



## Information for Loved Ones At the End of Life

*Dear Family Members and Friends,*

If you are reading this packet, someone important in your life is very ill or has passed away. We are here to support you in the difficult days ahead.

This packet has been carefully prepared by UCSF Medical Center Clinicians and addresses many of the most common and confusing decisions families and friends will face following the death of a loved one. Topics range from what happens and what needs to be done immediately following a death, to resources for grieving. Please know that while we offer these resources to be of help to you, UCSF does not endorse them, they are simply available options.

For most people, losing a loved one is an incredibly difficult and challenging experience; if you would like some help with any of this, we encourage you to call one of the UCSF resources. The social worker can provide emotional support and assist with referrals to counseling and support groups. Chaplains are available for spiritual guidance. Our Patient Relations Department/Decedent Affairs Program can help with the next steps in planning.

**Listed below are telephone numbers where we can be reached.**

- Social Work . . . . . (415) 353-1504
- Patient Relations . . . . . (415) 353-1936
- Spiritual Care . . . . .(415) 443-CARE

*With sincere regards,*

*The Staff of UCSF Medical Center*

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## **When A Loved One Passes Away**

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If you are alone when your loved one dies, you can ask the nurse, chaplain or social worker to call someone to be with you to support you during this difficult time.

## **Planning For Burial Or Cremation**

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Funeral, cremation, and/or cemetery arrangements will need to be made if the deceased had not made them earlier. Selecting a funeral home (also known as a mortuary) is often the first task after a loved one dies. If your loved one has passed away in the home or in the hospital, members of the family will be asked to specify a funeral home where the body will be transferred. After one is selected and called, the funeral home will arrange to come to the home or the hospital to take the body.

### *UCSF Patient Relations Decedent Affairs Program*

At any point, you may contact the Patient Relations Department at (415) 353-1936 with questions about the next steps. Patient Relations coordinates the Decedent Affairs Program which provides guidance and acts as a liaison between your family and outside agencies to help with arrangements, complete necessary paperwork work, and make this difficult time be a smooth transition from the hospital to the funeral home or willed body program. Patient Relations staff members are available Monday through Friday, 8:30–5pm. Should you wish to speak with someone in person, the office is located at 350 Parnassus Avenue, Suite 603.

### *Has there been Pre-planning?*

Before you begin to make any arrangements, you will want to find out if any pre-planning has been done. Check to see if a “pre-need” funeral trust was established. Also check the deceased person’s will to see if it has any instructions for planning a funeral.

If, before the death, you know which funeral home or willed body program you will be using, please call Patient Relations at (415) 353-1936 with this information.

### *Organ Donation, Tissue Donation and Autopsy*

Your physician may discuss having an autopsy performed on your loved one. In accordance with federal law, you may also be approached to discuss the possibility of organ or tissue donation. Should this be desired, your loved one’s body will be treated with dignity and care. Please ask any questions you may have in order to make decisions about these choices.

### *Selecting a Funeral Home*

It may be that your family or religious community has established a relationship with a particular funeral home. If not, a friend or relative who has been through this may be able to make a recommendation. You might also decide to meet with funeral directors from several funeral homes to compare services and prices. You have a few options for working with the funeral director to plan the ceremony. Usually, you will go to the funeral home to meet with the funeral director in person. It might be helpful to bring a friend, relative or other advisor with you to listen and take notes as some of the decisions may be challenging. If you cannot go to the funeral home, or do not want to, some will accept a fax with instructions for funeral arrangements; City Cremation offers Arrangement Assistant software on their website to arrange a cremation via the internet if your loved one is in the hospital, (access to a printer

and fax is also necessary). Some funeral homes may also send a funeral director to the hospital to meet with you. Please contact individual funeral homes directly to see if they can do this.

At this meeting, you will decide on many of the details of the funeral and you will probably select necessary merchandise, including the casket and grave liner, flowers, and music. Having a good sense of what you want before speaking with the funeral director is helpful, and friends and family can serve as sounding boards as you consider elements of the service.

