



Bereavement Resources and Supports
Halton Region, Mississauga, Brampton, Malton & Etobicoke

Developed by Heart House Hospice for the Year 2021
Current COVID-19 Edition



Revised September 2021

ACCLAIM HEALTH



Provides bereavement **information** and **resources**, including an established **library** on-site to support a person's grieving process in Halton region.

Bereavement Walking Group located in Oakville

Starting September 16th to December 2nd - every **Thursday** from 10:00 – 11:00am

COVID-19 Protocol: group size is limited to a maximum of 25 people

Contact Carole La Tour to **register** at (905) 827-8800 x2312 or clatour@acclaimhealth.ca

Spousal/Partner Loss Virtual Group occurs within Halton

Starting October 21st to December 9th – every **Thursday** evening.

Held virtually via Zoom

Contact Melinda Brown to **register** at (905) 299-5648 or mbrown@acclaimhealth.ca

Adult Child Loss Virtual Support Group

Starting October 12th to November 30th – every **Thursday** from 6:30 – 7:30pm

Held virtually via Zoom

Contact Carole La Tour to **register** at (905) 827-8800 x2312 or clatour@acclaimhealth.ca

Coffee and Conversation Virtual Drop-In Support Group

Starting April 29th to December 16th – every other **Thursday** from 6:30 – 7:30pm

Held virtually via Zoom

To **register** call (905) 827-8800 x2312 or clatour@acclaimhealth.ca

Self-Compassion Circle

Starting October 26th to December 7th – every **Tuesday** from 2:00 - 4:00 pm

Held virtually via Zoom

To **register** call Ana Nunes-Freitas at (905) 827-8800 x2313 or anunes-freitas@acclaimhealth.ca

Kintsugi Workshop

Kintsugi is a Japanese art form and philosophy in which broken pottery is repaired and the seams re-painted with gold dust. A two-part virtual workshop where the Kintsugi Bowl acts as a vessel for our grief. It is an opportunity to acknowledge pain through death, loss, and trauma.

Starting September 20th and 27th from 6:30 - 8:00pm

Held virtually via Zoom

To **register** contact Nina Page at (289) 299-8955 or npage@acclaimhealth.ca

All services are provided at no cost due to the generosity of volunteers, donors, and funders.

BEREAVED FAMILIES OF ONTARIO (BFO) – HALTON & PEEL

Offers a wide range of programs to support diverse bereaved families.
Facilitated by trained bereavement volunteers.

Individual Peer Support Sessions

Offered for ages six and up. This is required before any participant can join the other support groups. After initial session, one can join a group, stick with individual sessions, or do a combination of both.

Adult Programs

For those aged 18+ who have experienced the loss of a loved one. These adult programs are available on an all-time basis:

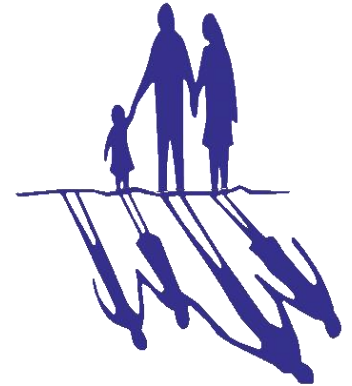
- **Mixed Loss Support Group:** every **Tuesday** from 6:30 – 8:00pm
- **Child Loss Support Group:** every **Wednesday** from 6:30 – 8:00pm
- **Partner Loss Support Group:** every **Thursday** from 5:00 – 6:30pm
- **Guardian Loss Support Group:** every **Wednesday** from 6:30 – 8:00pm
- **Closed Grief Support Group:** dates and times subject to change throughout the year based on demand

All programs are being held via Zoom or Individual Phone Support

To **register** for any of the groups, or for more **information**, please call (905) 848-4337 or email info@bereavedfamilies.ca

Located at 33 City Centre Dr., Suite 610, Mississauga, ON, L5B 2N5

All programs are available at no cost and have no waitlist.



BETHELL HOSPICE

Provides one-to-one bereavement support and bereavement programs that are facilitated by professionally trained individuals.



Virtual Supportive Counselling – One-to-One

Can be scheduled Monday to Friday from 9:00am – 5:00pm

Held virtually via Zoom or phone

Contact Natalie Talma to **register** at (905) 452-4979 or ntalma@bethellhospice.org

Adult Grief Support Group

Starting September 1st to September 29th, every **Wednesday** from 7:00 – 8:30pm

Held virtually via Zoom

Contact Steven Jansen to **register** at (905) 866-2015 or sjanzen@bethellhospice.org

Bereavement Comfort Care Kit

Includes a variety of supportive and informational materials to assist with the grief journey, as well as items for comfort and entertainment. Kits can be delivered via social distance door drop off within the catchment area of Bethell Hospice or picked up at Bethell Hospice.

