Resources for Coping with Loss
from Grief Watch

Tear Soup

A recipe for healing after loss
By Pat Schwiebert, R.N.,
and Chuck DeKlyen
Illustrated by Taylor Bills

A wonderfully illustrated book for all ages
that examines how we each individually
grieve because of personal loss.

Tear Soup is a story about “Grandy,” but Grandy
could just as easily be me or you. Grandy has
suffered a loss, but the story doesn’t reveal who
or what her loss is, so her story can speak to any
situation of loss. Grandy begins to make tear soup.
Tear soup does not come from a can, but must be
made from scratch. It is an individual process, as
unique as each “chef”. Only through our personal
“soup making” can we begin to heal after a loss.

The full page illustrations tell a further tale about
the other people and pets in Grandy’s life as they
interact with her recipe, adding a powerful depth
to an already touching story that you can’t help but
relate to your own life. A new concept will emerge
each time you read the book. The final pages of the
book contain additional grief resources and more
helpful information about the grief process.

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<tr>
<th>Format</th>
<th>Pages</th>
<th>Price</th>
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<td>Hardbound</td>
<td>56</td>
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<td>DVD</td>
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<td>DVD (Spanish)</td>
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These tactile objects can help move people out of
their heads and into their hearts. The conversation
moves to a deeper level.

Order as single hearts, or in sets of
20 with a cloth, drawstring bag.

Support Cards

Often we don’t even know
the questions to ask to help
us understand how we are
feeling during grief, or why
we are reacting a certain way.
These cards can help.

$5.00

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.

Feeling Hearts

These tactile objects can help move people out of
their heads and into their hearts. The conversation
moves to a deeper level.

Order as single hearts, or in sets of
20 with a cloth, drawstring bag.

$1.00 per heart
$17.50 per bag of 20

Comfee Hearts

Imagine holding onto HOPE even when things seem hopeless...
Experiencing GRATITUDE for everything.
And knowing JOY can coexist with sorrow.

$15.00

When used in a support group
each member holds the heart
while they are sharing,
then passes it on to the next
person who wants to speak.

Heat this flannel covered heart for something comforting
and warm to hold onto. Filled with flax and calming lavender.

TRUST FORGIVE LOVE
HOPE PATIENCE FAITH
GRATITUDE JOY PEACE

www.griefwatch.com • ph 503.284.7426 • fax 503.282.8985 • order@griefwatch.com
### Statement Shirts

Simple statements in white print on the color and size shirt of your choice.

- **Shirt Colors:** Black, Navy, Purple, and Red.
- **a.** I'm defining a new normal for me
- **b.** Progress not Perfection
- **c.** I love therefore I grieve
- **d.** Don’t SHOULD on me
- **e.** Do not disturb any further
- **f.** Caution: you are entering a grief zone

$12.50 s,m, l, xl
$15.00 xxl, xxxl

Laminated, color and size of your choice.

### You’re Not Helping Cards

**Front:**

You're not helping!

**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:**

Laminated, 2 x 3.5 inches.

$1.00 each
$8.00 per pack of 10
$16.00 per pack of 25

### Quotemarks

Each Quotemark contains at least 10 quotes about one of several topics suitable for discussion in support groups. Choose one of the topics for a meeting. Pass the quotemark around and invite each person to read one of the quotes out loud so that the group can then discuss how that particular thought resonates with their respective personal grief journeys.

- Joy
- Faith
- Trust
- Grief
- Hope
- Peace
- Anger
- Patience
- Gratitude
- Forgiveness

**Additional options available at www.griefwatch.com**

$2.00 each
$2 for $10.00

Laminated, 8.5 x 2 inches.

### About Grief Watch

Grief Watch is a non-profit organization that provides bereavement resources to those who are grieving and those who walk them through their grief.

We were first known as Perinatal Loss, but we changed our name to Grief Watch in 1990 as we expanded to include all types of loss.

This flier only shows a portion of the products we carry. Please visit our website for more information. www.griefwatch.com

### Contact Us

**Pat Schwiebert**

With more than thirty years of experience working with grieving individuals and groups, Pat is proud to be the founder and executive director of Grief Watch. Pat is the author of many books, including Tear Soup, and has created a number of other resources to help those who are grieving.

Want to talk to Pat? The best way to catch Pat is by email: pat@tearsoup.com.

**Chuck DeKlyen**

Office Manager and resident 'Nice Man,' Chuck is the one who makes Grief Watch run. From questions about products or orders to newsletters or website, he will have an answer. To talk to Chuck, call our office or send him an email directly at webmaster@griefwatch.com.

**Codi Lindsey**

Newest member of the Grief Watch team, Codi is the one most likely to answer the phone when you call our office. She would be happy to take an order over the phone, help you navigate the website, or answer any questions you may have about Grief Watch (if she doesn’t know the answer, she’s quick to track it down). Codi’s email: codi@griefwatch.com.

**Grief Watch**

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