Usually this meeting also provides an opportunity to write a newspaper death notice, so it might be useful to decide in advance if you want one and, if so, what you would like included.

When you visit the funeral home, you will give information to the director that will help with preparing a death certificate. You should bring a list of the following:

- Name of deceased
- Date and place of birth
- Social security number
- Father's full name and place of birth
- Mother's full name and place of birth

*For a list of San Francisco funeral homes, please see page 5.*

### ***Eco-friendly Burial***

Eco-friendly or natural burial usually means that there is no embalming or vault and a biodegradable casket or shroud is used. Native vegetation is planted by the burial site and a Global Position System (GPS) can be used to find the burial site. Prices vary for eco-friendly burial and are not necessarily less than those for a traditional burial. *Please refer to page 5 for an Eco-Friendly Burial Funeral Home.*

### ***Columbarium Facilities***

A columbarium is a building built to house many urns containing burial ashes. There are two columbariums in San Francisco.

#### **Neptune Society Columbarium**

1 Loraine Court  
(415) 771-0717

#### **Grace Cathedral Episcopal Church**

1100 California Street  
(415) 749-6300

### ***Cremation***

Because of the paperwork involved, it can take from one to two weeks for the cremation to occur. The funeral home will discuss options for a cremation container with you. The ashes will be returned to you within two weeks of cremation, or you can arrange with the funeral home for the ashes to be scattered at sea.

### ***Prices***

Although charges vary from one funeral home to another, the overall cost of a burial can total an average of several thousand dollars. The high cost is due to basic charges for funeral home services, cost of the casket, and cost of the plot. There may also be charges for a burial vault or liner, flowers, etc. You may want to contact more than one funeral home to compare prices.

### *Burial or Cremation for Those on Fixed Income*

College Chapel Funeral home offers cremation services for those with low income. The cost is \$654.47. Please see page 6 for more information.

For those who are Jewish and have limited funds, the Sinai Memorial Chapel (921-3636) is a valuable resource. Operated as a non-profit organization, Sinai will provide a simple burial according to Jewish tradition at no cost if resources are limited. Cremations are also available through Sinai, however there is a fee charged.

### *Miscellaneous Charges*

Other costs that can be incurred are obituaries and death certificates. The printing of obituaries in local newspapers is not a free service.

Families will also need to have certified copies of death certificates for finishing up business transactions (e.g. banks, insurance companies, Social Security, probate court, pensions, etc.) These can be obtained via the funeral director or from the San Francisco Department of Public Health at 101 Grove Street, Rm 105, San Francisco, CA 94102, at a cost of approximately \$13.00 each. (Phone: 554-2500; Business Hours: 8am–4pm, Monday–Friday). They can be obtained by going directly to 101 Grove or requested by mail. For more information, call the Office of Vital Records at 554-2700 or go to their web site at: <http://www.sfdph.org/dphvital/dphvital.htm>.

### *Donation of the Body to a Medical Research Institution*

Some individuals may choose to have their body donated to a medical research institution. Donations are integral to a wide range of educational, research, and clinical pursuits, including gross anatomy instruction and neurological, anatomical and physiological research. There are certain conditions that prevent acceptance from being a donor, please contact the willed body program for these conditions. It is also important to notify Patient Relations, (415) 353-1936, if this is the plan and they will help with arrangements. At UCSF, the Willed Body Program can be reached at (415) 476-1981.

### *Planning a Ceremony*

There are many different ways to honor the memory of your loved one, and the funeral home may assist you with planning the ceremony. Options to consider include the following:

- where the ceremony will be held
- who will officiate at the ceremony
- readings and/or music
- who will read eulogies
- who will serve as pallbearers, if needed
- clothing for the deceased
- whether charitable donations will be requested in lieu of flowers

## Directory Of Bay Area Funeral Homes

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You can find more information about mortuaries online by going to a search engine like Google.

