



Grief  
Supports  
Guelph &  
Wellington  
County





# Grief Support Services in Wellington County

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 booklet lists non-for-profit resources that offer either individual or group bereavement support services. Most services are offered free of charge, while others are “fee for service” offered on a sliding scale.

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Please feel free to reproduce this booklet. Contact Hospice Wellington for revision or comments at 519-836-3921 or email [info@hospicewellington.org](mailto:info@hospicewellington.org)

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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 a Crisis Line**

**Here 24/7 Addictions, Mental Health & Crisis Services Waterloo-Wellington at 1-844-437-3247**

**Kids Help Phone at 1-800-668-6868**



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## BEREAVED FAMILIES OF ONTARIO MIDWESTERN REGION

Our Mission: To build an empathetic community of peer support and education for individuals and families who are grieving.

Our Vision: The bereaved helping the bereaved so that no one has to walk alone through their journey of grief.

### DEMOGRAPHICS

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- Adults
- Children
- Infant Loss
- Youth
- Loss by Substance Use
- Loss at Work

### TYPE OF SUPPORTS

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- Groups
- Education
- Memorial

### SPECIFIC PROGRAM DETAILS

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#### Groups Available

An 8-week program is led by trained peer support volunteers who have also experienced this type of loss.

- Infant Loss: (Miscarriage/early pregnancy loss, still birth, termination of pregnancy, death of infant or toddler)
- Death of a child: including adult children

#### Drop-In Peer Support Groups

- Living with Loss: Peer facilitated monthly drop in for adults 18+ coping with a loss. Available both in-person and virtually.
- Living with Loss by Substance Use: Peer facilitated monthly drop in for adults 18+ coping with a loss. Alternating in-person and virtually.

#### Healing Little Hearts

7-week program for children ages 4-12 and their parents/caregivers. The goal of the program is to help children learn about grief and how to cope when someone in their life dies. It is a supportive space for children to share their experiences of death and grief with their peers.

#### Good Grief

six-week peer support group for teens 13-17. The goal of this program is to help teens learn about grief and how to cope when somebody in their life dies. The group is run by a Registered Social Worker (MSW) and a peer support volunteer.

### CONTACT INFORMATION

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Phone: 519-603-0196  
Email: [support@bfomidwest.org](mailto:support@bfomidwest.org)  
Website: [bfomidwest.org](http://bfomidwest.org)  
Address: 65 Hanson Ave Suite 1042, Kitchener

\*Free of Charge



## BRIDGE C-14

**Our Mission:** To provide a network of peer-to-peer connections and community supports through all stages of Medical Assistance in Dying (MAiD), for individuals choosing MAiD and for those supporting them through the journey.

**Our Vision:** Our goal is to advance and promote a community of compassion and respect by providing care and comfort throughout the MAiD experience. We are committed to creating a culture where dignity, choice and grief are honoured and valued.

### DEMOGRAPHICS

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- Adults
- Maid Loss
- Professionals

### TYPE OF SUPPORTS

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- Groups
- Drop In
- 1:1 Supports
- Facebook Group
- Training
- Workshops
- Private Counselling

### SPECIFIC PROGRAM DETAILS

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#### **1 to 1 Peer Support**

Connections can be arranged by phone, text, email or online meeting platform.

#### **Drop In Session Support**

Drop-in sessions are 60 minutes in length and are an opportunity to connect, discuss and share with others who understand and appreciate the experience. All sessions are hosted via Zoom.

#### **10 Week Virtual Grief Support Group**

Bridge C-14's 10-Week Grief Support Groups are dedicated to bringing individuals together through peer-to-peer conversations focused on building community with those who have lived experience.

#### **Movement Towards Healing**

This monthly group will support the transformation of pain and struggle into healing and inner peace, using movement, breath and sound. Facilitated over Zoom.

- Other support listed on website and update workshop lists available.

