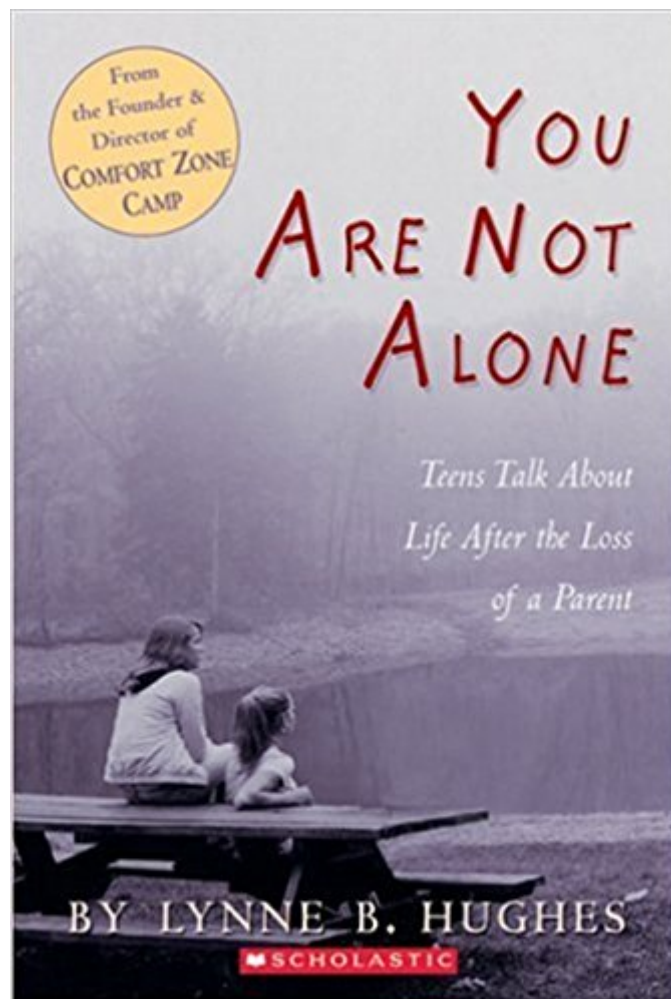




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# You Are Not Alone: Teens Talk About Life After The Loss Of A Parent



## Synopsis

Words of reassurance and strategies for coping with the loss of a parent, by the director of the nation's largest bereavement camp for children. Loss is one of the most isolating experiences there is, and kids who have lost a parent feel especially different than those around them. Comfort Zone Camp was founded as a safe place for grieving children, and now this very special healing experience can reach an even larger audience of children and the people who care for them. Through frank and accessible testimonials, Lynne Hughes and the kids of CZC share the most difficult parts of their losses and offer their own experiences of what helps, what doesn't, what "stinks," and ways to stay connected to their loved ones. The CZC team (con'd)

## Book Information

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Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Grade 7 Up "Hughes, the founder of Comfort Zone Camp for grieving kids, believes that sharing experiences about losing a parent begins the healing process. Her purpose in writing the book is to let teens know that they don't have to feel isolated" "there is help available for them. The book opens with the author's story of losing both of her parents by the age of 12 and living with an unloving stepmother. Fourteen chapters lead readers through the process of grieving and dealing with life without a parent. Quotes from former campers are interspersed throughout the book, giving insight into a variety of ways young people have dealt with loss. One teen states: People get that losing a parent is hard, but I don't think they fully understand everything we lose with them. It isn't

just a person that is lost, it is a lifetime worth of memories yet to be made. Talking with a counselor, therapist, teacher, coach, or religious leader is suggested, along with keeping a journal. Information about Comfort Zone Camp is appended. This helpful book offers consolation in knowing that others have also experienced immeasurable loss while giving helpful suggestions on how to deal with the pain.â “Maryann H. Owen, Racine Public Library, WI Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Gr. 9-12. Hughes is the founder of Comfort Zone Camp, a camp for grieving children who have lost parents or siblings. She begins by telling her own unvarnished tale: her parents died before she was a teenager, and the other adults in her life were not nurturing. Noting that healing continues each time she tells her story, she then weaves the stories of more than two dozen teens who have lost parents--including several whose parents died in the attack on the World Trade Center--into chapters about grief, remembrance, loss, what helps, and moving forward. Hughes is not facile or eloquent with words, and the many quotes from the young people at Comfort Zone Camp are couched in simple, often slangy or cliched language. Still, this title may provide a pathway for teens struggling with their own inchoate and often silent grief. GraceAnne DeCandidoCopyright Â© American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

Great book for grades 6-12.If you're in need of books on this topic for younger children, check out:Here are some other superb books for children and teens who are grieving for a parent.Grades K-3The Scar, Charlotte MoundlicEverett Anderson's Goodbye, Lucille CliftonMissing Mommy, Rebecca CobbGoodbye Dad, The Funeral, William BentrinK-5Dear Daddy: When a Parent Dies, Joyce StathK-6Some of the Pieces, Melissa Madenski1-6And Still They Bloom: A Family's Journey of Loss and Healing, Amy Rovere3-8How It Feels When a Parent Dies, Jill Krementz4-7Fourth Grade Wizards, Barthe DeClements4-8Our Dad Died, Amy Dennison5-8Chicken Boy, Frances OÃ¢Â™Roark Dowell6-8MiracleÃ¢Â™s Boys, Jacqueline Woodson

I bought this book for my daughter after the death of her dad in 2009. I read it before she did so that i would know what it was about. I am very glad that i bought this for her. I gave her this and a highlighter so she could relate to some of the stories in the book. It helped me to know some of her feelings afterwards so that we could focus on things that were top priority in her mind. this is a book

of other children telling their feelings and stories of losing a parent. I knew some things to expect, but other I had no clue. I would never have known why she would do the things she did without preparing myself and seeing what most children do with this kind of loss. She was popular in the sixth grade and after her dad's death, she quit being friends with most of the girls in her group, especially those that had close relationships with their fathers like she did. She is coping very well 2 years later and I am so glad I found this book.

My pre-teen stepkids lost their mother this year, and I bought the book for them. But, I read it on my own first, and it had me in tears. It's beautiful, sad, and compelling, but ultimately it shows children and teens that they are not alone in what they feel, reassures them that their feelings are legitimate, and gives them hope for the future. It is written by a woman who lost both her parents as a child, and she gives them advice and reassurance that is personal, not clinical. She interviewed other teens about different aspects of grief, so there is insight from many different people who are actually grieving, not just from detached professionals. I am now more able to understand what my stepchildren are going through, even though I will never fully understand, and it gave me ideas for ways I can help them.

I bought this for research on a book that I am writing. A lovingly prepared collection of first hand accounts of children coping with the death of a parent. I found it quite helpful for my work. I also think that it would be quite cathartic for children coping with the same experience to know that they are not alone, that their feelings are legitimate, and that they can survive and move on to healthy productive lives.

This author really gets it!

needed for grieving child

This is a wonderful book by an incredible woman. I definitely recommend this read for anyone who has experienced the loss of a parent and also for individuals working in the counseling field.

This is a great book that discusses strategies for coping with the loss of a parent or a loved one and stories are shared by children who have lived through experiences dealing with death and how Comfort Zone Camp helped with their healing process. This book resonates for me because it hits

close to home. I would highly recommend this book to anyone that is interested in learning about grief or has dealt with grief first hand.

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