### **Arthur J. Sullivan & Co.**

2254 Market Street  
Phone: (415) 621-4567  
Fax: (415) 621-8007

### **Ashley McMullen**

4200 Geary Blvd. (at 6<sup>th</sup> Ave.)  
Phone: (415) 751-8403  
Fax: (415) 751-8486

### **Bayview Funeral home**

5187 3rd Street  
Phone: (415) 822-2820  
Fax: (415) 822-2520

### **Bryant Funeral home**

635 Fulton Street  
Phone: (415) 861-4559  
Fax: (415) 861-2691

### **College Chapel Funeral home**

3434 17<sup>th</sup> Street  
Phone: (415) 824-1313  
Fax: (415) 861-9866

### **Driscoll's, Cominsky, and Anderson**

1465 Valencia Street  
Phone: (415) 970-8801  
Fax: (415) 970-8807

### **Duggan's Funeral Service**

3434 17<sup>th</sup> Street  
Phone: (415) 431-4900  
Fax: (415) 861-9866

### **Duggan's Serra Funeral home**

500 Westlake Avenue  
Daly City, CA  
Phone: (415) 756-4500  
Fax: (415) 755-4834

### **\*Fernwood Funeral Home**

301 Tennessee Valley Road  
Mill Valley, CA 94941  
Phone: (415) 383-7100  
Fax: (415) 383-7409

### **Green Street Funeral home**

649 Green Street  
Phone: (415) 433-5692  
Fax: (415) 433-2290

### **Halsted N. Gray**

1123 Sutter Street  
Phone: (415) 673-3003  
Fax: (415) 673-3006

### **McAvoy O'Hara**

4545 Geary Blvd. (at 10<sup>th</sup> Ave.)  
Phone: (415) 668-0077  
Fax: (415) 751-7268

### **National Cremation Service**

653 Green Street  
Phone: (415) 781-0663  
Fax: (415) 956-1894

### **Neptune Society**

1 Loraine Court  
Phone: (415) 771-0717  
Fax: (415) 922-1118

### **Pacific Interment**

2100 Folsom (at 17<sup>th</sup> Street)  
Phone: (415) 431-9940  
Fax: (415) 431-9980

### **Sinai Memorial Chapel**

1501 Divisadero  
Phone: (415) 921-3636  
Fax: (415) 921-0426

### **Valente Marini Perata & Co.**

4840 Mission Street  
Phone: (415) 333-0161  
Fax: (415) 333-0162

\*offers natural/eco-friendly burial

## Directory Of Bay Area Cremation Resources

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You can find more information about cremation services online by going to a search engine like Google.

### **Duggan's Funeral Services**

(415) 431-4900  
Approximately \$1399.68  
3434 17<sup>th</sup> Street

### **Duggan's Serra Funeral Home**

(650) 756-4500  
Approximately \$1600-\$1700  
500 Westlake Avenue (Daly City)

### **City Cremation (for people who die in the hospital)**

Online application: [www.citycremation.com](http://www.citycremation.com)  
Approximately \$775

### **College Chapel Funeral home**

(415) 824-1313  
Approximately \$654.00 (Shipping cremation: \$100.00)  
3434 17<sup>th</sup> Street

### **McAvoy O'Hara and Evergreen Mortuary**

(415) 668-0077  
Approximately \$1605  
4545 Geary Blvd (at 10<sup>th</sup> Ave)

### **National Cremation**

(877) 627-1947 – for online forms to fax  
(800) 627-7456 – for local services  
Approximately \$1000

### **Neptune Society**

(415) 771-0717  
Approximately \$1300 (Additional fees apply for urn and boat)

### **Pacific Interment**

(415) 431-9940  
Approximately \$991.20  
2100 Folsom (at 17<sup>th</sup> St.)  
Emeryville Phone: (510) 450-0187

*\*Copies of the Death Certificate cost approximately \$13.00\**

*\*\*All prices subject to change without notice. Please verify current fees with Funeral home.\*\**

## Practical Tasks Following A Death

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### *Who to Notify*

After the death of a loved one, there are many practical tasks that will need your attention. Below is a list of people and groups you should notify. You will likely need a death certificate for 3 - 6. If it is the death of your spouse, you may also need copies of your marriage certificate.