### CONTACT INFORMATION

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Email: [info@bridgec14.org](mailto:info@bridgec14.org)  
Website: [bridgec14.org](http://bridgec14.org)

\*Free of Charge (private counselling may have costs as well as donations for some workshops are appreciated)



## COMPASS COMMUNITY SERVICES

### Mission

To provide responsive and professional resources, fostering wellbeing in our communities

### Vision

A resilient and supported community

## DEMOGRAPHICS

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- Adults
- Lonesome people

## TYPE OF SUPPORTS

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- Counselling Clinics
- Phone Support

## SPECIFIC PROGRAM DETAILS

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### Distress Line

Emotional support through active listening and empathy at times when you may feel stressed, overwhelmed, lonely, and hopeless. Hours of Operation: 8am-10pm, 7 days a week dependent on volunteer availability.  
**1-519-821-3760**

### TeleConnect Line

A unique service where local community members can improve their social connection by receiving a daily phone call from a trained volunteer.  
**1-519-821-3760**

### Seniors Offering Support

Seniors Offering Support is a free telephone visiting service for isolated seniors. Opportunity to share stories, reminisce, talk about interests, and learn about programs and activities in the community. **1-519-821-3760**

### Mental Health Clinics

Walk-in or Same-Day Counselling. No Appointment needed. Call Intake for further details at 519-824-2431 ext. 36

- Mount Forest: Mondays (Virtual or Phone)
- Guelph: Wednesday Afternoons (In person/virtual or phone)
- Fergus: Thursday Afternoons (In person/virtual or phone)

\*Free of Charge

## CONTACT INFORMATION

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Phone: **1-519-821-3760**

Website: [compasscs.org](http://compasscs.org)

Address: 20 Shelldale Cres Guelph/ 900 Tower St South Fergus/  
525 Dublin St Mount Forest



## GRIEF WALK

We believe that we can all experience healing from life's losses. We also believe that the work of healing is done better with other people, who understand and provide a compassionate and open heart, in a place of refuge where healing can be supported.

No matter where you are on your grief journey, we offer the following programs, groups, and resources to help.

### DEMOGRAPHICS

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- Adult Loss
- Child Loss
- Infant Loss
- Pet Loss
- Men's Loss
- Women's Loss
- Loss by substance Use

### TYPE OF SUPPORTS

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- Peer Support Groups
- Equine Therapy

### SPECIFIC PROGRAM DETAILS

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#### 8-Week Peer Support Groups

- Mixed Loss: Adults over 18 grieving the loss of someone, parent sibling, friend, spouse.
- Loss of a Partner: Group for women over 18 who have lost a husband or partner.
- Loss through Drug Overdose: Adults over 18.
- Men's Bereavement: Men over 18 who have lost a loved one, spouse, partner or family member.
- Pet Loss: Adults over 18. (6-week group)
- Loss of Adult Child: For mothers over 18 years old grieving adult children.
- Miscarriage & Infant Loss: For Women over 18.
- Healing with Horses: 7 Sessions fee for service in person group. No horse-related experience is needed.

### CONTACT INFORMATION

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Phone: 19-836-8141 ext. 237  
Email: [griefwalk@lakesidechurch.ca](mailto:griefwalk@lakesidechurch.ca)  
Website: [griefwalk.ca](http://griefwalk.ca)  
Address: 7654 Conservation Road, Guelph

\*Free of Charge except for  
Healing with Horses



## HERE4HOPE

Here4Hope is the Wellington community-based life promotion, suicide prevention project. The vision for the project is that Wellington is a community where suicide is prevented, and everyone lives with hope and resilience.

Here4Hope.ca is an evergreen online space for everyone in Wellington interested in getting involved in suicide prevention. Here4Hope.ca is a place to learn about evidence informed approaches, find helpful resources and connect to other individuals and organizations that are working to prevent suicide. Here4Hope is about creating hope together.

