



Grief Resources

* Indicates Fee for Service. Sliding scale may be available. *Updated May 2024*

NOTE: If you know of something that you feel could be added to this list please connect with me, Tammy Matthews at grief@cmhatv.ca

Canadian Mental Health Association Thames Valley Addiction and Mental Health Services (CMHA TVAMS) <https://cmhatv.ca/>

You are welcome to contact for support and resources:

- Crisis and Listening Support - ReachOut 519-433-2023 (24/7) via phone call or text; or go to their website <https://reachout247.ca/>
- Mental Health & Addiction Crisis Centre (24/7) in person support at 648 Huron Street in London, Ontario
- Mental Health Support 519-434-9191 *and/or*
- Addiction Services and Support 519-673-3242
- Tandem (for children and youth) at 519-433-0334 (24/7) or go to their website <https://www.tandemhelps.ca/>
- Suicide Crisis Helpline (Canada-wide) call or text 988 or go to their website <https://988.ca/>
- CMHA Ontario <https://cmhabereavement.ca/>

General Bereavement Counselling and Support Services

For all other bereavement support services not listed here, visit <https://www.southwesthealthline.ca/listServices.aspx?id=10162>

Bereaved Families of Ontario - Southwest Region (BFO-SW)

At BFO-SW, our goal is to provide a safe place where you can talk about your loss, share your story, and express your grief. Peer support is a priority in our services – an opportunity for you to meet others who are currently experiencing or have experienced a significant loss similar to yours.

Current Peer Support Services

- Suicide Loss Peer Support Group (Virtual) Tues, May 28; Tues, June 18 6:00-7:30pm
- Adult Sibling Loss Peer Support Group (Virtual) 2nd Saturday monthly 1-2:30pm
- Partner/Spousal Loss Peer Support Group (Virtual) 3rd Wednesday monthly 10-11:30am
- Sudden Child Loss Peer Support Group (In-person) Monday, May 6; 3rd Wednesday monthly 7-8:30pm
- Moms' Child Loss Peer Support Group (In-person) 4th Tuesday monthly 6:30-8pm
- One-to-One Peer Support for Grieving Moms (In-person or by phone)

For more information or to complete an intake, please email Elizabeth at elizabeth@bfosw.ca or call 226-448-8123.



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Dad's Group – London Ontario; In Person Peer Support

<https://www.facebook.com/share/p/erB3qoQEJPbjtZS2/?mibextid=I6gGtw>

Bereaved Families of Ontario – Halton/Peel (Loss of Parent and/or Guardian)

Our organization does not deny the bereaved community from receiving our services and supports, unless otherwise noted (e.g., age limits). We are here to support you!

However, due to our increased demands and limited staff, we provide earlier dates and times for those that do reside within our catchment areas (Halton/Peel) and wish to receive one-to-one/individual peer support sessions. If you are only interested in attending our support groups, we are able to provide earlier dates and times for your group information session as no sequential sessions are provided.

<https://www.bereavedfamilies.ca/adults>

VON Oxford Grief & Bereavement Services (located in Woodstock; virtual groups)

REGIONAL GRIEF SUPPORT FOR SPECIFIC DEATH-RELATED LOSSES - OPEN GRIEF SUPPORT GROUPS

Groups are held Tuesdays from 6:30pm-8:00pm, virtually over Zoom.

We are pleased to offer four new virtual support groups for individuals grieving specific death-related losses, including:

- *Death by Suicide*
- *Addiction-related Death*
- *Medical Assistance in Death (MAiD)*
- *Death of a Child*

<https://von.ca/en/von-care/bereavement-support>

Contact Program Coordinator, Hospice and Bereavement Support CSS,
T: 519-539-1231 Ext. 286

<http://vonsakurahouse.com/care-support/bereavement-support/>

VON Middlesex – Strathroy (serves St Thomas/Elgin)

We offer 1:1 support for individuals whom are grieving the death of someone close to them. We also offer a 10 week closed grief support group called “Healing Souls”. This program is offered in St Thomas as well as both West Elgin and East Elgin. Groups are set according to participants availability. A weekly bereavement walking group is also offered on Tuesday mornings and Thursday evenings at the beautiful Pinafore Park in St Thomas. “Our Mourning Walk” is a good fit for instrumental grievers or those who are more likely to deal with their death loss through reflection and action rather than through emotional disclosure.

274 Head St N. Strathroy Ontario N7G 4L7

Toll-Free: 1-800-265-7058 Phone: 519-245-3170 Fax: 519-245-3164

Email: Claire.Crookshank@von.ca



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Journey Through Loss - FREE (facilitated by grief professionals)

An on-going support group for adults, general bereavement. Virtual and in person available. 519-782-5515 This group is run by professionals who are educated in grief and loss.

