



BEREAVEMENT/GRIEF COUNSELLING AND SUPPORT

BRAMPTON, CALEDON, MALTON

Organization	Phone No	Service Description
AIDS Bereavement and Resiliency Program of Ontario (ABRPO) 490 Sherbourne St - 2nd floor Toronto, Ontario M4X 1K9 www.abrpo.org	416-205-9888	Program is mandated to work with Board, Staff and Volunteers of AIDS Service Organizations (ASOs) and other AIDS-serving organizations in Ontario on issues of AIDS-related loss, multiple loss and organizational change and transition. We work with staff, board or volunteer teams and individuals to help them work through all kinds of loss and transitions and to build resiliency skills The programs include: Education, Training, Grief/Loss, Multiple Loss Processing, Development of Peer Support System, Development of Resource Materials
Alzheimer Society Peel Grief Support Group 60 Briarwood Ave Mississauga, ON L5G 3N6 www.alzheimerpeel.com	289-278-3667	The Alzheimer Society Peel is now offering a support group for individuals who have lost a loved one to the disease. The Grief Support Group allows caregivers to express, manage and accept the various emotions and feelings that coincide with the loss of a loved one No fee for service
Arborcare Bereavement Support Program 289 Main St N Brampton, ON L6X 1N5 www.scott-brampton.ca	905-451-1100	Offered by Scott Funeral Homes. Provides Bereavement Support Group Seminars held four times per year for a six week period, follow up phone calls to the bereaved, referrals to local bereavement resources, grief awareness seminars and, if requested, one on one meetings with our Arborcare Bereavement Coordinator Pre-registration is not required. Participants may attend some or all the sessions and are welcome to bring a friend or family member along for additional support No fee for service
Baby's Breath Peer Support and Resources PO Box 5005 St. Catharine's, ON L2R 7T4 www.babysbreathcanada.ca	905-688-8884 1-800-363-7437	For nearly 40 years, Baby's Breath (previously The Canadian Foundation for the Study of Infant Deaths) has been Canada's only national foundation focused on SIDS, and more recently also dedicated to reducing all sudden and unexpected infant deaths including stillbirths. Since our inception in 1973, we have pursued our mission through research, advocacy and a peer-to-peer bereavement support network to assist families who have faced the tragic loss of an infant

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Bereaved Families of Ontario - Halton and Peel Centre for Grief and Healing 33 City Centre Dr, Suite 610 Mississauga, ON L5B 2N5 www.bereavedfamilies.ca	905-848-4337 1-877-826-3566	Dedicated to assisting families who have lost a loved one through death * helps children, adolescents and young adults who have lost a parent or sibling through death * trained volunteers and professional advisors work together to provide a variety of programs to meet the needs of individuals and the community * group & one-to-one counselling available Monthly Share and Support nights in multiple cities (register to reserve a seat) – Circle of Support Brampton: 1 st Thu of each month, 7:30pm-9:30pm (Intersection: Bramalea Rd and Queen St) Mississauga: 3 rd Wed of each month, 7 ³⁰ pm-9pm (Intersection: Derry Rd and Winston Churchill Blvd) No fee for service
Bethell Hospice Royal Courtyards, Upper Level 18 King St E, Unit A8 Bolton, ON L7E 1E8 www.bethellhospice.org	905-838-3534 1-800-305-7905	Bereavement support group is one of our community care programs designed to support adults who have experienced the loss of a loved one. Facilitated by Bethell Hospice staff and trained volunteers, our bereavement groups provide the opportunity to express your grief with others in a safe environment and help you on the path to healing Drop-In Bereavement Support available every Wednesday afternoon One-on-one bereavement support also available No Fee for service
Bramalea Baptist Church Care Ministries 9050 Dixie Rd Brampton, ON L6S 1J3 www.bramalea.org	905-451-6088	Stephen Ministry - Distinctively Christian care given to individual on a one-on-one basis in time of crisis or loss * contact Shirley Thomas the care ministries Pastor for more info at ext 227 No fee for service Private Practice Counselling available on request * sliding scale fees apply
Carefirst Seniors and Community Services Association 1051 Eglinton Ave W Mississauga, ON L5V 2W3 www.carefirstseniors.com	905-270-9988	Provides a full range of community services such as: <ul style="list-style-type: none"> • supports for older adults, and adults with disabilities • client intervention and assistance • transportation, escort, interpretation • friendly and hospice visiting • bereavement services • elder abuse and more
Catholic Family Services of Peel Dufferin www.cfspd.com 60 West Dr, Suite 201 Brampton , ON L6T 3T6 18 King St E, Unit D8 Bolton , ON L7E 1E8 10 Kingsbridge Garden Cir, Unit 400 Mississauga , ON L5R 3K6	Central Intake 905-450-1608 ext 112 Brampton 905-450-8902 Mississauga 905 897-1644	Individual, Couple and Family Therapy Provides immediate counselling sessions, crisis intervention and assessment for clients who have been exposed to grief and loss. Offered at Brampton and Mississauga Clients seeking Individual, Couple or Family Counselling in Brampton and Mississauga access services first through Walk-in clinics Brampton – Thu 12:30pm-7:30pm Mississauga – Tue 12:30pm-7:30pm Fee - Sliding scale - based on family income, will not refuse service if unable to pay