### DEMOGRAPHICS

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- Suicide Bereavement

### TYPE OF SUPPORTS

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- Online Support Groups

### SPECIFIC PROGRAM DETAILS

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#### **Suicide Bereavement Support Group**

This group is an opportunity to join individuals who have lost someone they care about to suicide. Facilitated by a Mental Health Clinician and Peer Navigator who are experienced with both suicide bereavement and personal loss by suicide. Each week will cover a psychoeducational component of loss by suicide as well as an opportunity for the group to share their stories in a supportive environment.

The SAS Bereavement Group is a closed, eight-week (currently virtual) group that runs once a week in the evening.

### CONTACT INFORMATION

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Phone: 1-844-264-2993 extension 7951  
Email: [sas@cmhaww.ca](mailto:sas@cmhaww.ca)  
Website: <https://here4hope.ca/>

\*Free of Charge

## HOSPICE WELLINGTON

At Hospice Wellington we live our mission, our vision and values every day because your story matters and we want to make sure you get the care and support you need.

Our Mission: To provide and promote hospice palliative care for individuals and their families.

Our Vision: Hospice Wellington is recognized by our communities for its leadership in meeting the hospice palliative care needs in Guelph and Wellington County.

### DEMOGRAPHICS

- Adults
- Spousal Loss

### TYPE OF SUPPORTS

- Groups
- Wellness Supports
- 1:1 Supports
- Workshops
- Education
- Art Therapy
- Music Therapy

### SPECIFIC PROGRAM DETAILS

#### Wellness Supports

Onsite and some distance wellness support is available. Hospice Wellington offers Massage Therapy, Therapeutic Touch, Reiki, and gentle yoga. A lending library is also available to clients.

#### Art Therapy Supports

Onsite and rural in-person support is available at different times throughout the year. Art Therapy support includes groups, open studios, and workshops.

#### Music Therapy

Onsite and rural in-person support is available at different times throughout the year. Music Therapy support includes groups, and community outreach.

#### Peer Support

Onsite, rural in-person and virtual groups are available at different times throughout the year. Hospice Wellington has both a Spousal Specific group as well as a Mixed Loss group as well as a weekly Walking group. One-to-One companionship support is also available in-person or over the phone.

#### Workshops

Onsite, rural in-person and virtual groups are available at different times throughout the year. Topics range from Horticultural Wellness, Writing, Grief Information Sessions, Surviving the Holidays and Pet Loss.

### CONTACT INFORMATION

Phone: 519-836-3921  
Email: [info@hospicewellington.org](mailto:info@hospicewellington.org)  
Website: [hospicewellington.org](http://hospicewellington.org)  
Address: 795 Scottsdale Dr. Guelph

\*Free of Charge



## HUMMINGBIRD CENTRE FOR HOPE

Our Mission: To build a community of hope for those who are widowed with children.

Our Vision: Empowering widowed parents to discover a new sense of self through peer-based learning.

When a young parent is widowed, they face extraordinary and ongoing hardships. At the Hummingbird Centre for Hope, we understand these struggles and work to provide young, widowed parents with continuing support in all areas of their grief. Our goal is to help ease the burdens these parents carry and to help them find a renewed sense of hope for themselves and their families.

### DEMOGRAPHICS

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- Widowed parents

### TYPE OF SUPPORTS

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- Drop-in
- Groups

### SPECIFIC PROGRAM DETAILS

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#### Legacy Academy Program

In person and virtual drop-in programs providing education, understanding and friendship.

- For all Parents
- Widowed Dad's

#### Finding Hops

Virtual or in-person 8-week group designed to build community, provide education, create realistic expectations, learn coping tools/strategies, share stories and understand children's grief and how to support them.

#### Legacy Kids

This 3-week seminar provides education and practical support to equip parents with tools and strategies to effectively support your young family. How do we raise, support and care for our child(ren) after the death of their parent? Where do we find the words to help them navigate their grief? How do we differentiate between normal childhood behaviour and the behaviour of a grieving child? How do we help our children to not only survive this tragedy but to thrive and grow from it? All these questions and more are addressed within this program.

