy and Love

Are you depressed? Anxious? Angry? Do you have trouble with trust and intimacy? Do you feel a lack of meaning and purpose in your life? You may well be living in the shadow of the ghosts of grief.

When you suffer a loss of any kind—whether through abuse, divorce, job loss, the death of someone loved, or other transitions—you naturally grieve inside. To heal your grief, you must express it. That is, you must mourn your grief. If you don't, you will carry your grief into the future, and it will undermine your happiness for the rest of your life. This compassionate guide will help you learn to identify and mourn your carried grief so you can go on to live the joyful, whole life you deserve.

ISBN 978-1-879651-51-7 • 152 pages • softcover • $13.95

The Depression of Grief
Coping with Your Sadness and Knowing When to Get Help

When someone you love dies, it's normal and necessary to grieve. Grief is the thoughts and feelings you have inside you, and sadness is often the most prominent and painful emotion. In other words, it's normal to be depressed after a loss. This compassionate guide will help you understand your natural depression, express it in ways that will help you heal, and know when you may be experiencing a more severe or clinical depression that would be eased by professional treatment. A section for caregivers that explores the new DSM-5 criteria for Major Depression is also included.

ISBN 978-1-61722-193-4 • 128 pages • softcover • $14.95

The PTSD Solution
The Truth About Your Symptoms and How to Heal

If you suffer from PTSD, you know the problem is complex. But what you probably don't know—and what the medical establishment isn't telling you—is that post-traumatic stress is not fundamentally a medical disorder but rather a form of grief. This groundbreaking book reveals a new approach to understanding PTSD and its debilitating symptoms. With compassion and insight, it affirms the nature and severity of your experience while providing you with a step-by-step plan to transcend it.

Whether your PTSD is severe or more subtle, whether your traumatic experience was recent or in the distant past, this book unlocks the secret that will finally allow you to live and love fully again.

ISBN 978-1-61722-226-9 • 176 pages • softcover • $19.95
Grief Day by Day: Simple Practices to Help Yourself Survive... and Thrive

Rituals give us something to do with our grief. Simple, everyday practices can give structure to our grief and hold us up when we're feeling like we might collapse. In fact, when we're in grief, rituals are essentially effective beelines to healing.

Learn what makes a ritual a ritual. (Spoiler alert: Rituals can be easy and fast!) Try some of the many solo rituals gathered here, such as letter writing, meditating, intentional emoting, grief walks, and the 10-minute grief encounter. And reach out to friends and loved ones who might like to get together for one of the simple group ceremonies.

By incorporating the healing power of ritual into your days, you'll be not only surviving your grief, you'll be building in meaning and hope so that you can go on to thrive.

ISBN 978-1-61722-268-9 • 122 pages • softcover • $14.95

The Mourners’s Book of Faith

30 Days of Enlightenment

In this compassionate, day-by-day book, Dr. Wolfelt explains that the essential need to mourn and question the meaning of life and death is not inconsistent with faith but rather a reflection of your ongoing and ever-deepening relationship with God.

Containing a month’s worth of inspiring words and quotes, this award-winning book can be revisited over and over again anytime you need a new dose of enlightenment.

ISBN 978-1-61722-162-0 • 200 pages • hardcover • $15.95

The Mourners’s Book of Hope

30 Days of Inspiration

To integrate loss and to move forward with a life of meaning and love, you must have hope. Hope is a belief in a good that is yet to be. This beautiful little hardcover gift book offers Dr. Wolfelt’s thoughts on hope in grief interspersed with quotes from the world’s greatest hope-filled thinkers.

ISBN 978-1-879651-65-4 • 200 pages • hardcover • $15.95

The Mourners’s Book of Courage

30 Days of Encouragement

When someone you love dies, you must find within you the courage to embrace the pain and go on living without them. In grief, you must open your heart to your innermost feelings and boldly befriend them, for it is in be friending your grief that you heal. Written for those times in grief when you feel you don’t have the courage to do the hard and necessary work of mourning, this book will give you the dose of encouragement you need each day to not only survive your grief but to go on to thrive.

ISBN 978-1-61722-154-5 • 200 pages • hardcover • $15.95

SPECIAL SERIES PRICE:


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Companioning the Bereaved
A Soulful Guide for Caregivers

This book presents a model for grief counseling based on Dr. Wolfelt's "companioning" principles.