<https://journeythroughloss.ca/>

Daya Counselling Centre

Short term individual and couple counselling. Daya has a particular interest in bereavement counselling that honors an individual's human and spiritual nature. Sliding scale.

<https://dayacounselling.on.ca/> or call 519-434-0077

Grief and Bereavement Resources:

<https://dayacounselling.on.ca/resources/>

<https://www.grieflossresources.ca/resources/>

Family Service Thames Valley

Family Service Thames Valley provides accessible and affordable, mental health, trauma, and wellness counselling and psychotherapy to individuals, couples, families in London-Middlesex.

<https://www.familyservicethamesvalley.com/> or call 519-433-0183

Grief Share – Religious Based

A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. You can type in your postal code and search for a local group. <https://www.griefshare.org/>

Grief Share – London & Area

[https://www.griefshare.org/s?coordinates=%2842.983675%2C+-](https://www.griefshare.org/s?coordinates=%2842.983675%2C+-81.249607%29&search=London%2C+Ontario%2C+Canada&commit=Find+a+Group)

[81.249607%29&search=London%2C+Ontario%2C+Canada&commit=Find+a+Group](https://www.griefshare.org/s?coordinates=%2842.983675%2C+-81.249607%29&search=London%2C+Ontario%2C+Canada&commit=Find+a+Group)

The loss of a loved one can draw you into a season of grief that is painful and sometimes disorienting. GriefShare provides a place where you can find encouragement, comfort, and healing as you slow down, reflect, and lean into the care and support of those around you. Each online meeting features videos with teaching from leading experts and real-life stories, as well as opportunities to connect with others who have been where you are, and understand how difficult and painful a season of grief can be.

In Person Group Grief Support at Forest Lawn Funeral Home in London

Anyone in the community is welcome to attend.

[Click here to see the poster](#) with more information.

Email Jennifer Bush at jbush@arbormemorial.com or call 519-455-9343 to RSVP before attending.



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Caring Hearts Support Network (Woodstock, ON)

We all must walk our own paths through life, but we don't have to do it alone.

Our commitment is to provide a safe space for sharing, learning, and supporting those navigating end-of-life, the bereaved, and the curious.

<https://www.caringheartssupportnetwork.com/>

Living with Loss Support Group: <https://www.caringheartssupportnetwork.com/living-with-loss>

Healing a Heart's Loss

1:1 professional grief and trauma counselling (suicide loss, abortion, general grief and associated traumas) for children and adults. Support groups as needed and workshops related to moving forward from grief. Will meet you where you are at with no religion or spirituality components.

Phone: 519-637-8458 Barbara J. Saunders

Email: bsaunders@healingaheartloss.com

Website: <https://www.healingaheartloss.com/>

A Stronger You - Grace Tallman

1:1 professional grief and trauma counselling for adults. Grief Counseling offers the opportunity to talk about your experience of loss and grief to someone who is there for the sole purpose of listening to your story and to support you at a time when family and friends may be at a loss to know how to help.

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

St. Joseph's Hospice

Currently offered in-person and online at no cost, our support groups aim to offer solace and comfort for individuals with a terminal illness, caregivers, family members and the bereaved. See each listing below for more information and which format the group or program is being offered.

Amanda Laframboise - Supportive Care Assistant 519-931-3474 *

amanda.laframboise@sjhospicelondon.com

<https://www.sjhospicelondon.com/hospice-programs>

Wellspring Cancer Support London & Region

Led by experienced professionals, Wellspring's more than 20 programs and services span a comprehensive range of categories, ranging from individual and group support activities to coping skills and expressive arts programs as well as practical guidance in areas such as workplace issues. All programming is evidence-based and has been developed and piloted through the Wellspring Centre of Innovation.

<https://wellspring.ca/london-region/programs/all-programs/>



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***Psychology Today**

The directory lists clinical professionals, psychiatrists, and treatment centers providing mental health services. Now in 20 countries, we help millions of people find care and support.

<https://www.psychologytoday.com/ca>

***Andrea Warnick Consulting Inc**

Supporting grieving children, youth, and adults through education and counselling.

<https://andreawarnick.com/>

Online/Virtual Resources and Information

The Dinner Party

The Dinner Party is a platform for grieving 20-, 30-, and early 40-somethings to find peer community and build lasting relationships. Since 2014, The Dinner Party has connected more than 13,000 grieving peers to one another, including 2,000 since the start of the pandemic. We screen, train and support a growing network of peer hosts, and connect them to 12-15 people nearby, who share a similar age and loss experience.