### CONTACT INFORMATION

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Phone: 519-500-8535

Email: [marny@hummingbirdcentreforhope.com](mailto:marny@hummingbirdcentreforhope.com)

Website: [hummingbirdcentreforhope.com](http://hummingbirdcentreforhope.com)

Address: 65 Hanson Ave. Kitchener

\*Free of Charge



## MAID FAMILY SUPPORT SOCIETY

Our Mission: We strive to provide compassionate, lived-experience support and connection to people helping a loved one who is considering or planning for Medical Assistance in Dying (MAiD) or those who are grieving a loss due to MAiD.

Our Vision: Those supporting a loved one before or after medical assistance in dying (MAiD) have the support they need to thrive.

### DEMOGRAPHICS

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- Adults
- Losses Involving Medical Assistance In Dying

### TYPE OF SUPPORTS

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- Drop In
- One to One Support

### SPECIFIC PROGRAM DETAILS

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#### **One to One Peer Support**

We provide 1-to-1 peer support to people supporting someone choosing MAiD or grieving a MAiD loss. To request support, go online and fill out a request form directly on the website.

Drop-in virtual support group is also available send us a message via our website for more details.

### CONTACT INFORMATION

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Website: [maidfamilysupport.ca](http://maidfamilysupport.ca)

\*Free of Charge

## THE NIGHTINGALE CENTRE

**Our Mission:** To provide grief and bereavement support to children, youth, and their families who have experienced, or are anticipating, the loss of a significant person in their lives through death, while building a community of courage, hope, and resilience.

**Our Vision:** To create a suite of services to support bereaved children, youth, and families, while simultaneously creating a safe space in which families can become a part of a community dedicated to supporting individual grief journeys.

### DEMOGRAPHICS

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- Children 6-12
- Youth 13-19
- Parent/Caregiver Support
- Professionals
- Community

### TYPE OF SUPPORTS

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- Groups
- Workshops

### SPECIFIC PROGRAM DETAILS

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#### **Children Bereavement Program**

Online 8-week program run in the winter and spring to help children identify feelings of grief and develop coping strategies in a group setting with other children going through a similar experience. Winter and Spring offerings.

#### **Youth Bereavement Program**

Online 8-week program to help youth identify feelings and coping strategies to build resilience and develop identity within this new reality.

#### **Parent/Caregiver Support Program**

Online 8-week for parents and caregivers to give attention to their own grief, receive psychoeducation about how children grieve, and learn ways they can support them. The group format also allows parents to support one another through the challenges of parenting grieving children.

#### **Education & Consultation**

Offers periodic workshops designed to help families, professionals, volunteers, and community members learn about supporting grieving children and youth.

### CONTACT INFORMATION

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Phone: 519-265-9594  
Email: [info@nightingalecentre.org](mailto:info@nightingalecentre.org)  
Website: [nightingalecentre.org](http://nightingalecentre.org)

\*Free of charge

## **PAIL: PREGANCY AND INFANT LOSS NETWORK**

Experiencing the loss of a pregnancy or the death of a baby is devastating. But you aren't alone. Pregnancy and Infant Loss Network is here to help, with free group and individual peer-support services offered to families across Ontario.

### **DEMOGRAPHICS**

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- Pregnancy and Infant Loss
- Parenting Through Loss

### **TYPE OF SUPPORTS**

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- Online Support Groups
- Circles of Support
- One to One Peer Phone Support

### **SPECIFIC PROGRAM DETAILS**

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#### **Online Support Groups**

- First Trimester (0-13 weeks)
- Second Trimester (14-27 weeks)
- Third Trimester (28-40+ weeks)
- Infant/Neonatal Death (1-12 months)
- Infant Death Due to SID/SUIDS (1-12 months)
- Termination of a Pregnancy
- Grief After Abortion
- Parenting Through Loss
- Partners in Grief
- Pregnancy after Loss
- Mixed Loss Group

#### **One to One Peer Phone Support**

In some circumstances, we may be able to offer one-to-one peer support by phone. This individual support connects families with a volunteer, who is as closely matched to the family's circumstances as possible. Families typically complete four, 45-minute phone sessions with a phone support volunteer.

