

GRIEF AND BEREAVEMENT RESOURCES



Our wish for you is this: "to find the people you belong with, the ones who will see your pain, companion you, hold you close, even as the heavy lifting of grief is yours alone. As hard as they may seem to find at times, your community is out there. Look for them. Collect them. Knit them into a vast flotilla of light that can hold you." — Megan Devine

Finding Support: <https://grievingchildrencanada.org/index.php/directory-of-grief-service-providers-across-canada>

Please note this list is not inclusive but a resource you can use to start your search. Local providers will be happy to help you to find the programs & resources available in your community. Some locations offer virtual groups which may be open to people residing outside of identified service areas.

IN PERSON RESOURCES (No Fee for programs)

- **Your Local hospice** (education, one to one, groups for adults)
- **Check with local funeral homes, cemetery services or faith places**
- **Bereaved Families of Ontario** – education, in person and virtual groups for adults & children
<https://bereavedfamilies.net/>

CAMPS (virtual, day, overnight camps for children and families)

<https://grievingchildrencanada.org/index.php/camps/itemlist>

- **Camp Erin Toronto – NO fee** (children/youth overnight (camp – June, registration January) & day time family camp (TBC) <https://camperintoronto.com/attend-camp/>
- **Campfire Circle – NO Fee Program** bereaved siblings/families <https://campfirecircle.org/campers-families/>
- **Camp Keaton – NO Fee** (children/youth overnight (camp – June, registration Feb) <https://kemphospice.org/services/camp-keaton/>
- **Lumara - Camp Kerry – suggested contribution** (family camp – October, registration April) <https://lumarasociety.org/camp-kerry-ontario/>
- **Camp Skein - \$ Fee to Attend** (Seasons Centre) (week long overnight for children/youth)

CHILDREN/FAMILY SUPPORTS (in person, virtual groups & support – contact individual programs to inquire)

- **Seasons Centre for Grieving Children** (Barrie) <https://www.grievingchildren.com/>
- **The Lighthouse Centre for Grieving Children** (Halton) <https://lighthousegriefsupport.org/>
- **Nightingale Centre for Grieving Children** (Guelph) <https://nightingalecentre.org/>
- **Yorktown Family Services** (Toronto) <https://www.yorktownfamilyservices.com>
- **J.A.G. Village** (Durham) <https://jagvillage.com/>
- **Gilda's Club Toronto** (Toronto - Cancer Specific) <https://www.gildasclubtoronto.org/>
- **Wellspring** (Numerous - Cancer Specific) <https://wellspring.ca/the-wellspring-approach/>

PRIVATE GRIEF COUNSELLORS (\$ Fee for Service, can be covered through health benefits)

- Andrea Warnick Consulting (Therapists across Province) <https://andreawarnick.com/>
- Maureen Pollard and Associates (North Humberland) <https://maureenpollardassociates.com/>
- Elizabeth Doherty Consulting (Halton) <https://cedoughertyconsulting.org/>
- Art Therapy <https://oata.ca/>
- Music Therapy <https://musictherapyontario.com/>

ONLINE RESOURCES (apple/google podcasts – grief)

Family Education Centre (multiple languages, tip sheets, pod casts, e learning)

<https://familyedcentre.org/categories/parenting-grieving-children/>

Canadian Virtual Hospice - A variety of resources about seriously illness and grief for various audiences

Kids Grief Q&A - the first Tuesday of the month, 1:00pm ET <https://kidsgrief.ca/mod/forum/discuss.php?d=14>,
<https://youthgrief.ca/>, <https://www.kidsgrief.ca/>

Grief Stories - A Collection of short videos from people with lived experience with death & grief (different relationships and different types of deaths. <https://www.griefstories.org/>

Refuge in Grief (articles, podcasts, videos) <https://refugeingrief.com/meganspodcasts/>

What's Your Grief (articles, podcasts, videos) https://whatsyourgrief.com/resources/?resource_type=grieving

Video on Resilience https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people?language=en

ONLINE RESOURCES – FAMILY, CHILDREN AND YOUTH

Children and Youth Grief Network: A Virtual Play space set up to encourage conversations between kids and supporters about grief, remembering and coping. [Access Children's Space here.](#) [Youth Space Here](#)

Upopolis is an online platform to connect youth living with similar experiences. <https://www.upopolis.com/>

Apart of Me is an app for children built to provide them an island to guide them through your darkest moments, where... for <https://www.apartofme.app/>

Smiles and Tears is an app by Nelson's Journey that provides tips on how to manage emotions such as anger, confusion, guilt, loneliness etc. which are all common when someone has been bereaved of a special person. [Link to I Phone App](#)

Breathe, Think, Do with Sesame is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence.

ADULT BOOKS (Check your local library for books)

Author: MEGAN DEVINE

How to Carry What Can't be Fixed <https://www.goodreads.com/en/book/show/45439537>

It's Ok that Your Not Ok <https://www.goodreads.com/book/show/34261775-it-s-ok-that-you-re-not-ok>

Author: Alan Wolfelt (Multiple) <https://www.centerforloss.com/bookstore/>

Author: Nisha Zenoff

The Unspeakable Loss: How Do You Live After a Child Dies? <https://www.goodreads.com/en/book/show/34523312>

Author: Joanne Cacciatore

Bearing the Unbearable: Love, Loss & the Heartbreaking Path of Grief <https://www.goodreads.com/en/book/show/32926208>

Author: Kristen Neff (podcasts)

Self Compassion: The proven Power of being Kind to Yourself <https://self-compassion.org/>

CHILDREN

Author Bonnie Zucker; Something Very Sad Happened: A Toddlers Guide to Understanding Death

<https://www.goodreads.com/en/book/show/30955173>

Author Sandy Lanton; Daddys Chair <https://www.goodreads.com/en/book/show/4728203>

Author Rebecca Cobb; Missing Mommy <https://www.goodreads.com/en/book/show/14937350>

Author Pat Thomas; I Miss You: A First Look at Death <https://www.goodreads.com/en/book/show/238136>

Author Patrice Karst; The Invisible String <https://www.goodreads.com/en/book/show/22407>

Author Mari Dombkowski; *not* the End: A Child's Journey through Grief

<https://www.abebooks.com/9780996536707/End-Childs-Journey-Grief-Mari-0996536701/plp>

Author Hans Wilhelm; I'll always Love You https://www.goodreads.com/book/show/834493.I_II_Always_Love_You

Author Karen Bryant-Mole; Death Hb (What's Happening)

<https://www.amazon.ca/WhatS-Happening-Death-Karen-Bryant-Mole/dp/0750203986>

YOUTH

Author Lynne R Hewes; You are Not Alone <https://www.goodreads.com/en/book/show/1407705>

Author Virginia Frye; Part of me Dief to <https://www.goodreads.com/en/book/show/215063>

Author Carol Geithner; If Only <https://www.goodreads.com/en/book/show/215063>

Author Martha Bolton, Saying Goodbye – When You Don't Want To

https://www.goodreads.com/book/show/2544425.Saying_Goodbye_When_You_Don_t_Want_to

Author: Anita Naik, Coping with Loss: The Life Changes Handbook

https://books.google.ca/books/about/Coping_with_Loss.html?id=LWY2HThreDUC&redir_esc=y

Author: Matt Blackstone, Sorry You're Lost <https://www.goodreads.com/en/book/show/17934373>

Author Joan Ablove, Saying it Out Loud <https://www.goodreads.com/en/book/show/768188>