For many mental healthcare providers, grief in contemporary society has been medicalized—perceived as if it were an illness that with proper diagnosis and treatment could be cured. Dr. Wolfelt explains that our modern understanding of grief all too often conveys that at bereavement's "end" the mourner has completed a series of tasks, extinguished pain, and established new relationships. Our psychological models emphasize "recovery" or "resolution" in grief, suggesting a return to "normalcy."

By contrast, this book advocates a model of "companioning" the bereaved, acknowledging that grief forever changes or transforms the mourner’s world view. Companioning is not about assessing, analyzing, fixing or resolving another’s grief. Instead, it is about being totally present to the mourner, even being a temporary guardian of his soul. The companioning model is grounded in a “teach me” perspective.

ISBN 978-1-879651-41-8 • 191 pages • hardcover • $29.95

Companioning You!
A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved

In this essential newest addition to the Companioning Series, Dr. Wolfelt applies the principles of companioning others to the art of caring for yourself. Yes, caring for the dying and the bereaved is a rewarding ministry, but caregivers risk burn-out and putting their own needs and lives last.

This book affirms the caregiver’s right to excellent self-care and provides not only the rationale but the tips and practical suggestions you need to be your own friend and hospitable companion.

WALLET CARDS! See page 32.

ISBN 978-1-61722-166-8 • 128 pages • hardcover • $15.95

The Handbook for Companioning the Mourner
Eleven Essential Principles

This inspiring handbook explores Dr. Wolfelt’s “companioning” model of grief care and contrasts it with the traditional “treatment” model. Concise and engaging, this is a primer designed to spread the companioning philosophy among everyone who walks alongside mourners—counselors, hospice caregivers, funeral home staff, friends, and family members.

ISBN 978-1-879651-61-6
117 pages • hardcover • $15.95

"I learned and understand now the importance of Companioning versus trying to fix someone’s grief. Companioning is a true holistic approach that works the way we are designed to work and have relationships.”

— Mike from California
Companioning the Grieving Child
A Soulful Guide for Caregivers

In this valuable resource, Dr. Wolfelt redefines the role of the grief counselor in this guide for caregivers to grieving children. Providing a viable alternative to the limitations of the medical establishment’s model for companioning the bereaved, Dr. Wolfelt encourages counselors and other caregivers to aspire to a more compassionate philosophy in which the child is the expert of his or her grief—not the counselor or caregiver.

ISBN 978-1-61722-158-3 • 208 pages • hardcover • $29.95

Companioning the Grieving Child Curriculum Book
Activities to Help Children & Teens Heal
by Patricia Morrissey, M.S., Ed.
Foreword by Alan D. Wolfelt, Ph.D.

Based on Dr. Wolfelt’s six needs of mourning and written to pair with Companioning the Grieving Child, this comprehensive guide provides hundreds of hands-on activities tailored for grieving children in three age groups: preschool, elementary, and teens. Through the use of readings, games, discussion questions, and arts and crafts, caregivers will help grieving young people acknowledge the reality of the death, embrace the pain of the loss, remember the person who died, develop a new self-identity, search for meaning, and accept support.

ISBN 978-1-61722-158-9 • 208 pages • softcover • $29.95

Reframing PTSD as Traumatic Grief
How Caregivers Can Companion Traumatized Grievers Through Catch Up Mourning

In this guide for counselors and caregivers, Dr. Wolfelt reframes PTSD as a form of grief. Helping PTSD sufferers mourn their unacknowledged and “carried” grief over the traumatic events that caused their symptoms is the key to helping them heal. Rather than seeking to quickly treat away symptoms of PTSD, caregivers who follow Dr. Wolfelt’s “companioning” philosophy will instead see the natural and necessary PTSD symptoms as indicators that the sufferer needs additional support and encouragement to express himself. This holistic new approach acknowledges clinical PTSD treatments as part of the solution while emphasizing that authentic mourning is the primary and most essential healer.

ISBN 978-161722-213-9 • 144 pages • hardcover • $29.95

Counseling Skills for Companioni ng the Mourner
The Fundamentals of Effective Grief Counseling

This compassionate resource outlines both the philosophy and the how-tos of fundamental helping skills of Dr. Alan Wolfelt’s well-respected “companioning” model of grief care. The centerpiece of this model is that mourners are the experts of their own experiences. This belief demands caregivers who bear witness without judgement, are willing to be taught by the mourner, and gently encourage the expression of grief into authentic mourning.