Phone support volunteers have lived experience of loss and have completed the training required to meet the unique needs of families who are grieving the loss of their pregnancy or of their baby.

### **CONTACT INFORMATION**

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\*Free of Charge

Phone: 1-888-864-3785  
Email: [pailnetwork@sunnybrook.ca](mailto:pailnetwork@sunnybrook.ca)  
Website: [pailnetwork.sunnybrook.ca/](http://pailnetwork.sunnybrook.ca/)



Southwest Ontario  
Aboriginal Health  
Access Centre

## SOAHAC SOUTHWEST ONTARIO ABORIGINAL HEALTH ACCESS CENTRE

MSOAHAC's purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.

As an Aboriginal Health Access Centres (AHAC), we provide innovative, Indigenous-informed health care to First Nations, Métis, and Inuit communities in southwestern Ontario from Windsor to Waterloo Wellington and north to Owen Sound.

### DEMOGRAPHICS

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- Indigenous

### TYPE OF SUPPORTS

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- Traditional Healing

### SPECIFIC PROGRAM DETAILS

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#### **Traditional Medicines, Practices and Ceremonies**

We believe that having access to traditional healing services is an essential part of wholistic health care and a vital component of healing the ongoing effects of colonization. We offer specialized cultural teachings, ceremonies, storytelling, doctoring, guidance, drumming, singing, and smudging, in either group and individual settings, depending on the practice.

Each Elder/Healer has their own protocols, so we recommend that you speak with your traditional healing liaison before your visit. You may be required to bring tobacco, wear a skirt, bring a gift of cloth, or there may be moon time protocols. An offering of tobacco is meant for communication between you, the Elder/Healer and the Creator. You may receive recommendations to attend other ceremonies, or for traditional herbal medicines to help your recovery.

### CONTACT INFORMATION

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Phone: 1877-454-0753  
Email: [info@soahac.ca](mailto:info@soahac.ca)  
Website: [soahac.on.ca](http://soahac.on.ca)  
Address: 742 Coronation Blvd Unit 102 Cambridge



## THE COMPASSIONATE FRIENDS WATERLOO REGION

The Compassionate Friends was formed by and for parents whose children have died. While family, friends, and professional resources can be helpful, The Compassionate Friends provides much-needed mutual support and understanding for bereaved parents.

The Compassionate Friends remains the only organization that specifically deals with the death of a child at any age, from any cause, at any time; therefore, mental health workers, counsellors, and teaching and helping professionals often refer their clients to us.

### DEMOGRAPHICS

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- Child Loss (Any Age)

### TYPE OF SUPPORTS

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- Sharing Meetings

### SPECIFIC PROGRAM DETAILS

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#### Sharing Meeting

All bereaved parents are welcome to join The Compassionate Friends of Waterloo Region's monthly gathering, which is facilitated by other bereaved parents.

Regardless of the age of your child, time of your loss, or circumstances around your child's passing, you are encouraged to join us.

The Compassionate Friends reaches out to all bereaved parents regardless of gender, ethnicity, race, religion, or sexuality. While we, and our grief journeys, may differ, we all share the profound loss of our children.

The Compassionate Friends chapters provide monthly sharing meetings, telephone friends, events, and libraries of resources beneficial to bereaved parents.

All support is provided free of charge. Parents are welcome to share, but no one is obligated to speak.

