



Imagine holding onto HOPE even when things seem hopeless...

To experience GRATITUDE for everything.

And to know JOY can coexist with sorrow.

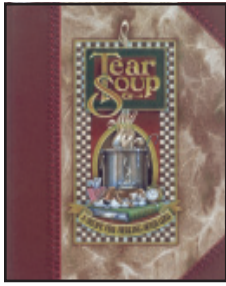
COMFEE HEARTS

Filled with flax and calming lavender.

Comfee Hearts
\$ 15.00 EACH

PEACE
HOPE
JOY
LOVE
TRUST

FAITH
FORGIVE
GRATITUDE
PATIENCE
YES



Full Color, Hardcover Book
\$19.95 each
please call for bulk discounts

TEAR SOUP BOOK

By Pat Schwiebert & Chuck DeKlyen
Illustrated by Taylor Bills

One of the most unique aspects of *Tear Soup* is that it speaks to every generation while demonstrating the universality of grief. If you are new to grief, *Tear Soup* will help you to understand the issues that grief presents, and you will feel understood. It will validate your loss, and help you see that you're not crazy. The "tips" section in the back of the book is rich with wisdom and concrete recommendations. *56 pages of beautiful, heartfelt illustrations.* (also available in Spanish, Softbound for **\$ 14.95 each**)

TEAR SOUP DVD

By Pat Schwiebert & Chuck DeKlyen
Illustrated by Taylor Bills, Narrated by Mary McDonald-Lewis

Created from the publication's original illustrations, this helpful production will benefit families, professionals, educators and support groups with its insights and comfort. Included with the video is a viewers guide with grief tips, which can assist in viewing of the video and starting some discussions amongst the viewers. *17 minutes long.*

\$ 29.95 each
please call for bulk discounts



TEAR SOUP COOKING TIPS

By Pat Schwiebert & Chuck DeKlyen
Illustrated by Taylor Bills

Contains concise pearls of wisdom for those who are grieving. Taken from the book, *Tear Soup*. **\$ 1.00 each**



TEAR SOUP POWERPOINT SHOW

By Pat Schwiebert & Chuck DeKlyen
Illustrated by Taylor Bills

Includes the *Tear Soup* script and *Tear Soup* Cooking Tips which can be printed out and provided to those attending the support group or workshop. **\$ 29.95 each**



GRIEF WATCH is a nationally known and highly regarded non-profit organization devoted to helping professionals who work with persons who are grieving. We publish the acclaimed book, **TEAR SOUP**, and other resources that can help individuals to understand and cope with their grief.

****NEW FROM GRIEFWATCH****

THE SECRET OF THE DRAGONFLY

By Gayle Shaw Cramer
Illustrated by Jan Jones



A grandmother uses the dragonfly's "secrets" to explain to her young grandson how they will always be together. **\$ 14.95 each**

Grief Watch

... helping you to help others in their time of grief...



See other side for information about more Grief Watch resources.

Available through Grief Watch

DVDs

| | |
|--|---------|
| Tear Soup | \$29.95 |
| For the Love of our Family | \$50.00 |
| But I Didn't Surrender My Love | \$35.00 |
| Footprints on our Hearts | \$29.95 |
| Seeing Our Way Through | \$37.50 |
| Still to be Born | \$35.00 |
| Helping Children Grieve | \$59.99 |
| When a Loved One Dies: Walking Through Grief as a Teenager | \$35.95 |

General Grief Books

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|--|---------|
| Tear Soup, <i>a recipe for healing after loss</i> (also available in Spanish) | \$19.95 |
| Welcome to Your Crisis, <i>how to use the power of crisis to create the life you want</i> | \$13.99 |
| If I Could Be Sick for You for Just One Day | \$14.95 |
| Never the Same, <i>coming to terms with the death of a parent</i> | \$15.99 |
| This Thing Called Grief, <i>New Understandings of Loss</i> | \$14.95 |
| Overcoming Grief, <i>Joining and Participating in Bereavement Support Groups</i> | \$9.95 |
| The Last Adventure of Life | \$19.95 |
| The Death of a Parent, <i>reflections for adults mourning the loss of a father or mother</i> | \$9.95 |
| The Death of a Child, <i>reflections for grieving parents</i> | \$9.95 |
| The Death of a Husband, <i>reflections for a grieving wife</i> | \$9.95 |

