



BEREAVEMENT / GRIEF COUNSELLING AND SUPPORT WOODBRIDGE

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 of York Region 9401 Jane St, Suite 328 Vaughan, ON L4L 9P1 www.alzheimer-york.com	905-303-9915 1-888-414-5550	Support Group for Individuals or Families Caring for a Seniors Peer support groups, education, and training for family members, service providers, and caregivers * sessions may include information such as advanced directives and safety issues For people who regularly provide physical, social, or emotional supports to people living with Alzheimer's Disease or related dementias 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
Bereaved Families of Ontario – York Region 17070 Yonge St, Suite 203 Newmarket, ON L3Y 8Z4 www.bfo-yorkregion.com	905-898-6265 1-800-969-6904	Seeks to ensure that every person grieving a death of a family member has access to caring and compassionate support by providing volunteer bereavement support services * services provided include one-on-one * groups (loss-specific) * reference library * facilitator training No fee for service

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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
Family Services of York Region 1091 Gorham St, Suite 202 Newmarket, ON L3Y 7V1 www.fsyrc.ca	905-895-2371 1-888-223-3999	Provides a range of professional and affordable counselling services to help individuals, couples and families struggling with a stressful life situation, emotional distress or relationship difficulties
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.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
Hospice Vaughan 31 Woodbridge Ave Woodbridge, ON L4L 2S6 www.hospicevaughan.com	905-850-6266	A weekly support group offered several times a year, to caregivers, families and friends following the death of a loved one <ul style="list-style-type: none"> • individual grief and bereavement support • adult grief/bereavement support groups • telephone support from both hospice staff and/or trained volunteers available No fee for service
Jerret Funeral Homes – Vaughan Chapel 8088 Yonge St Thornhill, ON L4J 1W3 www.jerrettvaughanchapel.ca	905-889-8889	24-Hour Compassion Helpline® When traditional support, like family or clergy is unavailable, you and your family are invited to use our toll-free Compassion Helpline for up to one year. The Helpline is staffed by professionals who have advanced degrees and are specially trained in grief counseling. 24-Hour Compassion Helpline is provided by Charles Nechtem and Associates

KIDSAID https://kidsaid.com/	Website	KIDSAID, provides a safe environment for kids to help each other deal with grief and loss
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 at no cost to all families in the province of Ontario . Self-help groups held in Brampton No fee for service
Victim Services of York Region 16775 Yonge St, Unit 200B Newmarket, ON L3Y 8J4 www.victimservices-york.org	905-953-5363 1-800-876-5423 ext. 6790	On-site, short term, crisis and trauma services for victims of crime or sudden tragic event * emotional support * practical assistance * referrals to community resources for continued support
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 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