### CONTACT INFORMATION

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Phone: 519-722-4789

Email: [waterlooregion@tcf.net](mailto:waterlooregion@tcf.net)

Website: [sites.google.com/view/tcf-waterloo-region/home](https://sites.google.com/view/tcf-waterloo-region/home)

Address: Kitchener

\*Free of Charge



## THE COPING CENTRE

The Coping Centre offers a peaceful place for support, understanding, compassion and encouragement in the uniqueness of one's grief journey.

The Coping Centre is a beautiful, century old estate nestled in 6 acres of beautiful gardens and mature trees, overlooking the Grand River.

### DEMOGRAPHICS

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- Adults
- Young Adults
- Teens
- Children
- Loss by Suicide
- Parents

### TYPE OF SUPPORTS

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- Group
- Camp
- Memorial Events
- Therapist Referrals

### SPECIFIC PROGRAM DETAILS

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#### Groups

Spring and Fall 8-10 week in person groups for the whole family.

- Adults (education and support for those who have lost a loved one)
- Young Adults (place to share grief experiences and find support)
- Teens (Safe place to find support after the death of a loved one)
- Children (5-12 developed to help children with their loss and work through their feelings)
- Loss by Suicide (Specially designed program to support those who have lost a loved one to suicide)
- Ladies' Spousal Loss
- Mixed Loss
- Bereaved Parents

#### Adventure Camp

- Two-week camp for bereaved children

### CONTACT INFORMATION

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Phone: 519-650-0852 or 1-877-554-4498  
Email: [copings@copingscentre.com](mailto:copings@copingscentre.com)  
Website: [copingscentre.com](http://copingscentre.com)  
Address: 1740 Blair Rd. Cambridge

\*Free of Charge



## UPOPOLIS

Powered by TELUS, Upopolis is a free, fun, and secure online community that connects youth 10 to 18 with others like them who are going through medical experiences or stressful life events in North America. Upopolis reduces social isolation while educating and empowering youth to play an active role in managing and coping with their diagnosis, condition, or other situation.

### DEMOGRAPHICS

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- Children & Youth (8-18)

### TYPE OF SUPPORTS

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- Online chat community

### SPECIFIC PROGRAM DETAILS

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#### Grief Island

In 2020, we expanded Upopolis to include an "island", a place where youth navigating other stressful life events can connect. Upopolis Island offers private groups for youth who are navigating grief, siblings of youth who are living with a medical condition and now youth of adult patients. Youth will have access to peer support, resources, activities shared by our child life team and more.

We provide access to experienced Certified Child Life Specialists who are ready to answer their questions. Children can also access Uknow, a library that's full of accurate, age-appropriate, and reliable information and videos. All content on Upopolis is either created, written, or reviewed by professionals with knowledge of youth development. Upopolis helps youth prepare for and understand their journey at their own pace. It also provides them with volunteer opportunities to build their leadership skills.

Service only available through referral. Referral can be made by medical professionals or through Hospice Wellington's Bereavement Coordinator.

### CONTACT INFORMATION

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Email: [support@upopolis.com](mailto:support@upopolis.com)  
Website: [upopolis.com](https://upopolis.com)

\*Free of Charge

## WATERLOO WELLINGTON HOME & COMMUNITY CARE SUPPORT SERVICES

Our Mission, Vision and Values provide a foundation for who we are and what we do as united organizations. Functioning as one requires building a shared understanding of why we exist, what we hope to accomplish and how we will engage with each other, our partners, and patients, families, and caregivers. We have created a Mission, Vision and Values that articulates our purpose, the value we bring to the health care system.

Our Mission: Helping everyone to be healthier at home through connected, accessible, patient-centered care.

Our Vision: Exceptional care-whenever you call home

### DEMOGRAPHICS

- Adults
- MAID Loss

### TYPE OF SUPPORTS

- Groups

### SPECIFIC PROGRAM DETAILS

#### Medical Assistance in Dying Peer Group Meetings

The MAID Peer Group is open to all families, caregivers, and volunteers. If you have been touched by medical assistance in dying (MAID), you are welcome to share your experience and grief in an open, safe and supportive environment.

