Resources for Children and Youth Experiencing Grief and Loss

DCYF serves children and youth with a wide range of lived experiences. The following are resources that can help support and guide them when experiencing and processing grief and loss.

Books for Children

- A Mother For Choco by Keiko Kasza
- Mama's Waves and Daddy's Waves by Chandra Ghosh Ippen
- The Invisible String by Patrice Karst
- Murphy's Three Homes: A Story for Children in Foster Care by Jan Levinson Gilman
- Speranza's Sweater: A Children's Journey through Foster Care and Adoption by Marcy Pusey
- Maybe Days: A Book for Children in Foster Care by Jennifer Wilgocki
- Finding The Right Spot: When Kids Can't Live With Their Parent by Janice Levy

Books for Teens

- Three Little Words: A Memoir by Ashley Rhodes-Courter
- Someone There For Me: Everyday Heroes Through the Eyes of Teens in Foster Care by National Court Appointed Special Advocate Association
- Reshuffled: Stories of Hope and Resilience From Foster Care by Tracy Gharbo and Linda Palmer
- Succeeding As A Foster Child: A Roadmap to Overcoming Obstacles and Achieving Success by Jamie Schwandt
- Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can't by Ben Sedley
- Everything a Band-Aid Can't Fix: A Teen's Guide to Healing and Dealing With Life by Nicole Russell

Journals

- Survive/Thrive: A Journal for Youth in Foster Care
- Guided Prompts to Explore Your Feelings and Find Peace
- This is My Journey: A Life Book for Teens and Tweens in Foster Care

Coloring Books

- How I Feel: A Coloring Book For Grieving Children
- Foster Cub Has Questions About Foster Care
- Colorful Adventures A Coloring Book for Children in Foster Care: Kids Coloring Book For Foster Kids
- Life in Color: A Coloring Book For Bold, Bright, Messy Works-In-Progress

Videos

- Children in Foster Care www.youtube.com/watch?v=sFBa9cK52vM
- Taken Into Foster Care, Through the Eyes of a Child www.youtube.com/watch?v=Gb8BGKqVVZM
- Voices Of Youth: Supporting Adolescents in Foster Care www.youtube.com/watch?v=vu_BAayToJA
- Foster Care's Invisible Youth www.youtube.com/watch?v=nuSikwpqazA

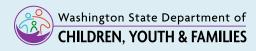
Workbooks

- My Lifebook Journal: A Workbook For Children in Foster Care
- The Teen's Workbook to Self-Regulate: Empowering Teenagers to Handle Emotions With Success Through Coping Strategies and CBT Exercises
- For When I'm Famous Lifebook

Counseling Resources

Apple Health Core Connections

- 1-877-644-4613
- Coordinatedcarehealth.com
- AHCCTeam@coordinatedcarehealth.com



DCYF does not discriminate and provides equal access to its programs and services for all persons without regard to race, color, gender, religion, creed, marital status, national origin, citizenship or immigration status, age, sexual orientation or gender identity, veteran or military status, status as a breastfeeding mother, and the presence of any physical, sensory, or mental disability or use of a dog guide or service animal. If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email communications@dcyf.wa.gov.

DCYF PUBLICATION PPS_0081 (10-2024)