1. **Funeral Director** of Funeral home (to arrange services)  
Church, Temple, Mosque or **Place of worship** (to arrange services)  
Cemetery or Memorial Park  
Organist, singer, pallbearers
2. **Relatives and friends**
3. **Banks or credit unions:** Joint accounts are automatically closed after the joint account holder notifies the bank of the death. Request that your bank release the funds to you. You should immediately establish a new account to handle funds received after the death. If a safety deposit box was rented in the name of the deceased only, you will need a court order to open it.
4. **Insurance companies** (health, life, auto): If the funds are not already committed to a financial plan, request only payment of that amount you will need in the next two months. Leave decisions about investments for a later, less harried time. Call the companies for forms.
5. **Social Security, Veteran's Benefits, Pension/Association Programs:** The death benefits that are part of these plans should be applied for promptly. *See page 8 for more information about these benefits.*
6. **Probate Court:** In most states, wills must be filed within 10 days or, if there is no will, this act must be disclosed. Probate procedures may be a complex matter, depending on the size of the estate and claims against it. The advice of a wise friend who has gone through this period or of the family lawyer is invaluable. If the surviving spouse can be appointed administrator of the estate, this arrangement often saves money. You should know that the court generally does not permit probate to be concluded in less than a year so some resources may be tied up for at least that long. If you need legal assistance, you can contact the County Bar Association Lawyer Referral Service (San Francisco – (415) 989-1616) or the American Bar Association Website ([www.abanet.org](http://www.abanet.org)) to find a lawyer.
7. **Hospitalization/Major Medical Insurance.** Spouse must either convert to individual plan or purchase own personal policy.
8. **Unions, Fraternal Organizations, Alumni Associations, Professional Societies,** etc.
9. **Newspapers** for obituary, if desired. *See page 4 for more information.*
10. **Credit card companies:** Cancel credit cards that are only in the name of the deceased.
11. **Automotive groups:** Transfer the title of any cars that were in the name of the deceased. Contact the Department of Motor Vehicles for details. Notify auto insurance companies.



## **Obtaining a Death Certificate**

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Most of the agencies listed above and on the next page, (“Compiling Important Documents”), will require a death certificate. The best way to obtain the death certificate is through the funeral home and they can advise you on how many you may need, (copies are generally not used). It will take the funeral home 1–2 weeks to prepare and process the death certificates. It is helpful to bring the following information with you when you visit the funeral home:

- Name of deceased
- Date and place of birth
- Social security number
- Father’s full name and place of birth
- Mother’s full name and place of birth

## ***Compiling Important Documents***

While settling affairs for your loved one, it might be helpful to have some of these documents on hand:

- Social Security card
- Citizenship documents
- Will or living trust
- Insurance policies
- Deeds to properties
- Titles to automobiles, boats, or RV’s
- Bank books
- Stock, bond, or mutual fund statements
- IRA, 401(k), or pension plan information
- Income tax returns
- Disability claims

## **Death Benefits**

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Death benefits are available through Social Security to a surviving spouse, or, if there is no surviving spouse, an eligible child. Certain family members may also be eligible for benefits. The death benefit is a one-time sum of \$255. For more information about eligibility, benefits, and how to apply, please see the section in this packet about Social Security benefits.

Death benefits may also include Veterans Administration, insurance, employee pension, and union or fraternal organization benefits. For more information about Veterans Benefits, please see papers from the Department of Veterans Affairs in this packet.

## Other Practical Tasks

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- **Update your will:** If you included the deceased in your will, you will want to update it.
- **Income tax:** Income taxes will still need to be filed for the deceased for that year. Taxes will be due on the normal filing date, but you can request an extension. If the person who died was your spouse, you can still file jointly. If you have dependent children, you can file a joint return for two more years.
- **Federal estate tax return** (IRS Form 706): Check with the IRS, [www.irs.gov](http://www.irs.gov), a tax consultant, or online to see if you will need to file for a federal estate tax return. If you do need to file for this, you should do this within nine months of the death.

## Grief, Bereavement And Healing

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The following sections address common questions and concerns regarding grief and healing from loss. Information about supporting children and teenagers is included, as well as resources for bereavement support.

### *What is Grief?*

Grief is one of the deepest pains that we can ever experience. It is the normal and adaptive process of accommodating to any experience of loss or unwanted change. It is always a shock, whether the loss was expected or not. Although each person's expression of grief is unique, it is a universal human experience; none of us who have loved another can escape the pain of loss or the process of grieving that goes with it. Although we live in a time when the social norm is focused on "getting over it," grief is a process that deserves our utmost respect. Neither we, nor others, can brush aside, judge or placate away our grief. If you would like assistance in coping with your grief, please contact the social work department at (415) 353-1504 for a referral to speak with someone who can help.

### *Understanding your Grief Journey*

It can be helpful to think of your grief as a journey through an unknown land with trails that are often difficult to find. The following are some markers to help you know that, although you are experiencing loss, you are not "lost." There are some guideposts on the journey, placed there by others who have traveled this path. Here are some of them:

- **There are no right or wrong emotions.** Strong emotions are normal, and it is common for us to judge ourselves for having some of them. Much depends on the unique relationship one had with the deceased, the circumstances surrounding the loss, and our own personal comfort with strong emotions. Accepting the whole range without self-criticism is one of the major challenges of grief. Common emotions include intense feelings of sadness, anger, fear, despair, loneliness, guilt, resentment, relief, regret, and irritability. It is also common to feel numbness, withdrawal, disbelief, and difficulty concentrating.
- **Deep emotional pain is a natural part of this process.** Though it is understandable to try and avoid the intense distress connected with the grief process, feeling and processing all that arises is a necessary part of healing.

- **Mourning is hard work, often invisible to others.** No one else can feel the pain in our hearts, nor heal it, though their support and encouragement can help.
- **There is no right or wrong time for grieving.** The death of a loved one naturally brings about emotional, physical, and spiritual pain. Since encountering this pain all at once would be overwhelming, most often we touch into it and out of it, in doses. Sometimes we need to distract ourselves; other times, we need to dive into it. Respect this natural rhythm of grieving. In general, grief is a process that takes longer than anyone expects.
- **Guilt, real or imagined, is a normal part of grief.** It surfaces in thoughts and feelings of “if only.” In order to heal this guilt, it is most helpful to share these feelings with trusted others. Ultimately, one must forgive oneself for whatever ways we have failed in our relationship with the deceased. This is a challenging process that takes time and effort and is necessary to release yourself of the emotional burden.
- **Telling one’s story is a natural way to process grief.** Seeking and accepting supportive people to listen to our stories is a vital part of successfully navigating the grief journey.
- **We don’t “get over” grief.** Grief is a life altering experience that will continue to reverberate throughout our lives. The sense of loss softens, but does not completely disappear. Ultimately, grief transforms us. However there is often a period of intense disorganization and distress before a sense of meaning and purpose return. During that time, the bereaved may feel that there is nothing to live for and s/he may think about a release from this inner pain. Be assured that the pain will lessen and healing through grief will happen.

### *Bereavement Support Groups*

Bereavement support groups provide opportunities for you to discuss your experiences and learn about grief with others who have experienced loss. Although most groups are facilitated by trained professionals, the true source of support is others who are also experiencing grief and loss.

Sometimes well-meaning friends or family try to protect the griever by not mentioning the dead person’s name, or by removing reminders of the loss. This strategy communicates that the pain of dealing with the loss would be overwhelming. Often, although friends and family mean well, they may either be experiencing loss as well or simply do not know how to “be there” in the most helpful way. Because of one’s extreme sensitivity during a time of loss, others’ responses may be disappointing or feel hurtful. In this situation, especially, it can be very helpful to have a safe place to express your thoughts and feelings where you know everyone will understand and accept you.