This book provides principles, practical skills, and activities that will allow you to enhance your capacity to facilitate (“to make easier”) the hard work of mourning. The contents of this helpful resource are directed at people in grief care, with the goal of adding to their toolbox of helping skills, and inspiring them to be truly helpful caregivers.

ISBN 978-1-61722-230-6 • 144 pages • hardcover • $29.95

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Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.
When Grief is Complicated
A Model for Therapists to Understand, Identify, and Companion Grievers Lost in the Wilderness of Complicated Grief

After a significant loss, grief is normal and necessary. But sometimes a mourner’s grief becomes naturally heightened, stuck, or made more complex by especially difficult circumstances, such as suicide, homicide, or multiple losses within a short time period. This is called “complicated grief.”

In this primer by one of the world’s most respected grief educators, Dr. Wolfelt helps caregivers understand the various factors that often contribute to complicated grief. He presents a model for identifying complicated grief symptoms and, through real-life examples, offers guidance for companioning mourners through their challenging grief journeys. This book rounds out Dr. Wolfelt’s resources on the companioning philosophy of grief care, making it an essential addition to your professional library.

ISBN 978-1-61722-258-0 • 242 pages • $24.95 • softcover

When Grief is Complicated Educational Supplement
If you’re companioning complicated grievers, this packet contains dozen of educational handouts and worksheets to help you educate the grievers in your care and facilitate mourning. Simply purchase and download the supplement PDF and print out individual sheets as needed.

47 pages • $19.95 • Digital
Available at www.centerforloss.com

Caring for Donor Families Before, During and After
Second Edition
by Raelynn Maloney, Ph.D., and Alan D. Wolfelt, Ph.D.

This updated resource for hospital and organ procurement caregivers goes beyond helping professionals understand the challenges of obtaining consent and invites them to offer compassionate care throughout the family’s experience with the death, including the months and years following.

ISBN 978-1-61722-136-1 • 164 pages • softcover • $19.95

Tenets of Companionsing
Use these resources to help people know you are an advocate for the companioning philosophy of grief care. The content highlights Dr. Wolfelt’s eleven tenets of “companioning” versus “treating” the mourner. Make use of this piece to humbly acknowledge your commitment to companioning and supporting people in grief.

Printed on sturdy material, this resource is available in two sizes — a large display poster or a smaller flyer size that makes an ideal handout for groups or lectures.

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TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.
Companioning the Dying
A Soulful Guide for Caregivers
by Greg Yoder
Foreword by Alan D. Wolfelt, Ph.D.
Based on the assumption that all dying experiences belong not to the caregivers but to those who are dying—and that there is no such thing as a “good death” or a “bad death”—Companioning the Dying helps readers bring a respectful, nonjudgmental presence to the dying while liberating them from self-imposed or popular expectations to say or do the right thing.

Written with candor and wit by hospice counselor Greg Yoder, Companioning the Dying exudes a compassion and a clarity that can only come from intimate work with the dying. The book teaches through real-life stories that will resonate with both experienced clinical professionals as well as laypeople in the throes of caring for a dying loved one.

ISBN 978-1-61722-149-1 • 148 pages • softcover • $19.95

The End of Life Companion
Touchstones for Those Who Love Someone Who is Dying
by Greg Yoder
If you love or care for one with limited life expectancy, The End of Life Companion will give you clarity and perspective, enabling you to have peace about whatever role you play in your loved one’s experience. These touchstones will feel like a blanket of mercy wrapped around your shoulders, assuring you that what you do will always be enough—exactly enough. Be prepared to experience comfort and healing during a time when you might least expect it.

ISBN 978-0-9882473-0-7 • 80 pages • softcover • $10.95

Companioning at a Time of Perinatal Loss
A Guide for Nurses, Physicians, Social Workers and Chaplains in the Hospital Setting
by Jane Heustis & Marcia Meyer Jenkins
Foreword by Alan D. Wolfelt, Ph.D.
Many OB caregivers feel unprepared to handle the intensity of perinatal loss. Most hospitals have bereavement care standards but offer little instruction in following them. Written by seasoned support nurses, Companioning at a Time of Perinatal Loss outlines a framework for bereavement care in the obstetrical arena. Based on Dr. Wolfelt’s principles of companioning, it describes loss from the family’s perspective, defines the caregiver’s role, offers bedside strategies, and reviews the work of mourning in the weeks and months after.

