

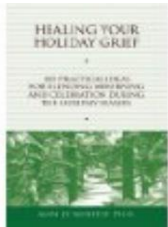
Holiday Grief

For Adults (Ages 18+)



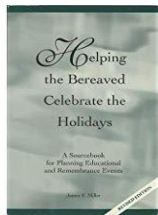
Coping with the Holidays
Kathleen Braza-Host
(Adults), DVD

This is a solid presentation of time-tested healing techniques and emotional adjustment activities, all designed to help the bereaved at difficult holiday times. It explains the natural reactions to grief and what others can say or do to help turn holiday traditions from a time of sadness and loneliness into healing rituals.



Healing Your Holiday Grief
Alan D. Wolfelt
(Adults), 128 pgs.

This handbook helps those in mourning through what can be the hardest time of year—the holiday season. Mourners will better understand their complex emotions after reading about such topics as honoring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration.



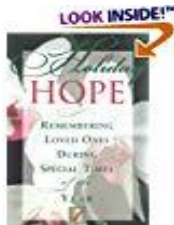
Helping the Bereaved Celebrate the Holidays
James E. Miller
(Adults), 95 pgs.

Based upon community and congregational events that have taken place throughout North America, this book guides you in planning and producing “preparing-for-the-holidays” events for the recently bereaved. Topics include defining the needs of your community, coordinating the event, handling marketing, and overall design of the program. Many original and gathered ideas for services of remembrance are provided



Holiday Blues
Dr. Clarence Tucker
(Adults), 30 pgs.

A Self-Help Manual on Grief Through the Holidays. Discusses how you can manage your grief during the holidays and other special days. Includes information on holiday feelings, pattern changes, and pre-planning advice. Includes a candle-lighting ceremony and memorial ritual.



Holiday Hope
Editors of Fairview Press
(Adults/Families), 160 pgs.

Over a dozen experts-therapists, clergy, counselors-have written short essays filled with practical tips and proven techniques for handling grief.



How Will I Get Through the Holidays?
James E. Miller
(adults), 112 pgs.

When you're facing your first holiday without the one who has been so close to you, a good starting point is with this awareness: chances are it will be a painful time. This workbook offers a host of suggestions to help people of all ages with the adjustments that must be made.



Not Just Another Day
Missy Lowery
(Adults)

Covers the more common holidays and gives good ideas for including children in celebrating birthdays and Christmas. Includes a list of things to do to take care of yourself for a month!



**Surviving the Holidays,
Birthdays, &
Anniversaries**
Brook Noel
(Adults), 64 pgs.

In this caring and compassionate guide, Brook Noel explores the different challenges brought on by holidays, birthdays, anniversaries and other special occasions. She'll share with you what to expect along with strategies for coping during these difficult days. You'll also find some ideas for creating new rituals and incorporating your lost loved one into future celebrations.