

Camino Wellbeing & Mental Health
519-743-6333 ext. 0

www.caminowellbeing.ca

Multiple locations in Kitchener
Email: info@caminowellbeing.ca

Counselling services available, offering full fee, sliding scale or subsidies.

The Coping Centre

519-650-0852

www.copingcentre.com

1740 Blair Rd. Cambridge
Email: coping@copingcentre.com

Peer groups for adults, young adults, teens, children, loss by suicide and bereaved parents.



Griefwalk

519 836 8141 ext. 237

www.Griefwalk.ca

7654 Conservation Road, Guelph
Email: Elengyel@LakesideChurch.ca

We offer bereavement support through 1:1 companioning, support groups, educational workshops and a resource library.

Online resources

www.mygrief.ca

www.kidsgrief.ca

www.griefstories.org

For additional Grief and Loss services & supports

211 Ontario

211ontario.ca

211 is confidential. Call, text, or chat.

Health Services for Waterloo Wellington

www.wwhealthline.ca

Caredove Waterloo Wellington Community Support Services

caredoveww.ca

Note: Many funeral homes and private practice counsellors offer bereavement supports.

Crisis Support

HERE 24/7

Call 1-844-HERE247 (437-3247) anytime

www.here247.ca

Suicide Crisis Helpline

Call or text 988

Please feel free to reproduce and distribute this brochure



Contact

Hospice Waterloo Region for revisions

519-743-4114 or hospice@hospicewaterloo.ca

August 2024 edition

Description of images: Small, blue-purple flowers known as 'forget-me-nots'

Grief & Loss Support Services

in Waterloo Region



"Grief is not a process of forgetting. It is a process of learning to cope while we remember."

-Douglas Manning

This pamphlet lists not-for-profit resources that offer either individual or group bereavement support services. Some services are offered free of charge, while others are offered as "fee for service" on a sliding scale. Please inquire about fees when you contact the organization.



Not-for-Profit Agencies

Hospice Waterloo Region

519-743-4114

www.hospicewaterloo.ca

100 Solstice Way, Waterloo
1145 Concession Road, Cambridge
Email: intake@hospicewaterloo.ca

Bereavement walking group, 1:1 volunteer support, educational seminars, expressive art sessions, resource library and counselling services. For those who have experienced a palliative loss.

Bereaved Families of Ontario - Midwestern Region

519-603-0196

www.bfomidwest.org

65 Hanson Ave, Kitchener
Email: support@bfomidwest.org

Peer support grief groups; mixed-loss, death by substance use; child loss; infant loss; children and teen grief; in-person and virtual groups; grief education

Porchlight Counselling and Addiction Services

519-621-5090

www.porchlightcnd.org

1315 Bishop St. N. Unit 203, Cambridge
Email: info@porchlightcnd.org

Provides mental health services, with a focus on counselling (including grief, trauma, loss & depression) and addiction recovery programs, in Cambridge & North Dumfries.

Interfaith Counselling Centre

519-662-3092

www.interfaithcounselling.ca

23B Church Street, New Hamburg
Email: admin@interfaithcounselling.ca

Provides individual, couple, family and bereavement group counselling
Serves individuals of all ages
Offers subsidized funding for counselling

Woolwich Counselling Centre

519-669-8651

www.woolwichcounselling.org

65 Memorial Ave, Elmira
Email: info@woolwichcounselling.org

Individual and family grief counselling;
Child and Youth Grief Counselling;
Bereavement Support Groups;
Educational Workshops



Hummingbird Centre for Hope

519-500-8535

www.hummingbirdcentreforhope.com

65 Hanson Ave, Kitchener
marny@hummingbirdcentreforhope.com

Provides a community of support for widowed parents with children: in-person & virtual groups, resources & 1:1.

Nightingale Centre for Grieving Children, Youth and Families

519-265-9594

www.nightingalecentre.org

Family services take place in homes or in space within partner organizations
Email: info@nightingalecentre.org

Provides support to grieving young people and families by offering; individual/family support, groups, consultation, education and training.

The Compassionate Friends (TCF) Waterloo Region Chapter

226-972-9543 or 519-722-4789

<https://sites.google.com/view/tcf-waterloo-region/home>

Peer groups at Westmount Celebration Centre 1001 Ottawa St. S. Kitchener
Email: WaterlooRegion@tcfcanda.net

Monthly peer-support gatherings for parents who have experienced the death of a child, at any age, from any cause.