

# LIBRARY COLLECTION



The Thérèse Brady Library was established in 2003 to support the Irish Hospice Foundation's information and education functions. It houses a collection of over 4,000 items on death, dying, and palliative and hospice care and has a specialist focus on bereavement resources.

While the library is primarily reserved for staff and students of the Irish Hospice Foundation, public access and a professional membership option are available.

## CONTACT

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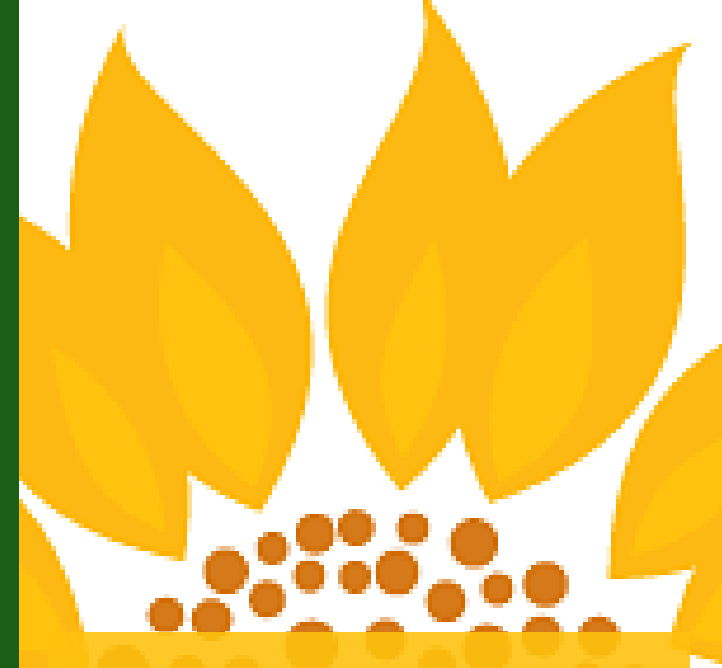
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[www.hospicefoundation.ie/bereavement](http://www.hospicefoundation.ie/bereavement)



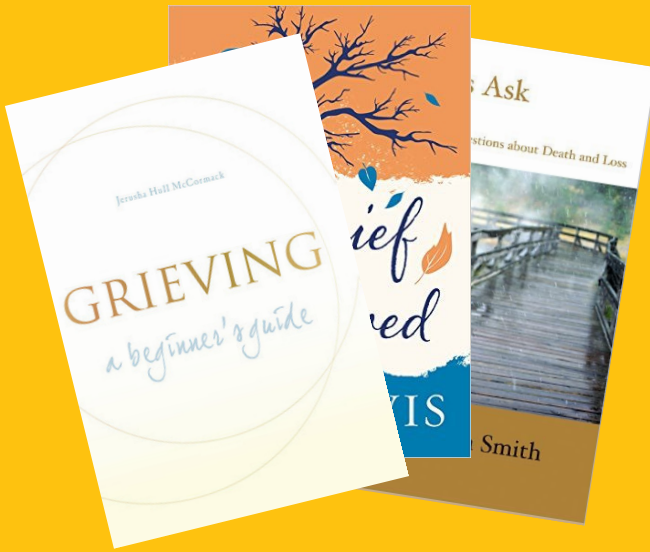
## Bereavement Resources

# Understanding Grief



# RECOMMENDED RESOURCES

## BOOKS



### ***Grieving: A beginner's guide***

by Jerusha Hull McCormack  
(2005)

### ***A grief observed***

by C.S. Lewis (1961)

### ***Grievers ask: Answers to questions about death and loss***

by Harold Ivan Smith (2004)

## ONLINE RESOURCES

### **Cruse Bereavement Care: About bereavement.**

<http://www.cruse.org.uk/about-bereavement>

Cruse is a UK organisation that has provided information and support to bereaved people for over 30 years. Their website has a range of leaflets and information sources for all ages.

### **Grief net**

[www.griefnet.org](http://www.griefnet.org)

An American site that brings together resources, articles and books people might find useful when dealing with bereavement. The site also includes online discussion/ support groups.

GRIEF DOES NOT  
HAPPEN IN A  
SET WAY.

Sometimes you might feel you are coping well, only to experience a burst of grief when you are reminded of your loss.

It might help to remember that the thoughts and feelings will come and go in waves as you try to come to terms with grief while living your day-to-day life.

For more information on grief and bereavement, browse the resources listed here.