

Grief and Bereavement Resources

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.



Books for Understanding Grief

Creating a New Normal...After the Death of a Child / Fox, S. (2010)

Healing After Loss: Daily Meditations for Working Through Grief / Whitmore Hickman, M. (1994)

Hope and Healing After Suicide: A Practical Guide for People Who Have Lost Someone to Suicide in Ontario/ Centre for Addiction and Mental Health (2011)
www.camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf

I Wasn't Ready to Say Goodbye: Surviving the Suicide of a Loved One / Fine, C. (1997)

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand / Devine, M. (2017)

Motherless Daughters: The Legacy of Loss / Edelman, H. (2014)

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss / Kessler, D. & Kubler-Ross, E. (2014)

The Fall of Freddy the Leaf: A Story of Life for All Ages / Buscaglia, L. (1982)

The Grieving Teen: A Guide for Teenagers and Their Friends / Fitzgerald, H. (2000)

The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones / Wolfelt, A.D. (2004)

The Worst Loss: How Families Heal From the Death of a Child / Rosof, B.D. (1994)

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart / Wolfelt, A.D. (2003)

Websites and Online Resources

Canadian Virtual Hospice
www.mygrief.ca

Grief – Sesame Street
www.sesamestreetincommunities.org/topics/grief

Grief and Bereavement Resources and Supports (Books, Websites)
www.cheo.on.ca/en/resources-and-support/grief-and-bereavement.aspx

Grieving / CMHA (2014)
www.cmha.ca/documents/grieving

Living with Loss: Ways to Help You Grieve a Death
www.kidshelpphone.ca/get-info/living-loss-ways-help-you-grieve-death/

Pregnancy and Infant Loss Network
<https://pailnetwork.sunnybrook.ca>

The Five Stages of Grief
www.psycom.net/depression.central.grief.html

Understanding and Coping With Loss and Grief / CMHA Ontario
<https://ontario.cmha.ca/documents/understanding-and-coping-with-loss-and-grief>

Crisis Lines

Distress Centre

416-408-4357

Text: 45645

Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Suicide Prevention Lifeline

1-800-273-8255



This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

Individual and Group Support for Grief

Many people process grief with the support of loved ones and other strategies for self-care. However, some people may need extra support from a mental health professional. Grief counselling helps people through the unique difficulties of grief. Peer support groups and family therapy may also be helpful.

RESOURCE	CONTACT
<p>Bereaved Families of Ontario-Toronto (Multi-Faith)</p> <p>10-session open peer-support groups as well as 8-week closed groups available. Must RSVP each week, with responses being accepted the Sunday before each meeting</p>	<p>416-440-0290 www.bfotoronto.ca/support/</p>
<p>Catholic Family Services Toronto</p> <p>Parish-based peer support and counselling for bereavement, separation and divorce</p>	<p>416-921-1163 ext. 2227 www.cfstoronto.com</p>
<p>Canadian Mental Health Association (CMHA) Middlesex Suicide Bereavement Support</p> <p>Focuses on supporting individuals affected by suicide death. Supports include one-on-one counselling, support groups, workshops, and education to those coping with the effects of this traumatic loss</p>	<p>519-434-9191 ext. 244 grief@cmhamiddlesex.ca www.cmhamiddlesex.ca/programs-services/bereavement-support</p>
<p>Centre for Addiction and Mental Health (CAMH)</p> <p>One-on-one grief counselling for clients and families of CAMH. Referrals from psychiatrists or GP welcome for non-CAMH clients</p>	<p>416-535-8501 ext. 32175</p>
<p>Distress Centre – Homicide Survivor Support</p> <p>Individualized and group meetings available through Survivors of Homicide Loss Support Program</p>	<p>416-595-1716 www.dcoqt.com/homicide-loss</p>
<p>Distress Centre – Suicide Survivor Support Program</p> <p>Individualized and group meetings available through Survivors of Suicide Loss Support Program</p>	<p>416-595-1716 www.dcoqty.com/survivor-support</p>
<p>Grief Recovery After a Substance Passing (GRASP)</p> <p>GRASP was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose through peer support meetings. Pre-registration required</p>	<p>647-274-3224 grasptoronto@gmail.com www.grasphelp.org</p>
<p>Heart House Hospice (Bereavement Counselling Services)</p> <p>Residents of Peel grieving the death of a loved one may access one-on-one counselling, volunteer support, and group programs</p>	<p>905-712-8119 ext. 247 www.hearthousehospice.com/how-we-help/counselling-support/bereavement/</p>