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Dufferin Peel Catholic District School Board Psychology Department 40 Matheson Blvd W Mississauga, ON L5R 1C5 www.dpcdsb.org	905-890-0708 ext. 24330	Counselling individual students or groups of students with personal or family issues (such as family separation, loss of a family member, or behavioral problems)
Egan Funeral Home Community Grief Support Program 203 Queen St S Bolton, ON L7E 2C6 www.eganfuneralhome.com/community-grief-support-programs/	905-857-2213	Grief support for those experiencing the loss of a loved one. 5-week sessions are held periodically throughout the year; one may choose to come once or for all 5 weeks Sessions held periodically throughout the year Bolton: Tuesday 7pm-8:30pm, Rotary Seniors Place, Caledon Room, 7 Rotarian Way, Bolton No fee for service
Family Services of Peel 151 City Centre Dr, Suite 501 Mississauga, ON L5B 1M7 7700 Hurontario St Brampton, ON L6Y 4M3 www.fspeel.org	Intake 905-453-5775 905-270-2250	Walk-in counselling service Wednesday 12noon-8pm, Saturday 9am-12noon Staff support, advocate and refer to other available services as appropriate. Immediate support available for anyone: experiencing a crisis * requiring immediate support * seeking information about specific services in the community * requiring advocacy and referrals. Wednesday 12noon-8pm, Saturday 9am-12noon No fee for service Individual, Couple and Family Counselling Interventions and supports provided with the focus on helping people manage life and everyday issues. Sessions are available in a number of languages, as well as via interpreter Fees are based upon a sliding scale
Four Corners Health Centre Counselling and Community Support 3233 Brandon Gate Dr., Unit 1 Mississauga, ON L4T 3V8 www.mymalton.ca	905-677-9599	Social Worker offers counselling to registered clients, to deal with grief and trauma. Clients can access counselling one on one, also offer counseling and peer support in group settings No fee for service
GriefNet www.griefnet.org/support/groups.html	Website	GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. Our grief support groups operate 24-hours/day, 365 days/year. Members participate when they wish and are able to, not at a set time. When one member of a group sends an email message to the group, everyone in the group receives a copy. This allows many people to respond with love and caring to the thoughts and feelings of an individual, day and night, year-round. Since 1994 these groups have helped thousands of people around the world deal safely with their grief

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Heart House Hospice 855 Matheson Blvd E, Unit 1 Mississauga, ON L4W 4L6 www.hearthousehospice.com	905-712-8119	Bereavement services offered in person, telephone, support groups to family members and friends after a death and include: <ul style="list-style-type: none"> One-to-one bereavement support from the Coordinator of Bereavement and Spiritual Care (in person, by email, or by phone) One-to-one support from a specially trained bereavement volunteer Bereavement support groups offered twice a year No fee for service
Hospice Palliative Care Ontario 707-2 Carlton St Toronto, ON M5B1J3 www.hpcoco.ca	416-304-1477 1-800-349-3111	This association provides information on palliative and hospice care services and resources for end of life patients in your community. Services include palliative care units and programs, hospice programs, community based services, pain and symptom management, bereavement support services, and palliative care education
KIDSAID https://kidsaid.com/	Website	KIDSAID, provides a safe environment for kids to help each other deal with grief and loss
Lighthouse Program for Grieving Children 2522 Rebecca St Oakville, ON L6L 6N8 www.grievingchildrenlighthouse.org	905-337-2333 (leave message after hours)	A registered charity that offers a community of open-ended, continuous peer groups for children and teens and their parents/caregivers who have experienced a death in their immediate family Support groups: <ul style="list-style-type: none"> children ages 3-12 teens parent/caregiver groups groups meet twice monthly - call for details Consultations by phone: Free telephone consultations to anyone wanting to better understand child and teen grief and ways they can support a young grieving family * provides information regarding grief support counselling agencies and recommended grief counsellors and suggested books on grief related topics Ages 3 years to teenage * grieving children/youth or family/caregivers
McIntosh Counselling and Assessment Services 60 Gillingham Dr, Suite 402 Brampton, ON L6X 0Z9 www.peelcounselling.com	416-258-8441	Counselling and assessment services for children, adolescent, families and couples Grief counselling Fee for service – reduced fee for service available on a limited basis and depends on the individual's circumstances – reduced rates for students and seniors
Peel HIV/AIDS Network 7700 Hurontario St, Suite 601 Brampton, ON L6Y 4M3 www.phan.ca	905-361-0523 1-866-896-8700	Bereavement counselling and support No fee for service