Grief Books for Men

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|---|---------|
| When Men Grieve, <i>why men grieve differently & how you can help</i> | \$14.95 |
| Swallowed by a Snake, <i>The gift of the masculine side of healing</i> | \$13.95 |
| The Death of a Wife, <i>Reflections for a grieving husband</i> | \$8.95 |
| Heart Works, <i>a father's grief</i> | \$39.95 |
| A Grief Unveiled | \$15.95 |

Grief Books for Children

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|--|---------|
| We were gonna have a baby, but we had an Angel Instead | \$8.95 |
| Someone Came Before You | \$8.95 |
| The Angel with the Golden Glow | \$15.95 |
| When Someone Very Special Dies | \$6.95 |
| The Next Place | \$16.95 |
| When Dinosaurs Die, <i>a Guide to Understanding Death</i> | \$7.99 |
| After a Murder, <i>A Workbook for Grieving Kids</i> | \$12.95 |
| After a Suicide, <i>A Workbook for Kids</i> | \$12.95 |
| When Mom and Dad Separate, <i>Children Can Learn to Cope with Grief from Divorce</i> | \$9.95 |

Books for Helping Children Cope

| | |
|---|--------|
| Helping Children Cope with Grief, <i>35 Ways to Help a Grieving Child</i> | \$9.95 |
| Keys To Helping Children Deal With Death and Grief | \$6.95 |
| Helping Children Cope With Death | \$9.95 |
| Helping Teens Cope With Death | \$9.95 |
| A Tiny Boat at Sea, <i>how to help children who have had a parent diagnosed with cancer</i> | \$6.00 |

Handmade Ceramics

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|---|--------|
| Heart Prints (available prints include handprint, footprint, butterfly, dragonfly, angel, cross, and) | \$1.50 |
| Heart Print Pins (same available prints as above) | \$1.75 |

THE REMEMBERING HEART

A simple ritual that states "a piece of my heart goes with you." Give the inner heart to a child going off to college, a good friend who is moving, or a loved one who has died.



| The Remembering Heart | | |
|-----------------------|----------|----------|
| # of Hearts | in a box | in a bag |
| 1 - 24 | \$ 5.75 | \$ 5.50 |
| 25 - 49 | \$ 5.50 | \$ 5.25 |
| 50 + | \$ 5.25 | \$ 5.00 |

FEELING HEARTS

These tactile objects can help move people out of their heads and into their hearts. The conversation moves to a deeper level. Contains 20 different ceramic hearts in a cloth, drawstring bag.



Feeling Hearts
\$ 17.50

SUPPORT CARDS

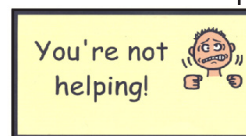
Often we don't even know the questions to ask ourselves to help us understand how we are feeling during grief, or why we are reacting a certain way. These cards can move us along. Examples include: "How did I view the world before my loss and how do I view it now?" and "What am I learning about myself as I grieve?" *100 questions per pack.*



Support Cards
\$ 5.00/PACK

"YOU'RE NOT HELPING!" CARDS

A simple way to let friends know how they **can** help. Tips for helping on back. Laminated 2 x 3.5



(front)

Here's how you can help me:
Don't try to fix me.
Let me be sad.
Trust me to know how to grieve.
Mention my loved one's name.
Let me cry.
Help me remember.

(back)

"You're not helping!" Cards
\$1.00 EACH \$ 9.00/10 PACK

Grief Watch

2116 NE 18th Ave

Portland, OR 97212

Visit our Website: www.griefwatch.com

Phone: (503) 284-7426

Fax: (503) 282-8985

Email: order@griefwatch.com

This list only covers some of the products we offer. Visit our website for a more comprehensive list!