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Together, We'll Get Through This!: Learning to cope with loss and transition

Karen L. Carney
Goodwin College, kcarney@goodwin.edu

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Together, We'll Get Through This!

Learning to cope with loss and transition.
Barklay and Eve Series, Book 1
Written and Illustrated by Karen L. Carney
Together,
We'll Get Through This!

Barklay and Eve™ Series, Book 1

Written and Illustrated
by Karen L. Carney

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Dedication

Barklay and Eve are Portuguese Water Dogs, bred by a kind and generous soul, Elizabeth "Tinker" Walen. ❤️

Hilarie Jones and Mike Williamson have taught us the joys of pet parenthood. ❤️

Janet and Mike Klett have provided consistent inspiration and support. ❤️

They have all taught us what it means to be a GOOD FRIEND!
This book is given to

as a special gift from,
Dear Friends,

This book is based on our true life story. We will introduce you to all of the people and animals in our lives.

Everyone's life is filled with happy times, sad times, scary times and really funny times! No matter what happens in life, it's important to learn how to help each other and to be a good friend.

Sometimes, we can't be with the ones we love and who love us. Sometimes, people move away, sometimes parents get divorced, sometimes people get sick, and sometimes people or animals we love die. We might get sad, mad and scared sometimes. We learned how to get our feelings out by drawing, writing, playing music and sports, and even talking!

We learned that we don't have to worry about who will be there to love and take care of us. There are lots of people who will be there, no matter what!

Remember, we can get through anything with the love and support of family and friends!

Sincerely,

Barklay and Eve
Hi! My name is Barklay.
My name is Eve. What's your name?
We’re from Portugal.

Where are you from?

Our Mommy’s name is Annie. Our Daddy’s name is Clipper. They worked on a fishing boat.
When we were born, we had LOTS of brothers and sisters.

Can you count how many of us there are in this picture?
Mommy and Daddy love us very much, but they couldn’t take care of us. That made them very sad.
Sometimes, we can't be with the ones we love and who love us.

...Good Bye! We'll miss you!

Sometimes, people move away...

Sometimes, Mommies and Daddies get divorced.
Sometimes, people we love get ill and can’t be with us or play with us the way they used to.

Sometimes, people or animals we love die.
Is there anything or anyone you miss?

Use this space to draw or paste a picture, and tell the story.
Grandma Tinker is a very kind and smart lady. She let us know that it wasn’t our fault that Mommy and Daddy couldn’t take care of us.

She told us that nothing we did, or said, or thought made it happen. Sometimes we don’t know why sad things happen, but........this was NOT OUR FAULT.

Grandma told us that we are wonderful and really lovable! She told us that there are lots and lots and lots of people who care about us and love us!
She asked us to name everybody who loves us. We thought of Bill.

He’s fun! He plays ball and frisbee with us and takes us for rides in the car. We especially love it when he takes us for a walk.
Karen loves us so much! She tells us how much we mean to her and how much fun we are to play with! She takes very good care of us.

Who takes care of you?
Auntie Jan likes to cuddle us and give us yummy treats!
We have fun when Elizabeth and Sam come over for pajama parties! We like to make forts with them.
Aunt Hilarie and Uncle Mike are really funny. They make us laugh!

Who do you think is funny?

What makes you laugh?
We love to run and play with Suni and Braela (pronounced "soon-ee" and brâ-la). Suni is our sister and Braela is our cousin. Uncle Mike and Aunt Hilarie adopted them.
And then there's Uncle Gus... He can be a grouch sometimes, but he just wants us to behave well and learn good manners.

Take the ball OUTSIDE! Don't run around in the house!
Uncle Mike, Auntie Jan and Cousin Michael have a poodle named Taffy.

I think Barklay likes her! (giggle, giggle)

DO NOT!
We came up with a LONG LIST, didn’t we?

Can you name everybody who loves you and knows how special you are? Don’t forget to include us! That’s Barklay, B-A-R-K-L-A-Y, and Eve, E-V-E.
WOW!

THAT’S A LONG LIST!
They make sure that we have a home to live in, and lots and lots of love.

There are lots of people who love us and take good care of us.

plenty of food to eat,
There are lots and lots of people who love us and take good care of us, but sometimes we still get mad or sad or scared.

One time, I got so mad that I ripped up the newspaper. That got me into a lot of trouble! No matter how mad we are, we shouldn’t hurt anyone or anything. I learned my lesson!
Me too.

Sometimes, I cry when I miss my Mommy and Daddy.

