

Making Connections and Building Communities in Grief

After a loss, it can be challenging to find people who can understand the intensity and magnitude of one's grief. There can be a natural tendency to cocoon, and it's important to balance that with social connection. It can be helpful to connect with other bereaved people who can offer understanding and compassion.

Among Friends - <https://griefjourney.com/events/among-friends/>

"Among Friends" brings together bereaved people for social activities, including: dinner meetings on the 4th Sunday of every month; day trips, theatre evenings, movie nights; weekend retreats; and January cruise.

Camp Widow - <https://www.campwidow.org/>

This weekend program provides practical tools and relevant resources for widowed persons who are rebuilding their lives after the death of a partner or spouse. Campers experience the camaraderie of community, and are lifted up by understanding and validation they receive from their peers.

Widowed Friends of Halton - www.widowedfriends.ca/

Widowed Friends of Halton supports the well-being of widow and widowers through friendship. The focus of WFH is to help members regain their social connections after loss. Members gain a sense of belonging, connection, understanding, compassion, encouragement and support. Particular events are listed here: <https://www.meetup.com/Widowed-Friends-of-Halton/> Attendees vary in age, and in terms of how long ago they lost their partner or spouse.

Online Resources

<http://www.mygrief.ca/> - This is an online resource from Canadian Virtual Hospice that can help you understand grief and work through some of the more difficult issues you may be facing. There are nine topic sections to choose from, including text and video clips. You need to set up a login account to use this free resource.

<https://whatsyourgrief.com/> - This website is authored by 2 US based grief professionals who created a resource to support people to "delve into anything and everything grief-related, and to provide a place where people can come to support and be supported." The site promotes grief education, exploration, and expression in both practical and creative ways.

<https://optionb.org/> - This website is based on the book *Option B* by Dr. Sheryl Sandberg and offers resources to build resilience in grief.

<http://widowed.ca/> - Widowed.ca is a free online resource providing a wide array of information and services needed after the loss of a loved one. It was created by DFS Private Wealth, a financial planning firm.

http://deathoverdinner.org/?mc_cid=7e368db0ee&mc_eid=642712eba1 - How we end our lives is the most important conversation many people never have. This organization has put together a process to bring people together to have conversations about death. This project offers a simple set of tools to help families and friends communicate their wishes and build greater comfort and literacy around this important topic.

<https://hummingbirdcentreforhope.com> - This organization offers programming and resources for young widows and widowers.

<https://www.thedinnerparty.org/> - This organization offers opportunities to have dinner with other 20-and-30 somethings who are grieving.

To access bereavement support – either one-to-one grief counseling, grief support groups or educational events, contact: