

# 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](https://www.youtube.com/watch?v=sFBa9cK52vM)
- **Taken Into Foster Care, Through the Eyes of a Child**  
[www.youtube.com/watch?v=Gb8BGKqVVZM](https://www.youtube.com/watch?v=Gb8BGKqVVZM)
- **Voices Of Youth: Supporting Adolescents in Foster Care**  
[www.youtube.com/watch?v=vu\\_BAayToJA](https://www.youtube.com/watch?v=vu_BAayToJA)
- **Foster Care's Invisible Youth**  
[www.youtube.com/watch?v=nuSikwpqazA](https://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](https://www.coordinatedcarehealth.com)
- [AHCCTeam@coordinatedcarehealth.com](mailto:AHCCTeam@coordinatedcarehealth.com)



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

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