Monthly meetings, rotating locations throughout Waterloo-Wellington.

QUESTIONS? Please contact: [maidpeergroup.ww@lhins.on.ca](mailto:maidpeergroup.ww@lhins.on.ca), 310-2222 (no area code required)

### CONTACT INFORMATION

Phone: 1-888-883-3313

Email: [waterloowellington@hccontario.ca](mailto:waterloowellington@hccontario.ca)

Website: [healthcareathome.ca/region/waterloo-wellington](http://healthcareathome.ca/region/waterloo-wellington)

Address: 1 Stone Road West, Guelph

\*Free of Charge

## **WATERLOO REGION SUICIDE PREVENTION COUNCIL**

### **Mission**

Our mission is to reduce suicide and its impact through collaboration, education, training and building a sense of belonging.

### **Vision**

We envision a compassionate community leadership in suicide prevention, guiding the work of hope, help and healing.

## **DEMOGRAPHICS**

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- Suicide Bereavement

## **TYPE OF SUPPORTS**

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- Support Group

## **SPECIFIC PROGRAM DETAILS**

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### **“Why...?” Support After Suicide Loss**

A 9-week support group for individuals in Waterloo Region and Wellington County who are bereaved by Suicide. Each group is facilitated by professionals and provides a safe space to share and learn strategies for coping with loss and trauma. This support is offered either virtually or in person, four times a year.

## **CONTACT INFORMATION**

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Phone: 519-884-0422 extension 4  
Website: [wrspsc.ca/coping-with-suicide-loss](http://wrspsc.ca/coping-with-suicide-loss)  
Address: 165 King St. East, Kitchener

\*Free of Charge

## YEE HONG P.K. KWOK HOSPICE

**Mission:** Yee Hong offers a full continuum of culturally appropriate services and care for seniors living in any setting to optimize their physical, mental, social, and spiritual well-being. We build organization and system capacity for high quality, inclusive, and integrated services, and care.

**Vision:** Seniors living their lives to the fullest, with independence, health, and dignity.

### DEMOGRAPHICS

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- Mandarin
- Cantonese
- Hindi
- Punjabi
- English
- Asian

### TYPE OF SUPPORTS

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- Group

### SPECIFIC PROGRAM DETAILS

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#### **Bereavement Support Program**

6-week group with goals including:

- To provide a safe, inclusive, and non-judgmental space for participants to openly discuss
- To understand the process of grief and the cultural and spiritual implications involved
- To develop healthy coping strategies to take better care of yourself.
- To remember and celebrate the life of your loved one.

Referrals can be made by Hospice Wellington Bereavement Coordinator

### CONTACT INFORMATION

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Phone: 416-814-3453  
 Email: [seema.sud@yeehong.com](mailto:seema.sud@yeehong.com)  
 Website: [yeehong.com](http://yeehong.com)

\*Free of Charge

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<b>Men Specific Grievors</b>	Grief Walk	7
<b>Parents of Grieving Children</b>	Dr. Bob Kemp Hospice	6
	Hummingbird	9
	Nightingale Centre	11
	PAIL	12
	The Compassionate Friends	14
	The Coping Centre	15
<b>Partner/Spousal Loss</b>	Grief Walk	6
	Hospice Wellington	8
	The Coping Centre	15
<b>Pet Loss</b>	Grief Walk	6

<b>Substance Use Loss</b>	BFO	3
	Grief Walk	6
<b>Suicide Loss</b>	Here4Hope	7
	The Coping Centre	15
	Waterloo Region Suicide Prevention Council	18
<b>Widowed Parents</b>	Hummingbird	9
	Nightingale Centre	11
<b>Workplace Loss</b>	BFO	3
<b>Youth Grieving</b>	BFO	3
	Nightingale Centre	11
	The Coping Centre	15
	Upopolis	16