

Award-Winning Bereavement Specialist Releases New Children's Book to Help Grieving Children After a Loved One's Death

Introducing Mena the Glorious Butterfly

WINTER SPRINGS, FL, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- When a child loses someone they love, finding the right words to explain death and grief can be one of the most difficult challenges a family faces. Acclaimed bereavement specialist and author [Mary M.](#)

“

I envision Mena as a legacy keepsake book that will grace the personal bookshelf in homes long before tragedy strikes. When a death occurs, children need support immediately.”

Mary M. McCambridge

[McCambridge](#) is helping families meet that challenge with the release of her new children's book, [Mena the Glorious Butterfly: A Very Special Book to Help Grieving Children After a Loved One's Death](#).

Published by Heart of Gold LLC, Mena the Glorious Butterfly gently guides children through grief through the comforting presence of Mena, a compassionate butterfly who befriends two grieving children after the deaths of their loved ones.

Designed for children ages 5–11, this beautifully illustrated 48-page hardcover book helps young readers understand death, express difficult emotions, ask numerous questions, cope with changes after a loss, honor loved ones through remembrance, and recognize that they are not alone in their grief.

“For many children, grief can feel confusing, frightening, and isolating,” says McCambridge. “My goal is to provide comfort, understanding, and reassurance that they are not alone in what they are experiencing.”

The book is a valuable resource for parents, grandparents, teachers, school counselors, social workers, therapists, hospices, funeral homes, bereavement centers, faith communities, and libraries.

Early professional reviews have praised the book's compassionate approach.

Rachel Gotto, Grief Educator, Resilience Coach, and Author from Galway, Ireland, shared:

"Mena the Glorious Butterfly is a beautifully crafted children's book on bereavement. Thoughtfully written and illustrated, Mena visits children who are hurting, offering comfort, gentle guidance, and reassurance that they are not alone. It encompasses everything a child would need to know about the death of a loved one in a kind, clear, and supportive way. The illustrations are stunning, and the tone is warm and compassionate while remaining informative. I have no doubt this book will be a great comfort to many children navigating loss. A truly beautiful resource."

"I envision Mena as a legacy keepsake book that will grace the personal bookshelf in homes long before tragedy strikes," said McCambridge. "When a death occurs, children need support immediately."

Mena the Glorious Butterfly is available in hardcover through major booksellers and is globally distributed through IngramSpark. Information and personal orders are available at MaryMac.info/Mena-Cares/.



Mena the Glorious Butterfly | A Very Special Book to Help Grieving Children After a Loved One's Death

Book Details

Title: Mena the Glorious Butterfly: A Very Special Book to Help Grieving Children After a Loved One's Death

Author: Mary M. McCambridge

Publisher: Heart of Gold LLC

Publication Date: June 8, 2026

Format: Hardcover

Pages: 48

Age Range: 5-12

ISBN: 979-8-9949590-0-8

Retail Price: \$25.00

About Mary M. McCambridge

Mary M. McCambridge is a nationally recognized bereavement authority, award-winning author, speaker, advocate, and host of The Mary Mac Show podcast, with more than 260 episodes heard in over 140 countries. For nearly forty years, she has helped grieving children and families find hope after loss. She is founder and president of the Foundation for Grieving Children, Inc., author of multiple grief books and resources, and is inducted into Who's Who in America.

Available for radio, television, podcast, and print media appearances. For more information, visit MaryMac.info/Mena-Cares/.

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