

Service Providers cont'd...

Waterloo Regional Suicide Prevention

Council 519-884-0422

285 Benjamin Road
Waterloo, ON N2J 3Z4

“Why...?” is a nine-week closed group, specifically designed for individuals who are facing the unique challenges of a traumatic grief after a family member or friend has died by suicide. This group provides a cathartic experience and an opportunity to connect with others. There are four groups throughout the year in Waterloo, Cambridge, Kitchener and Wellington.

Crisis Support 884-437-3247

Online Registration form:

<http://wrspsc.ca/why-support-after-a-suicide-loss/>

Woolwich Hospice/Wellesley Hospice

519-664-3794

Woolwich Community Health Centre
10 Parkside Drive, St. Jacobs ON N0B 2N0
Website: www.wchc.on.ca

Bereavement follow-up and volunteer visits.
One-to-one grief support.

Woolwich Counselling Centre

519-669-8651

65 Memorial Avenue, Elmira ON N3B 2R9
Website: www.woolwichcounselling.org
Email: info@woolwichcounselling.com

Individual, couple, family and group counselling.
Offers fee for service on a sliding scale.

Funeral Homes ~ only those local

funeral homes that offer grief support services free of charge are listed

Henry Walsler Funeral Home

519-749-8467

507 Frederick Street, Kitchener ON N2B 2A5

Email:

henrywalslerfuneralhome@henrywalsler.ca

Website: www.henrywalsler.com

Amongst Friends — Bereavement support groups offered throughout the year.

T. Little Funeral Home and Cremation

Centre 519-623-1290

223 Main Street, Cambridge ON N1R 1X2

Website: www.tlitttlefuneralhome.com

Grief and Bereavement Resources available.

Grief is one of life's greatest stresses and an experience from which none of us can escape. If you have concerns about your physical and/or mental health after the loss of a loved one, please contact your physician.

For immediate assistance, call

“Here 24/7” at 1-844-437-3247

* Several local “Fee for Service” providers of individual, group and family counselling services are also available. Please consult the Yellow Pages of your phone book.

For additional Grief and Loss services/support, call 211 or refer to www.caredove.com/wwihpc and/or www.wwhealthline.ca

Other Resources for Bereavement Support

Book Stores
Cemetery Offices
Faith Communities
Family Physicians
Libraries
Schools
Websites

Please feel free to reproduce this brochure

**Contact
Hospice of Waterloo Region for revisions or comments
519-743-4114
hospice@hospicewaterloo.ca**

February 2022


Hospice
Waterloo Region

Grief & Loss Support Services in Waterloo Region



Grief is “the process of adjusting” to life after the death of someone special. It is a normal, natural process that varies greatly from person to person and from time to time.

Support, understanding and help from others — friends, family and professionals — makes our grief journey easier and less confusing. Remember, healing takes time and there may be periods where it is difficult to notice any progress.

This pamphlet lists resources that offer either individual or group bereavement support services. Some services are offered free of charge, while others are “fee for service” offered on a sliding scale. Please inquire when you call.

Service Providers



AIDS Committee of Cambridge, Kitchener, Waterloo & Area (ACCKWA)

519- 570-3687

Unit 5-1770 King St. E. Kitchener ON N2G 2P1

Email: support@acckwa.com

Website: www.ACCKWA.com

ACCKWA works towards the reduction of HIV stigma and discrimination in Waterloo Region, while providing care and support for those affected.

Bereaved Families of Ontario-Midwestern Region

519-603-0196

The Family Centre

65 Hanson Avenue, Kitchener ON N2C 2H6

Email: support@bfomidwest.org

Website: www.bfomidwest.org

Provides peer support programs for bereaved parents, individuals, children and families. Annual memorial events and lending resource library also available.

Carizon Family and Community Services

519-743-6333

400 Queen Street South

Kitchener ON N2G 1W7

Email: info@carizon.ca

Website: www.carizon.ca

Individual, couple, family, and group counselling as well as trauma work with children who may have experienced a traumatic loss. Offers fee for service on a sliding scale.

The Compassionate Friends – Waterloo Region Chapter

519-572-4497

226-972-9543

Westmount Memorial Celebration Centre

Email: waterlooregion@tfcCanada.net

Group support for families who have experienced the death of a child. Groups take place on the second Tuesday of the month from 7 – 9 p.m.

Community Support Connections

519-772-8787

61 Woolwich St. N., PO Box 29, Breslau ON N0B 1M0

Services are designed to improve nutrition, physical health, social wellbeing, and to provide help around the home. Options include Meals on Wheels, caregiver support and homemaking.

The Coping Centre 519-650-0852

Toll Free 1-877-554-4498

1740 Blair Road, Cambridge ON N3H 4R8

Email: coping@CopingCentre.com

Website: www.copingcentre.com

Group grief support for the entire family and educational seminars. Please call for an appointment.

Downtown Community Centre

519-741-2916

35B Weber Street West, Kitchener ON N2H 3Z1

City of Kitchener Senior Day Program

Day programs for older adults with limited mobility or cognitive impairment and/or who are experiencing depression or social isolation. Provide caregiver respite.

Family Counselling Centre of Cambridge & North Dumfries 519-621-5090

18 Walnut Street, Cambridge ON N1R 2E7

Website: www.fcccnd.com

Professional counselling in Grief, Loss & Coping. Walk-in counselling on Thursdays from 12 - 4 p.m.

GriefShare Program

Website: www.griefshare.org

A 13-week Christian-based support group offered by various churches in Waterloo Region and available to anyone. For more information or to register, please visit our website.

Hospice of Waterloo Region

519-743-4114

100 Solstice Way, Waterloo ON N2K 0G3

Email: hospice@hospicewaterloo.ca

Website: www.hospicewaterloo.ca

Bereavement Walking Group, One to One bereavement support, Rainbow Bereavement Support group, Indigenous Bereavement Circle, caregiver bereavement groups, bereavement workshops, professional individual & family counselling services and resource library.

All programs and services offered at no cost.

Hummingbird Centre for Hope

519-500-8535

Email: Williams.marny@gmail.com

Website: www.hummingbirdcentreforhope.com

Provides peer-based bereavement support to men and women after the death of their spouse or partner and who have children living at home. Programs include monthly drop-in, virtual groups, Widowed Dads & family grief events.

Interfaith Counselling Centre

519-662-3092

23B Church St. New Hamburg ON N3A 1J1

Email: intake@interfaithcounselling.ca

65 Hanson Avenue, Kitchener, ON, N2C 2H6

Bereavement counselling for individuals, families, groups. Side by side support groups for helping those who have experienced a loss by suicide.

K-W Counselling Services

519-884-0000

480 Charles St. E, Kitchener ON N2G 4K5

Website: www.kwcounselling.com

Individual, couple and family counselling and parenting groups. Walk-in Counselling on Thursdays. No one is turned away based on the inability to pay. Subsidies available.

Shalom Counselling Services Waterloo

519-886-9690

9 Avondale Ave S, Waterloo ON N2L 2B5

Experienced, credentialed counselling professionals provide individual, couple, family & group counselling for a broad range of concerns. Offers fee for service on a sliding scale.

Waterloo Home Support Services

519-579-6930

Waterloo Memorial Recreation Complex

Community Pavilion

101 Father David Bauer Dr

PO Box 337 Waterloo ON N2J 4A8

Supportive services include transportation, telephone reassurance, meals program, and assistance in the home. Offered to seniors or adults with a disability who live independently in Waterloo.