











Recommended Resources for Teens




The following resources are recommended by the Canadian Association of Psychosocial Oncology Education Committee Expert Panel for Resource Development who produced the resource: Supporting Children and Teens When a Family Member Has Cancer.

 Book  Activity Book  Fact Sheet  Website/webpage  Video/DVD/podcast

Resources About Cancer And Illness

-  [My Parent Has Cancer and It Really Sucks: Real Life Advice from Real Life Teens](#). by Marc Silver and Maya Silver. Sourcebooks, March 2013.
-  [Coping when a Parent Has Cancer](#). By Linda Leopold Strauss. Rosen Publishing.
-  [When a Parent is Very Sick](#). By Eda LeShan. The Atlantic Monthly Press, 1986. (available second hand)
-  [Will I Get Breast Cancer? Questions and Answers for Teenage Girls](#). By C. Vogel. A book addressing the specific needs of girls with mothers with breast cancer.
-  [When Your Parent Has Cancer: A Guide for Teens](#). By the National Cancer Institute. National Institute of Health, 2005.
-  [When your Brother or Sister Has Cancer: A Guide for Teens](#). By The National Cancer Institute.
-  [SuperSibs!](#) provides support and information for children and teens of all ages who are coping with a sibling's cancer.
-  [CanTeen](#): An Australian organization providing online support and information to young people coping with cancer themselves or in their family.
-  [Hi5living](#): A fun and interactive website aimed at encouraging healthy living and cancer prevention in teens, with self-assessment guides, quizzes, worksheets and tips.
-  [Group Loop](#): An online community designed to support teens experiencing cancer personally or in their families. <http://grouploop.org/mm/teens-close-to-cancer/common-problems/default.aspxhttp://www.hi5living.org/>

Resources About Grief

-  [The Grieving Teen: A Guide for Teenagers and Their Friends](#) by Helen Fitzgerald. Simon & Schuster, 2000.
-  [Healing a Grieving Heart for Teens: 100 Practical Ideas](#). By Alan D. Wolfelt. Dozens of teen- friendly ideas for understanding and coping with grief. Companion Press, 2001.
-  [The Dougy Centre](#): A U.S. organization that offers online information and support for grieving children and families. (The book [Helping Children Cope with Death](#) is available for purchase from this site).

For More Information And Support

Contact psychosocial oncology clinicians (social workers, psychologists, counsellors, spiritual health specialists, specialty nurses, psychiatrists) in major cancer centres/hospitals for more information about supporting children, teenagers, and families. Many of these centres also have free lending libraries. Other health and social service agencies may also be helpful.