Contact Natalie Talma at (905) 452-4979 or ntma@bethellhospice.org

Individual Virtual Art Therapy

Can be scheduled Monday, Tuesday or Thursday from 1:00 – 8:00pm

Held virtually via Zoom

Contact Louise Sallese to **register** at (905) 965-2534 or lsallese@bethellhospice.org

Adult Grief Support Group using Art Supplies: Drawing on our Grief

Starting October 6th to November 3rd, every **Wednesday** from 7:00 – 8:30pm

Supplies included and will be delivered to your home.

Held virtually via Zoom

Contact Louise Sallese to **register** at (905) 965-2534 or lsallese@bethellhospice.org

Virtual Music Therapy

Can be scheduled any day of the week from 8:00am – 8:00pm

Held virtually via Zoom or phone

Contact Kaylen Leonienko to **register** at (905) 867-0369 or kleonienko@bethellhospice.org

Self referrals or referrals by a healthcare professional can be made online on the Bethell Hospice website: <https://bethellhospice.org/community-program-referral-form/> including the consent form: <https://bethellhospice.org/community-program-consent-for-service/> Or contact Natalie Talma at (905) 452-4979 or ntalma@bethellhospice.org

Office hours are 9am-5pm, but accommodations may be possible for accessing services in the evenings and weekend. Call for more information.

Bethell Hospice is located at *15835 McLaughlin Rd., Inglewood, ON, L7C 1H4*

For more **information**, please call (905) 838-3534

Due to generous donors, all services at Bethell Hospice, above are available at no cost.

DOROTHY LEY HOSPICE

Provides opportunities to learn about grief as a healing process, connection with other bereaved persons, and an understanding and supportive space in which to share and express one's grief.



Parent Loss, Spousal Loss, Men's Coffee Group and Self-Compassion Circle closed groups are offered each season. The fall session for these programs has started and run until mid-November. They typically run once a week in the evenings. Winter session dates/time to be determined.

Oasis – Drop in Group

A space to bring questions, concerns, and topics to a supportive group discussion, guided by our Bereavement Counsellor. Open to all.
Every **Thursday** from 10:30 am -11:30am.

Understanding Grief and Loss for Newly Bereaved

Single psychoeducational group session offered on the following dates:

October 5th from 1:30 - 3:30pm

October 19th from 6:30 - 8:30pm

November 2nd from 1:30 - 3:30pm

November 16th from 6:30 - 8:30pm

November 30th from 1:30 - 3:30pm

All Groups held virtually via Zoom or phone

Offers short term **one-to-one counselling** with a bereavement counsellor.

Via Zoom or phone

For one-to-one counselling and all bereavement group information, intake and registration inquiries contact:

McKaila Sullivan, Hospice Services Coordinator at 416-626-0116 x233 or

msullivan@dlhospice.org

Located at 220 Sherway Dr., Etobicoke, ON, M9C 5N6

All services are provided at no cost due to the generosity of Dorothy Ley's donors and community partners.

COMMUNITY OF PEOPLE EXTENDING SUPPORT – COPEs

Sponsored by *Turner and Porter Funeral Homes*. This program is specifically designed for those who are 18+.

Bereavement Support Program

A **six-week** program that provides an outlet for those who have experienced the death of someone near to them. Offers a combination of education and interaction which creates an atmosphere in which grief is validated.

Occurs weekly for **six-week** sessions, every **Tuesday** from 7:30 – 9:00pm
Facilitated by Dr. Bill Webster.

Located at 2180 Hurontario St., Mississauga,
ON, L5B 1M8

Turner & Porter

Due to COVID-19, program is cancelled until 2022. Call (905) 279-7663 for more information.

Services available at no cost.

COPING PROGRAM AT TRINITY STREETSVILLE



Program is sponsored by *Trinity Anglican Church of Streetsville*.

This program is a support group for adults who are mourning the death of a loved one. It is an **eight-week** program that is led by trained volunteers.

Program on-hold due to COVID-19 until further notice. Call for program updates.

For more information, please **contact** Heidi Czulinski or Annie Shalvardijan at (905) 826-1901 x231 or coping@trinitystreetsville.org

Located at 69 Queen St. S., Mississauga, ON, L5M 1K5

Services available at no cost.

HEART HOUSE HOSPICE



Community Resources

Available to residents of Peel to help participants learn about grief, develop coping strategies and to build communities of support. Participation is offered at one group at a time.

Grief 101 Educational Session

A 2-hour education workshop explores common themes in grief, occurs bimonthly.

Next session – **October 23rd** from 11am – 1:00pm

Currently via Zoom

Copies Strategies in Grief

Provides grief education and community connections, especially during times of distress brought on by the Covid-19 pandemic.

Starting September 14th to November 16th, every **Tuesday** from 5:30 – 7:30pm

Currently via Zoom

Social Walking Group

Located at Erindale Park along the Credit River in Mississauga with a social hour to follow.

Pandemic restrictions and social distancing will be in place.

Every **Thursday** from 1:00 – 3:00pm and 6:00 – 8:00pm until November.