### *When You Might Need Extra Help with Your Grief*

Sometimes the natural process of bereavement can get shut down or go off track. The grieving process can be very tumultuous, but if, after a few months, you are experiencing some of the following symptoms, they may be indicators of the need for some extra support in the process: feeling irritable and angry much of the time, feeling a sense of numbness or inability to feel sad that doesn’t let up, feeling very anxious about your own or other loved ones’ dying, preoccupation with the details surrounding the death, or self-harming behaviors. For assistance with this type of grief, please contact your provider, (i.e. Physician, Nurse Practitioner, Social Worker, Counselor) to arrange for the support needed.

## *Supporting Children*

Children suffer grief when someone they know and love dies, although they may express their feelings somewhat differently than adults. Although they may seem relatively unaffected, they are processing their feelings through age-appropriate play and conversations. The age of the child determines the degree of understanding s/he will have, and adults need to modify their explanations and support to meet the developmental maturity of the child. It is not uncommon for children to feel left out of the experience of the adults, so a special effort needs to be made to help them find age-appropriate ways to participate in the events surrounding the death. Writing a letter to the loved one, drawing a picture, participating in the funeral or memorial service, or sharing stories and tears with others who are also grieving, helps them feel included and supports their healing. Be prepared to answer questions about death and what happens after a loved one dies.

## *Ways to Support Children*

The following are a few ways to support children during the grieving process:

- Offer physical closeness, comfort and reassurance.
- Talk about special memories and relationships with the deceased.
- Read books about grief, look through photo albums together.
- Acknowledge and validate feelings.
- Talk about your family's ethnic or faith tradition about life, death and the afterlife.
- Be patient.
- Know that it's alright not to have all the answers. Children need adults to contemplate with them on important matters.

## *Helping Children with Funerals and Memorials*

Allowing children and teens to say goodbye to the person who died is an important part of their grieving process. Participating in a service will show children how important their loved one was to others, and will let them know that it is ok to grieve. Before the service, it is helpful to let children know what to expect: what is going to happen, who will be there, when and where it will take place, and why it's important. Let children's questions and natural curiosity guide the discussion. If you are also grieving, it is helpful to assign another adult to share responsibility for observing and supporting children during the funeral or memorial.

Some children may wish to participate in the service. Bereaved children feel that their feelings matter when they can share a favorite memory or read a special poem as part of the funeral. Shy or young children can participate by lighting a candle or placing something special in the casket or on an altar. Depending on age and emotional maturity, children can also help pick out the casket, select clothing or jewelry for a loved one to wear, or select songs, music or readings for the ritual.

Should children choose not to participate, invite them to create their own ritual or activity for saying goodbye—for example, lighting a candle or planting a special flower or tree.

## Coping With Loss: Cinema And Literature Suggestions

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### *Cinema for Adults and Children*

Watching a movie together may be a helpful way to educate children about death and dying, encourage discussion, and help them to identify with other children that have also coped with loss. For example, a film like the Lion King may help a child to gain hope and to understand the importance of supportive friends and family. Below is a list of movies that deal with death and dying.

- *Charlotte's Web* (G)
- *Bridge to Terabithia* (PG)
- *Finding Nemo* (G)
- *Fly Away Home* (PG)
- *Free Willy* (PG)
- *Heidi* (G)
- *Ponette* (NotRated)
- *Simon Birch* (PG)
- *The Lion King* (G)
- *The Boy with the Green Hair* (Not Rated)
- *The Cure* (PG-13)
- *The Secret Garden* (G)
- *The Horse Whisperer* (PG-13)
- *Whale Rider* (PG-13)

### *Literature*

#### **Talking to children about illness:**

- [How to Help Children through a parent's serious illness](#) by Kathleen McCue
- [A Tiny Boat at Sea](#) by Izetta Smith
- [When a Parent Has Cancer](#) by Wendy Harpham