<p>Jewish Family and Child (\$)</p> <p>Free 8 sessions for Losing a Loved One During COVID-19. Other grief supports (6 sessions) available at sliding scale.</p>	<p>416-638-7800 ext. 6215 www.jfandcs.com/bereavement</p>
<p>Scarborough and Rouge Hospital</p> <p>6-week bereavement support group held virtually to explore the grief process and learn useful coping skills, while supporting one another with their healing journey; one-on-one support available as well</p>	<p>416-438-2911 ext. 5334 (Individual) 416-438-2911 ext. 6425 (Group) www.rougevalley.ca</p>
<p>Soaring Spirits International</p> <p>A widowed community offering widowed men and women understanding, friendship, inspiration, and encouragement after the loss of a partner; provides information, resources, and a forum with 24/7 chat</p>	<p>1-877-671-4071 contact@sslf.org www.soaringspirits.org</p>
<p>The HOPE Program</p> <p>Program that provides confidential support to military families who have lost a loved one</p>	<p>1-800-883-6094 hope-espoir@forces.gc.ca www.cafconnection.ca/National/Programs-Services/Families-of-the-Fallen/Shoulder-to-Shoulder.aspx</p>
<p>Turner & Porter: Community of People Extending Support (COPE)</p> <p>6-week support group for people who have experienced the death of someone near to them, and then monthly group meetings for additional support</p>	<p>416-767-6793 www.turnerporter.ca/extended-resources#bereavement_resources</p>
<p>Wellspring Downtown Toronto</p> <p>Bereavement support groups and groups for anticipatory grief available for clients and caregivers</p>	<p>416-961-1928 www.wellspring.ca/online-programs/programs/all-programs</p>
<p>Woodgreen Community Services</p> <p>Individual and group bereavement support (including service referral, service navigation, and coordination when required) to individuals and families</p>	<p>416-572-3575 416-645-6000 ext.5260 www.woodgreen.org</p>
CHILDREN AND YOUTH	
<p>Bereaved Families of Ontario – Toronto/What’s Up Walk-In</p> <p>Services for those who are grieving a homicide, suicide, or death due to natural causes. Groups available for youth between ages 13-19</p>	<p>416-440-0290</p>
<p>Dr. Jay Children’s Grief Centre</p> <p>Grief counselling available to youth 12 and older and their families. Catchment: Scarborough, Toronto, Etobicoke</p>	<p>416-360-1111 info@griefcentre.org www.drjaychildrensgriefcentre.ca</p>
<p>Regesh Family and Child Services (\$)</p> <p>Offers Trauma-Focused Cognitive Behaviour Therapy (TF-CBT) for children aged 3-16. Fees based on income</p>	<p>416-495-8832 eschild@regesh.com www.regesh.com/childrens-therapy/</p>

HOSPICE AND PALLIATIVE CARE

Better Living Centre Staff and volunteers provide support to individuals who have a terminal illness, are experiencing anticipatory grief, have experienced a loss, or who would like to remember a loved one who has passed	www.mybetterliving.ca/hospice-services/ 416-447-7244 416-408-4357
The Dorothy Ley Hospice Offers one-on-one or group support for caregivers, families, and friends anticipating a loss or dealing with the aftermath of a death	416-626-0116 www.dlhospice.org/bereavement-care
The Temmy Latner Centre for Palliative Care Physical, emotional, and spiritual support to adults who are dying at home. No referral required for existing patients, new patients require referral from a doctor or CCAC for palliative care	416-586-4800 ext. 7884 info@tlcpc.org www.tlcpc.org

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