



BEREAVEMENT/GRIEF COUNSELLING AND SUPPORT

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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	The AIDS Bereavement and Resiliency Program of Ontario 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 of Toronto 20 Eglinton Ave W, Suite 1600 Toronto, ON M4R 1K8 www.alzheimerontario.org	416-322-6560	Supports for people with Alzheimer's disease and other dementias, and their caregivers Supports for older adults, and adults with disabilities * helps people remain independent in their own homes for as long as possible * referral to other community services * telephone or face-to-face counselling on site or at person's home * speakers, public education, workshops and forums * lending library and <u>online resources</u> in over 90 languages
Bereaved Families of Ontario - Toronto YWCA Toronto 250 Merton St, Suite 202 Toronto ON M4S 1B1 www.bfotoronto.ca	416-440-0290	Self-help/peer support bereavement groups * one-to-one sessions, telephone support and mutual/peer group support * resource centre, lending library -- books, videos, brochures, and articles on grief and bereavement * public awareness education including workshops, seminars, speakers Parents who have experienced the death of a child of any age, including still birth, infant loss and miscarriage * children and youth 5-17 years who have experienced the death of a parent/caregiver or sibling, also youth who have lost a close friend * young adults and adults 18 years and older who have experienced the death of a parent or sibling, also adults 30 years and older who have lost a spouse/partner * anyone seeking information on bereavement No fee for services

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Carefirst http://carefirstontario.ca/services/bereavement/	416-502-2323	Chinese bereavement services - Specializes in offering professional and supportive service to Chinese bereaved individuals and families. Addresses the emotional needs of individuals and families during the grieving process and is offered in a culturally sensitive environment. Offers: Support Groups – spousal loss, parents with adult child loss, infant/child loss Education Seminars and Workshops – how to deal with grief and loss, funeral services, cemetery arrangements, power of attorney, will arrangements, etc. Friendly visiting for Chinese bereaved – provide a companion to bereaved individuals to help them through lonely moments by talking and listening to them during the grieving process Fee for service
Catholic Family Services of Toronto 1155 Yonge St, Suite 200 Toronto, ON, M4T 1W2 www.cfstoronto.com	416-921-1163	Individual, couple and family counselling, including Walk-In Program * Family Life Program -- marriage preparation, marriage enrichment, self-confident women groups, and separation and divorce groups * New Beginnings Ministry -- parish based peer support for bereavement, separation and divorce * member agency of Support Services Network for Male Survivors in Ontario (central region) Fees: Sliding scale
Distress Centres – Traumatic Loss Survivor Support Program Toronto, ON M5C 2J4 www.torontodistresscentre.com/suicide-loss	416-595-1716	Counselling and support provided by staff and trained volunteer grief facilitator teams * follow up group meetings * peer support * bridging telephone support * consultation and debriefing for professionals and community members affected by suicide or homicide No fee for service
Dorothy Ley Hospice 220 Sherway Dr Etobicoke, ON M9C 0A7 www.dlhospice.org	416-626-0116	Bereavement care: provides individuals and group based supports for persons experiencing grief for an anticipated death as well as post-death bereavement 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
Hospice Palliative Care Ontario 707-2 Carlton St Toronto, ON M5B1J3 www.hpco.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

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Jewish Family and Child-Gordon S Wolfe Downtown Branch 35 Madison Ave Toronto, Ontario, M5R 2S2 www.jfandcs.com	416-961-9344	Support for single parents, bereaved parents, widows and widowers, immigrants Fees: Sliding scale * some free services
Oasis Centre Des Femmes - Crisis Line www.oasisfemmes.org	416-591-6565	Oasis Centre Des Femmes offers a regional support line for French speaking women aged 16 and older who are victims or survivors of sexual assault, incest, relationship violence, or bereavement No Fee service
Sunnybrook Pregnancy and Infant Loss Network 133 Byron St 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 to all families in the province of Ontario . No fee for service
Turner and Porter Funeral Directors COPE Series 4933 Dundas St W Etobicoke ON, M9A 1B6 www.turnerporter.ca/about/resources/49-help-beyond-the-funeral.html	416-231-2283 Community Awareness Centre 416-767-6793	C.O.P.E.S. –Community of People Extending Support 6 week educational bereavement program, grief support group. Runs Winter, Spring and Fall in Mississauga and Etobicoke Etobicoke: Montgomery Inn, 4709 Dundas St W Among Friends A continuation of our C.O.P.E.S. program, this group meets once a month at a local restaurant continuing their journey, supporting each other No fee for service
Victims Services Toronto 40 College St Toronto, ON M5G 2J3 www.victimsservicestoronto.com	416-808-7066	Provides immediate crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities affected by crime and sudden tragedies No fee for service
Wellspring -Downtown Toronto 4 Charles St, Suite 300 Toronto, ON M4Y 1T1 Westerkirk House at Sunnybrook 2075 Bayview Ave Toronto, ON M4N 3M5 www.wellspring.ca	416-961-1928 1-877-499-9904 416-480-4440	Bereavement Support Group Provides an opportunity to meet with others who are experiencing the pain of loss due to cancer. 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. Registration is required with a commitment to attend once a week for a period of eight weeks; followed by once a month for three months Peer support Peer Support volunteers are cancer survivors and caregivers of cancer patients who are specially trained to provide emotional and coping support to individuals who are in a similar situation. By

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Westerkirk House at Sunnybrook (Contd)		speaking privately with a peer volunteer, patients or family members may gain a sense of comfort and reassurance, as well as practical suggestions for coping with diagnosis and treatment. Peer Support volunteers also provide assistance with program selection at Wellspring and information about other community resources No Fee for service