#### **Talking to children about death:**

- [How do we tell the children: A step-step guide for helping children two to teen cope when someone dies](#) by Dan Schaefer & Christine Lyons
- [Helping Children Cope with the Loss of a Loved One: A Guide for Grownups](#) by W. Kroen
- [Talking About Death: A Dialogue Between Parent and Child](#) by E. Grollman
- [Talking With Children About Loss](#) by Maria Trozzi

#### **Children's books about death:**

- [Where are You? A Child's Book about Loss](#) by Laura Olivieri (ages 2–5)
- [Someone I love is Sick: Helping Very Young Children Cope with Cancer in the Family](#) by Kathleen McCue (ages 2–5)
- [When a Friend Dies: A Book for Teens about Grieving and Healing](#) by M. Gootman (teens)

- When Dinosaurs Die: A Guide to Understanding Death (Dino Life Guides for Families) by Laurie Krasny Brown and Marc Brown (ages 4–8)
- Gentle Willow: A Story for Children About Dying by Joyce C. Mills and Cary Pillo (ages 4–8)

### **Books for Teens:**

- The Grieving Teen: A Guide for Teenagers and their friends by H. Fitzgerald
- Straight Talk about Death for Teenagers: How to cope with Losing Someone you love by E. Grollman
- When Will the Hurting Stop: Teens, Loss and Grief by E. Myers

### **Books for Spouses and Partners:**

- Being a Widow by Lynn Caine
- How to Survive the Loss of a Love by Colgrove, Bloomfield, & McWilliams
- I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal by Linda Sones Feinberg
- When Your Spouse Dies by Cathleen L. Curry

### **Books for Adults:**

- A Journey Through Grief by AllaRenee Bozarth
- Courage to Grieve: Creative Living, Recovery, and Growth Through Grief by J. Tatelbaum
- Dying Well: The Prospect for Growth at the End of Life by Ira Byock
- Grieving: How to Go on Living When Someone You Loves Dies by Therese A. Rando
- How to Survive the Loss of a Love by Colgrove, Bloomfield, & McWilliams
- I Don't Know What to Say: How to Help and Support Someone Who is Dying by Robert Buckman.
- What Helped Me When My Loved One Died by Earl A. Grollman
- When Bad Things Happen to Good People by Harold S. Kushner
- Why Me? Coping With Grief, Loss and Change by Pesach Krauss

## National Bereavement Resources

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You can find more information about bereavement resources online by going to a search engine like Google.

- **About.com:** [http://depression.about.com/od/grief/Grief\\_and\\_Loss.htm](http://depression.about.com/od/grief/Grief_and_Loss.htm)  
Offers links to various topics related loss and grief. Also offers practical suggestions to help navigate the days and months following the loss of a loved one.
- **Caring Connections:** <http://www.caringinfo.org/>  
A program of the National Hospice and Palliative Care Organization, Caring Connections is a national consumer engagement initiative to improve care at the end of life. It offers much information and support about grief and loss. The program can provide you with information regarding support groups in your area. (800) 658-8898
- **Centering Corporation:** <http://www.centering.org/>  
A non-profit organization dedicated to providing education and resources for both professionals and the families they serve. Provides a multitude of educational offerings on grief and loss, including book, magazines, and workshops, for caregivers and families. (866) 218-010
- **The Dougy Center:** <http://www.dougy.org/>  
Provides grief support resources specifically for grieving children, teens, and their families. Offers an excellent selection of relevant books, brochures, and suggested activities, as well as connections to nationwide centers offering grief counseling and related services. (866) 775-5683
- **Hospice Foundation of America:** <http://www.hospicefoundation.org/>  
Helps those who cope personally and professionally with terminal illness, death, and the process of grief and bereavement. (800) 854-3402

## Bereavement Support

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You can find more information about bereavement support online by going to a search engine like [www.google.com](http://www.google.com).