Bill and Karen told us to be sure to let somebody know how we feel. Sometimes when we don’t talk about what we’re thinking, or what we’re mad or sad or scared about, we might take it out on other people. Sometimes we act mean to our family or friends, but that’s NOT RIGHT. We have to learn to be kind to one another.
There are lots of ways to express yourself, or let out how you feel. We like to draw.

Happy  Sad  Mad  Scared

It helps when we draw pictures of how we feel. Then we can show someone and talk about it.

(Draw a picture of how you feel, here.)
Music is another great way to express thoughts and feelings.

Playing sports, and all kinds of physical exercise, helps us to feel better, too.
We each have a little book to write in, called a journal or diary. We like to type our stories on the computer, too!

Eve wrote some really neat poems and stories about all kinds of things. Happy things, sad things, funny things... anything we want to write about.

Bill and Karen said that we have a lot of talent. That means we’re really good at it!
We always need to have some good friends. Good friends are people you feel safe with and can trust.

Good friends listen to us and want to help us. Good friends can be lots of fun, too!

Can you think of anything else that makes someone a good friend?
Sometimes our good friends are relatives. Relatives are people like mothers, fathers, brothers, sisters, grandmothers, grandfathers, aunts, uncles, and cousins.

Sometimes our good friends aren’t relatives. For example, sometimes our friends are teachers, coaches, guidance counselors, other kids, neighbors, and even pets.

Who are your good friends?

____________________
____________________
____________________
____________________
____________________
After I ripped up the newspaper, I talked to Bill and Karen about how I feel mad and sad and scared sometimes. They let me know how much they love me and that they will take care of me. Talking with them made me feel a lot better!

Who will you talk to when you’re feeling mad or sad or scared?

Who will you talk to when you’re happy and have good news to share?
Then we all went for a fun walk in the park. We had a game of frisbee and some yummy food to eat.
Remember:

We can get through ANYTHING, with the love and support of family and friends!
Thanks for listening.
You’re a good friend!
Visit our Web site!

Be sure to send us a message in our GUEST BOOK!

www.barklayandeve.com

please note that Barklay is spelled with an “a”.....Thanks!
The Barklay and Eve Book Series

Books available in the Barklay and Eve Series include:

Book 1: Together, We’ll Get Through This! (Teaches children that they can get through anything in life, with the love and support of family and friends!)

Book 2: Honoring Our Loved Ones: Going to a Funeral (Christian traditions)

Book 3: What is the Meaning of Shiva? (Jewish Mourning Rituals)

Book 4: Our Special Garden: Understanding Cremation

Book 5: What IS Cancer, Anyway?

Book 6: Everything Changes, But Love Endures: Explaining Hospice

Book 7: Precious Gifts: Katie Coolican’s Story. Barklay and Eve Explain Organ and Tissue Donation

Book 8: They’re Part of the Family: Barklay and Eve Talk to Children about Pet Loss

Also Available: Soft, cuddly Barklay and Eve stuffed puppies!

To order any of these items:

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WEB SITE ADDRESS: www.BarklayandEve.com

E-mail address: BarklayEve@aol.com

All proceeds from the Barklay and Eve Book Series go to the D’Esopo Resource Center, to support grieving children and adults.

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About the Author:

Barklay and Eve, the inspiration for the series, are Portuguese water dogs. They are the actual pets of author and illustrator, Karen Carney. Karen is a registered nurse and licensed clinical social worker with an extensive professional background. As a recipient of the American Cancer Society Lane W. Adams Award, she has earned national recognition for clinical excellence. She has been an adjunct college professor for over 10 years, conducting courses in Death and Dying, Bereavement, and Aging.

All of the proceeds from the Barklay & Eve Book Series go to the D’Esopo Resource Center which helps support children of all ages through the grieving process.

“Barklay and Eve speak to the child in all of us. Sensitive topics are treated with care and dignity. They are wonderful resources and essential for children in today’s world!!”

Linda Goldman  
Author, Therapist, Educator, Lecturer

“The Barklay and Eve Series is exceptional. Everyone claims to write at a children’s level but Karen Carney truly does.”

Paula D’Arcy,  
Author, Therapist, Lecturer

“The stuffed animals are beautiful, soft and cuddly. Perfect for fuzzy nap companion and confidant.”

Tom Goldman,  
Author, Therapist, Lecturer

“Carney offers brilliance in insight, blended with well crafted art.”

Reverend Richard Gilbert,  
World Pastoral Council

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email: BarklayEve@aol.com  
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* Symbol of immortality