Grief Circles

Allows participants to connect with others in grief who share similar experiences and struggles.

Starting September 16th to November 11th, every **Thursday** from 1:00 – 2:30pm or 6:30 – 8:00pm

Currently via Zoom

Health and Wellness Events

Including Guided Meditation, Gentle and Restorative Yoga, Creative Writing Workshops, Nutrition Hour, Art Therapy, etc. Occur monthly at different times according to the month.

Currently via Zoom

Grief Zines

A therapeutic art medium, connecting in person for an outdoor and socially distanced experiential workshop. In partnership with visual Arts Mississauga, held at Riverwood Conservancy. Learn about Zines, basic design elements and create a personally meaningful piece of artwork. Two-hour workshop leads to a four-week online supportive community space.

Outdoor Launch Date – **Tuesday, September 21st** from 5:00 – 7:00pm

Online Dates – September and October – every **Tuesday** from 6:00 – 7:30pm

See the Calendar on the Heart House Hospice Website for upcoming dates & registration:

<https://hearthousehospice.com/events/>

Or **contact** Jessica Marsella, Bereavement Intake Coordinator at (905) 712-8119 ext 255

One to One Client Resources

One-to-one grief counselling and **one-to-one** volunteer **bereavement support** available.

Currently via Zoom or phone

A referral is needed for one-to-one supports.

To request or refer for one-to-one support **call** (905) 712-8119 or complete the online referral at

<https://hearthousehospice.com/how-we-help/referral-forms/>

Hospice Helpline: (905) 667-1865. Hospice counsellors are available 24/7 for bereavement support by telephone and can assist with referrals to local bereavement programs.

Contact Heart House Hospice at (905) 712-8119 for more details on other bereavement services.

Located at 1-855 Matheson Blvd. E., Mississauga, ON, L4W 4L6

All services available at no cost.

THE LIGHTHOUSE PROGRAM FOR GRIEVING CHILDREN

Bereavement Support Group located in Oakville

This program provides a place where children/teens and their parents/guardians who have experienced a life-changing loss can come together and be a part of a community.

For children or teens between the ages of 3 and 19, and their guardian if wanted.

Groups are being held virtually due to COVID-19



For more **information** about groups and services, please call (905) 337-2333 or info@grievingchildrenlighthouse.org

Located at 2522 Rebecca St., Oakville, ON, L6L 6N8
Services available at no cost.

WELLSPRING CANADA'S WELL ON THE WEB

Wellspring Birmingham Gilgan House in Oakville and Wellspring Chinguacousy in Brampton are closed for in person programming until further notice. Virtual bereavement workshops are open and available to anyone across Canada.



Bereavement support groups online:

Spousal Loss
Family
Ongoing Support

For information and to register visit <https://wellspring.ca/online-programs/>
or call 1-877-499-9904

Services are offered at no cost.

GRIEF TO WELLNESS BEREAVEMENT SUPPORT

This program is facilitated by a professional grief counsellor and offers an atmosphere where people can normalize grief reactions after suffering a loss.



Mississauga Bereavement Support Group
Located at *St. John's Dixie Anglican Church*
719 Dundas St E., Mississauga, ON, L4Y 2B5
Held virtually via Zoom

Etobicoke Bereavement Support Group
Located at *Ridley Funeral Home*
3080 Lake Shore Blvd W., Etobicoke, ON, M8V 1K3
Held virtually via Zoom



If interested in either location, please **contact** Maggie Shields at (416) 529-1095 to inquire about grief support. Registration is required.

HEARTACHE TO HOPE



No one touched by suicide stands alone

Offers grief support to adults who have experienced a suicide loss. Includes **one-on-one** grief support, **community education**, suicide loss **open group**, and suicide loss **closed groups**.

Suicide Loss Closed Group

12-week closed groups are co-facilitated by trained professionals occurring in Winter, Spring, and Summer.

Located at the *Canadian Mental Health Association Halton Branch Office in Oakville, 1540 Cornwall Rd Suite 102, Oakville, ON L6J 7W5.*

Suicide Loss Open Group

Monthly drop-in meetings occur the **fourth Monday** of every month in the **evening**.

Located in *Burlington area.*

Contact Heartache2Hope for more information on **One-On-One Grief Support Services** and the **Community Education services** at (905) 599-4673 or info@heartache2hope.com

Registration is required.

Services mentioned are available at no cost.

All group services continue to be online only, but individual support services are now available online or in-person.

GRIEF SHARE

Sponsored by ClearView Church in Oakville. For those who are grieving the death of a loved one.



Death of a Loved One Series

Starting September 14th, every **Tuesday** from 7:00 – 9:00pm for 13 weeks.

Offered via Zoom

Online Seminar – Loss of a Spouse

A one-time evening seminar for those who have lost a spouse.

Please refer to website for upcoming seminars.

For more **information** call (905) 829-2242 or visit <https://clearviewchurch.com>