

BEREAVEMENT RESOURCES

Michael Garron Hospital Spiritual Health for:

- Emotional Support (suffering & coping)
- Religious Support (prayers & rituals)
- Spiritual Support (meaning & purpose)
- Grief Support (death & loss)
- Family & Caregiver Support

MGH Spiritual Health Practitioners are Registered Psychotherapists (CRPO) affiliated with the Canadian Association for Spiritual Care (CASC)
Contact 416-469-6580 ext. 6550 or 6551

Andrea Warnick Consulting Services

Contact: intake@andreawarnick.com or 1-800-490-9192

Website: <https://andreawarnick.com/services/>

Supporting grieving Children, Youth, and Adults through Education and Counselling. Services available at a cost.

Bereaved Families of Ontario - Toronto

Contact: info@bftoronto.ca or 416-440-0290

Website: [Inspiring Hope and Healing in Grief | BFO-Toronto \(bfotoronto.ca\)](https://inspiringhopeandhealing.org/BFO-Toronto/bfotoronto.ca)

Provides one-to-one peer sessions and peer support groups at no cost

Better Living Health and Community Services - Bereavement Services

Contact: 416-447-7244 ext. 541

Website: <https://mybetterliving.ca/hospice-services/>

Staff and volunteers provide support to caregivers who have experienced a loss

Dorothy Ley Hospice - Grief and Bereavement Services

Contact: 416-626-0116 ext. 229

Website: <https://dlhospice.org/hospice-care/grief-bereavement-care/services/>

Offers a variety of grief groups, individual grief support, wellness therapies and spiritual care. Open to residents of Etobicoke.

Dr. Bob Kemp Hospice

Contact: support@kemphospice.org or 905-387-2448 ext. 2205

Website: [Support For Adults - Kemp Care Network \(kemphospice.org\)](http://kemphospice.org)

Agency is located in Hamilton however, the peer support group is offered virtually and Toronto residents can enroll

Hospice Toronto - Bereavement Support Program

Contact: info@hospicetoronto.ca or 416-364-1666

Website: <https://hospicetoronto.ca/bereavement-support/>

Offers short term individual sessions, peer support groups and one on one support calls. Available over the phone, in person, or online.

Hospice Vaughan

Contact: 905-850-6266 ext. 203 or ext. 221 or info@hospicevaughan.com

Website: [Our Offerings | Hospice Vaughan](http://hospicevaughan.com)

Offers individual counselling, support groups and community events.

Good Grief - Bereavement Healing Services

Contact 647-691-5009 or info@goodgriefhealing.ca

Website: <https://goodgriefhealing.ca/grief-support-groups-toronto/#services>

Offers individual counselling, group counselling, support groups, and workshops

The Lighthouse for Grieving Children and Families

Address: 2522 Rebecca Street, Oakville, ON, L6J 6N8

Contact: 905-337-2333 or info@lighthousegriefsupport.org

Website: [Grieving Parent or Caregiver - Lighthouse For Grieving Children \(lighthousegriefsupport.org\)](http://lighthousegriefsupport.org)

Offers grief support groups and resources for parents and caregivers

Philip Aziz Centre and Emily House - Grief and Bereavement Program

Address: 558 Gerrard Street East Toronto, Ontario M4M 1X8

Contact: 416-363-9196 or info@philipazizcentre.ca

Website: [Grief and Bereavement Support - Philip Aziz Centre & Emily House \(paceh.ca\)](http://paceh.ca)

Offers a variety of free grief and bereavement programs for children and adults

Pregnancy and Infant Loss Network

Services are available by phone or online

To register, visit website: <https://pailnetwork.sunnybrook.ca/programs-for-parents/>

Offers peer support services to those who have been affected by pregnancy or infant loss

Survivor Support Program

Contact: ashendelman@dcogt.com

Website: <https://www.dcoct.com/survivors-of-suicide-and-homicide-loss/>

Provides individualized and group support programs for those who have experienced loss by suicide or homicide

Veterans Affairs Canada Assistance Services

Website: <https://www.veterans.gc.ca/eng/contact/talk-to-a-professional>

Offers free, short-term psychological support, online support, online resources, and pastoral support to veteran family members and caregivers

Wellspring

To register, visit: <https://wellspring.ca/online-programs/>

Offers a variety of bereavement support groups online for those who have lost a loved one to cancer

HELPLINES

Crisis Text Line: Text HOME to 686868 to text with a trained Crisis Responder

Crisis Helpline: 1-866-531-2600

Distress Centres of Toronto Helpline: 416-408-4357

Veterans Affairs Canada Assistance Service: 1-800-268-7708, available for Veterans, former RCMP members, family members and caregivers

GRIEF MODULES AND READINGS

Canadian Virtual Hospice

Provides confidential and free modules to help you to understand and move through your grief, at your own pace

Website: <https://www.mygrief.ca/>

The Canadian Mental Health Association

Tips and information for coping with grief

Website: <https://cmha.ca/brochure/grieving/>

Dougy Center

[Grief Support for Young Adults | Dougy Center](#)

[Grief Support for Parents & Caregivers | Dougy Center](#)