ISBN 978-1-879651-47-0 • 154 pages • softcover • $19.95

Helping People with Developmental Disabilities Mourn
Practical Rituals for Caregivers
by Marc Markell, Ph.D., Foreword by Alan D. Wolfelt, Ph.D.
This book explains the how-tos of creating rituals for people with developmental disabilities whose special cognitive needs are often overlooked after a death. Rituals outlined in this book include the use of pictures, memory objects, drawing, music, and writing as well as storytelling. Author Dr. Marc Markell is a grief counselor and university professor.

ISBN 978-1-879651-46-3 • 84 pages • softcover • $13.95
A Tale of Two Funerals
The Throw Rug and the Tapestry

Meet the Williams family. Grandma Williams has died, and her children call Knight & Day Funeral Home to make arrangements. Courtesy of a Twilight Zone-esque space-time anomaly, the Williams family ends up concurrently planning and holding two funerals for Grandma—one arranged by funeral director Sam Standard and the other by funeral director Grace Gatekeeper.

How will the two funerals turn out? Will the Williams family even be able to tell the difference? Find out in this riveting—and revealing—Tale of Two Funerals...

ISBN 978-1-61722-246-7 • 128 pages • softcover • $19.95

Creating Meaningful Funeral Experiences
A Guide for Caregivers
This revised, updated guide explores the ways in which personalized funerals transform mourners. It also reviews qualities in caregivers that make them effective celebrants and funeral planners and provides practical ideas for creating authentic, personalized, and meaningful funeral experiences.

96 pages • softcover • $12.95

Funeral Home Customer Service A-Z
Creating Exceptional Experiences for Today's Families

There's a new customer out there—one who no longer implicitly values the funeral and the role of the funeral home. This motivational (yet extremely practical) resource explains the evolution and expectations of today's "experience economy" customer, then offers practical advice for exceeding those expectations every step of the way.

ISBN 978-1-879651-44-9 • 240 pages • softcover $24.95

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TRAINING MANUAL
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Why We Have Had Funerals Since the Beginning of Time
Honoring, Remembering, Healing

Each 12x9” (folds to 4x9”) • Packet of 100: $40.00
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Honoring, Remembering, Healing

Each 24x36” (fit in standard-sized frame) $20.00 each or both for $35.00

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My Grief Rights
Wallet cards for kids
These colorful wallet cards help grieving kids understand their feelings and empowers them to mourn in healthy ways. A compassionate gift for any bereaved child old enough to read. The contemporary design and straightforward-but-not-condescending text also make it appropriate for grieving teenagers. Wallet cards are great for kids to carry with them and share with others.

Wallet Cards (Packet of 50) • $15.00
Also available as an oversized poster, see page 16.

The Pet Lover’s Code
Ten Inalienable Rights After the Death of a Special Companion Animal Wallet Cards
Wallet cards to keep with you at all times and share with others grieving the death of a beloved pet.

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The Mourner’s Bill of Rights
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This handy wallet card helps mourners remember that each person’s grief is unique and that they have the right to move toward their grief and heal. The cards fold to credit card size and make tasteful and economical give-aways.

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The same Mourner’s Bill of Rights you have become familiar with, in a compassionate and accurate Spanish translation.

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For all bereavement caregivers who have felt stressed by their jobs, this tasteful wallet card calls for good self-care in the face of these challenges. The cards fold to credit card size.

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Ten Freedoms for Creating Meaningful Funeral Ceremonies
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This wallet card gently reminds us of the value of funerals and offers us support as we plan a meaningful ceremony. The cards fold to credit card size.

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These colorful wallet cards help kids diagnosed with diabetes understand their feelings and empowers them to express themselves in healthy ways. The contemporary design and straightforward-but-not-condescending text also make it appropriate for those diagnosed with diabetes at any age.

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AFTERCARE BROCHURES AND PACKETS
FOR HOSPICES AND FUNERAL HOMES

The Helping Series
Compassionate Brochures
to Give to Mourners

Concise brochures written by Dr. Wolfelt and designed for economical mass distribution, the Helping Series offers assistance to the bereaved in coping with specific types of death and grief responses. In use by hundreds of hospices and funeral homes throughout North America.