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Rainbows For All Children Canada	1-877-403-2733	Provides peer support programs for children, youth, and families experiencing loss through life altering events. Forms partnerships with schools, faith communities and social service agencies so they may establish grief support groups and help vulnerable children Ages: 3 year(s) and up ; adult program also available No fee for service
Sunnybrook Pregnancy and Infant Loss Network 133 Byron Street N, Unit 200 Whitby, ON L1N 4M8 https://pailnetwork.sunnybrook.ca/	1-888-303-7245	PAIL Network is dedicated to improving bereavement care and providing support to families who have suffered the loss of a pregnancy or the death of their baby/babies. We are a provincial program that operates as a part of <u>Sunnybrook Health Sciences Centre's</u> Women and Babies program. Our <u>support services</u> have been tailored to meet the specific needs of grieving families, and are available at no cost to all families in the province of Ontario . Self-help groups held in Brampton No fee for service
Tangerine Walk-In Counselling 160 Traders Blvd E, Suite 100 Mississauga, ON, L4Z 3K7 tangerinewalkin.com	905-795-3530	Tangerine Walk-In Counselling is provided on a first come, first served basis and appointments are 2 hours in length. All efforts are made to accommodate everyone, however, high demand may require children/youth to return another day. Please note that our capacity varies week to week and some days attendance can be particularly busy. We regret the times we may not be able to guarantee service if there are more children/youth in attendance than available therapists. Tue 9am-8pm (last walk-in session at 6pm) Rapport Youth and Family Services, 155 Clark Blvd., Unit 11, Brampton, ON, L6T 4G6 Thu 9am-8pm (last walk-in session at 6pm) (This location serves youth up to their 21 birthday) No fee for service
The Family Enhancement Centre 2250 Bovaird Dr, Suite 313 Brampton, ON L6R 0W3 www.tfec.ca	905-799-2228	A full service counselling centre serving children, youth, adults, couples and families * Offers grief counselling A mental health agency dedicated to helping people maintain a state of wellness for themselves and their families; improve and learn new strategies for dealing with difficult times and recover from serious setbacks and traumas in their lives No fee for service
The Thoughts 1332 Khalsa Drive, Unit 8 Mississauga, ON L5S 0A2 www.thethoughts.ca	905-230-0629	Psychotherapy and counselling services for individuals, couples and families. Counselling covers grief and loss Fee for service

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Turner and Porter Funeral Directors COPES Series 1507 Clarkson Road N Mississauga, ON www.turnerporter.ca	416-767-3153	Aftercare program- COPES -bereavement and support available to anyone C.O.P.E.S. (Community of People Extending Support) The Turner & Porter C.O.P.E.S program provides an outlet for those who have shared in a loss. The six-week program invites participants to share their experiences and help you understand your feelings. Monthly follow-up meetings are available. No fee for service
Victims Services of Peel 7750 Hurontario St Brampton, ON L6V 3W6 www.vspeer.org	905-568-1068	24/7 crisis intervention for victims of crime or tragedy. Offers help with immediate crisis intervention, promotes healing through counselling and advocacy No fee for service
WellFort Community Health Services 40 Finchgate Blvd, Suite 224 Brampton, ON L6T 3J1 www.bramaleachc.ca	905-451-6959	Counsellors offers counselling to deal with grief. Registered clients can access one-on-one counselling, also offer counseling and peer support in group settings. Available to BCHC registered clients who live in Brampton with postal codes starting with L6T, L6R and L6S No fee for service
Wellspring Chinguacousy 5 Inspiration Way Brampton, ON L6R 0L7 www.wellspring.ca	905-792-6480	Wellspring is a support centre for cancer patients, their families and caregivers Wellspring offers 45 free of charge programs – one of the program offered is Bereavement Support Group - provides an opportunity to meet with others who are experiencing the pain of loss due to cancer, and share the grief they feel. Under the guidance of a professional group leader who specializes in bereavement, participants will share their stories and feelings, and explore ways of coping with loss. Commitment to attend once a week for a period of eight weeks, followed by once a month for three months No fee for service