### *San Francisco*

- San Francisco Suicide Prevention 24 Hour Crisis Line** . . . . .(415) 781-0500
- Bay Area Jewish Healing Center** . . . . .(415) 750-4197  
*Services: Bereavement spiritual support groups, individual counseling, healing prayer; bereavement camp for children and families.*
- The Compassionate Friends** . . . . .(877) 969-0010  
*Services: Peer-led grief support after the death of a child.*
- Hospice By The Bay** . . . . .(415) 526-5699  
*Services: Individual counseling and support groups for adults and children.*
- Jewish Family and Children's Services** . . . . .(415) 449-3879  
*Services: Non-denominational bereavement support groups, workshops, individual and family counseling, healing and memory services.*
- Josie's Place** . . . . .(415) 513-6343  
*Services: Support groups for children and teens.*
- Pathways** . . . . .(888) 755-7855  
*Services: Grief support group, individual counseling, and workshops.*
- Sutter VNA and Hospice** . . . . .(415) 600-0468  
*Services: Grief support groups, individual counseling.*
- Zen Hospice Project** . . . . .(415) 863-2910  
*Services: Grief support groups, individual counseling, mindfulness-based grief support group, workshops.*

### *Peninsula & South Bay*

- Centre for Living with Dying** (Santa Clara). . . . .(408) 243-0222  
*Services: Individual and group support for adults, children, and families.*
- The Compassionate Friends** (Burlingame, Santa Clara, Monterey). . . . .(877) 969-0010  
*Services: Peer-led grief support after the death of a child*
- KARA – Grief Support for Children and Adults** (Palo Alto). . . . .(650) 321-5272  
*Services: Grief support groups for children, teenagers and adults.*
- Kaiser Permanente** (South San Francisco). . . . .(650) 742-2439  
*Services: Individual and group support for both Kaiser and non-Kaiser members.*
- MidPeninsula Widow & Widowers Association** (Los Altos) . . . . .(408) 259-4433  
*Services: Peer-led social group offering support for widows and widowers*



- Pathways** (Sunnyvale, South San Francisco) . . . . .(888) 755-7855  
*Services: Individual counseling and support groups for children, teens, and parents.*
- Seton Medical Center** (Daly City) . . . . .(650) 991-6439  
*Services: Bereavement classes, grief support group.*
- Sutter VNA and Hospice** (San Mateo) . . . . .(650) 685-2821  
*Services: Groups for children, teens, and parents.*

*East Bay*

- Camp Erin** (Livermore) . . . . .(415) 230-6310  
*Services: Free grief support weekend for children and teens ages 6-17 coping with loss*
- Circle of Care/East Bay Agency for Children** (Oakland). . . . .(510) 531-7551  
*Services: Support groups and individual counseling for children, teens, families*
- The Compassionate Friends** (Oakland, Stockton) . . . . .(877) 969-0010  
*Services: Peer-led grief support after the death of a child*
- Contra Costa Crisis Center** (Walnut Creek) . . . . .(800) 837-1818  
*Services: Individual counseling by trained volunteers in client's homes or at Walnut Creek office. Also, grief support program for adults, children and teens. 24-hour grief support hotline.*
- Crisis Support Services** (Oakland) . . . . .(800) 309-2131  
*Services: Grief support for individuals, families, and groups in Alameda County. Offers general grief support as well as support for survivors of homicide or suicide.*
- Family Service of the Tri-Cities** (Fremont) . . . . .(510) 574-2100  
*Services: Counseling for youth and their families*
- Hope Hospice** (Dublin) . . . . .(925) 829-8770  
*Services: Individual counseling and grief support groups for adults, children, and teens*
- Jewish Family & Children's Services of the East Bay** (Berkeley). . . . . (510) 704-7480 x745  
*Services: Grief support group.*
- La Clinica De La Raza** (Spanish-speaking, Oakland) . . . . .(510) 535-6200  
*Services: Grief support group.*
- Pathways** (Oakland) . . . . .(888) 755-7855  
*Services: Grief support group, individual counseling.*
- Saint Rose Hospital** (Hayward) . . . . .(510) 264-4050  
*Services: Grief support group.*
- Sutter VNA and Hospice** (Emeryville, Oakland, San Leandro) . . . . .(510) 450-8596  
*Services: Grief support groups, art therapy, remembrance services.*