Helping Series sample packet: $20.00 (one each of 40 titles)
Packet of 100 of a single title: $40.00
Individual copies: $0.50 each

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Helping Yourself Heal When a Parent Dies
Helping Yourself Heal When an Adult Sibling Dies
Helping Yourself Heal When Someone You Care About Has Alzheimer's
Helping Yourself Live When You are Dying
Helping Yourself Live When You are Seriously Ill

SPANISH
Helping Yourself Heal When Someone Dies
Helping Yourself Heal During the Holiday Season
**Griefwords**

Check it out at www.centerforloss.com/griefwords

Dr. Alan Wolfelt has developed a great turnkey web outreach program called Griefwords. It provides a web-based, comprehensive library of articles and book excerpts about grief for bereaved families as well as bereavement caregivers. While Dr. Wolfelt continues to create content for Griefwords, Batesville Technology Solutions now administers the program.

Sample article titles include:
- The Journey Through Grief: The Mourner's Six Reconciliation Needs
- Helping Dispel 5 Commons Myths About Grief
- The Spiritual Path to Healing
- Helping Yourself Heal During the Holiday Season
- The Mourner's Bill of Rights

Please call: (877) 287-8661 or email: technology.sales@batesville.com for more information, pricing, and to subscribe.

**Empathy Cards**

Now instead of sending sympathy cards, you can offer your empathy with these beautiful new cards written by Dr. Wolfelt. Where sympathy is passive pity, empathy strives to actively engage and connect. Sympathy is “feeling for,” while empathy is “feeling with.” Thank you for joining us in our mission to refashion our culture into one of empathy rather than sympathy after a loss.

5-card set (5 different messages per set; each set has unique messages) • $10.00 • Includes white envelopes
Choose floral or canvas design • Notecards are 4.25” x 5.5”

**“Under Reconstruction” Pins**

In days gone by, people mourning the death of someone loved wore black clothing or armbands. This signaled their grief to others and communicated their need for understanding and support. Sadly, such conventions have fallen out of style.

This pin again provides a way for you to communicate your loss. When someone you love dies, you are torn apart. You face the painful challenge of reconstructing yourself. When others see your pin and ask, “‘Under Reconstruction’…what does that mean?”, you will have the healing opportunity to share your story of love and loss and embrace the empathy you are offered in return.

Pins are 1.25” wide, gold nickel with black fill
1-9: $7.50 each • 10-24: $6.50 each • 25-74: $6.00 each • 75-99: $5.25 each
100+: $4.50 each

**Meditation Subscription Program**

After someone we love dies, each day can be a struggle. But each day, if we work to embrace our normal and necessary grief and care for ourselves, we will also take one step toward healing.

Based on Dr. Wolfelt’s popular book Grief One Day at a Time, hospices, funeral homes, churches and more can now help those who grieve find comfort and understanding by delivering this daily companion directly to their inbox each morning.

Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme and a succinct meditation.

Please call (970) 226-6050 or email books@centerforloss.com for more information, pricing, and to subscribe.

**Wolfelt’s Grief Gardening Model**

A poster for “grief gardeners”

This fine art-quality poster not only depicts Dr. Wolfelt’s Grief Gardening Model in lush full color, it also contains a written guide to the many metaphors of the garden.

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www.centerforloss.com

Thank You!
Your purchases help support our work with the bereaved and bereavement caregivers.

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The Center for Loss and Life Transition, directed by Dr. Alan Wolfelt, is dedicated to furthering our understanding of the complex emotions we call grief. Our mission is to help both the bereaved, by walking with them in their unique journeys, and bereavement caregivers, by serving as an educational liaison and professional forum.

Center for Loss and Life Transition
3735 Broken Bow Road
Fort Collins, CO 80526

www.centerforloss.com

Visit our Website
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The Center for Loss & Life Transition's website contains information for mourners, details about our educational training seminars, Dr. Wolfelt's speaking schedule, an opportunity to join our e-mail list, and an online bookstore.

About the Author
Dr. Alan Wolfelt has been recognized as one of North America’s leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He founded the Center for Loss in 1984 to offer education and support both to grievers and bereavement caregivers. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.

Trainings
To learn more about our trainings for bereavement caregivers or to request a catalog, visit www.centerforloss.com/trainings