

GRIEF AND BEREAVEMENT

COMMUNITY MENTAL HEALTH PROGRAMS

Bereaved Families of Ontario: Toronto Chapter

See bereaved families of Ontario Halton and Peel chapter

Contact: 416-440-0290

www.bereavedfamilies.ca

Centre for Grief and Healing - Bereaved Families of Ontario

Offers children's group, youth groups, young adult groups, senior groups as well as adult programs for: parental loss, mixed loss, infant loss, spousal loss and loss by suicide.

Referral Process: Self-referral

Contact: 905-848-4337

www.bereavedfamilies.ca

C.O.P.E.S Community of People Extending Support (Turner and Porter)

Support Group Service Series

Referral Process: Self-referral

Contact: Peel Chapel: 905-279-7663

Butler Chapel: 416-231-2283

www.turnerporter.ca/resources

Dorothy Ley Hospice

Provides opportunities to learn about grief as a healing process, connection with other bereaved persons and an understanding and supportive space in which to share and express one's grief.

Contact: 416-626-0116

www.dlhospice.org

Heart House Hospice

Helps care for people with life limiting illnesses and their families living in the Brampton and Mississauga.

Contact: 905-712-8119

www.hearhousehospice.com

Lighthouse Program for Grieving Children

Provides support groups for children, teens, and their families following a death in the immediate family.

Referral Process: Self-referral

Contact: 905-337-2333

Email: info@grievingchildrenlighthouse.org

www.grievingchildrenlighthouse.org

SELF HELP RESOURCES

Center for the Grief Journey

An array of resources including books, videos, "let's talk" forum, grief support programs.

<https://griefjourney.com/>

Healing Hope for Your Grief and Bereavement By: Penny Wanjiru Njoroge

Here to Help (BC)

Information, toolkits, workbooks and personal stories to help manage anxiety, substance use and depression. (Arabic, Farsi, Korean, Spanish, French, Punjabi, Traditional Chinese, Japanese, Vietnamese, Russia)

<http://heretohelp.bc.ca/>

Kaiser Permanente

<https://healthy.kaiserpermanente.org/front-door>

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.