<https://www.thedinnerparty.org/>

The Compassionate Friends of Canada

Offers support in the grief and trauma which follows the death of a child; no matter the age or cause. <https://tcfcanada.net/>

What's Your Grief (WYG)

To put it simply, this website is about grief. As mental health professionals who have experienced significant losses ourselves, we know individual grief is unique and there is no "right" way to cope. Our goal is to create a community that provides hope, support, and education to anyone wishing to understand the complicated experience of life after loss. <https://whatsyourgrief.com/>

HealGrief.org

HealGrief® is a social support network for people who are grieving, bereaved or for those just wanting to support them.

<https://healgrief.org/>

Actively Moving Forward (AMF) app

<https://healgrief.org/amf-app/>

Clubhouse App

Clubhouse is an audio-based social media app. You can simply listen or choose to speak/share.

<https://www.clubhouse.com/>



Recommended Clubhouse Rooms/Clubs:

Evolving Through Grief – a community for grievers who are ready to take the necessary steps to begin/continue their journey of healing and recovery. If you are looking for a safe, supportive, judgement free zone to work through your emotions and begin your journey of healing, this is the place for you

Tender Hearts (wide variety of groups for all kinds of losses)

Is a grief support community with grief expert David Kessler providing grief support where you are. When the worst has happened and EVERYTHING CHANGES, get the support that you need to REMEMBER with more LOVE than pain.

Monthly cost \$34 USD (approx. \$45 CAD) – can cancel at anytime and no one turned away for lack of funds.

<https://www.davidkesslertraining.com/tenderhearts>

Grief.com *Because love never dies*

<https://grief.com/resources/>

***Untangle Grief app (\$6.99/month; free trial)**

Untangle was launched in 2020 and is a friendly, safe space for those who have lost loved ones to share their feelings, ask questions and meet others who relate.

<https://untanglegrief.com/>

Helping Parents Heal

Helping Parents Heal is a non-profit organization dedicated to assisting bereaved parents.

<https://www.helpingparentsheal.org/>

The Unleashed Heart

Self-discovery guide for hurting hearts. <https://www.theunleashedheart.com/>

Insight Timer app

The #1 free app for sleep, anxiety and stress with more than 100k guided meditations led by the best teachers from Canada and the world. <https://insighttimer.com/en-ca>

Centre for Mindfulness Studies app

The Centre for Mindfulness Studies is committed to making mindfulness-based mental health services available to everyone. This is at the heart of the work we do.

<https://www.mindfulnessstudies.com/>



Websites and Facebook pages to consider

Speaking Grief

Speaking Grief is a public media initiative aimed at creating a more grief-aware society by validating the experience of griever and helping to guide those who wish to support them.

<https://speakinggrief.org/> Facebook <https://www.facebook.com/wpsugrief/>

Refuge In Grief

Through free content, book, paid online creative courses, professional trainings, and anything else we might offer — my team and I are here to help make things better, even when they can't be made right. To help you survive what feels un-survivable. To help you show up and support the people you love.

<https://refugeingrief.com/> Facebook <https://www.facebook.com/refugeingrief>

Grief Speaks

<https://www.facebook.com/griefspeaks>

AfterTalk

Online Grief Support - Because when a loved one leaves us, the grief can be overwhelming. Sometimes, the sudden "aloneness" is too much to bear. The conversations throughout the day with a spouse, the phone calls or emails with a friend or child—never again. The silence is almost unendurable. You yearn to continue the conversation. If you are coping with grief, you've come to the right place. Our online grief support site offers grief blogs, inspirational quotes, and interactive writing tools to help you manage your grief.

<https://www.aftertalk.com/>

Podcasts

It's Ok That You're Not Ok with Megan Devine

Good Mourning Grief Podcast with Sally Douglas and Imogen Carn (Parent loss and more)

Healing with David Kessler (only on Spotify)

Grief Out Loud - A podcast by Dougy Centre

You Are Loved with Crystal Partney (Sibling loss and more)

Therapy in A Nutshell ~ Emma McAdam (grief related topics and more)

The Broken Pack: Stories of Adult Sibling Loss ~ Dr. Angela Dean/The Broken Pack LLC

As I Live and Grieve ~ Kathy Gleason, Stephanie Hendrick, co-hosts

Not sure where to find podcasts? You can listen **for free** at any of these sites: *Apple Podcasts, Google Podcasts, or Spotify Podcasts*



Books

Wolfelt, Alan Ph.D. ~ **Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart** *Dr. Wolfelt has several easy to read books dealing with many types of losses and individuals affected by death.* Website: <https://www.centerforloss.com/>

Devine, Megan ~ **It's Ok That You're Not Ok** Website: <https://refugeingrief.com/>

Kessler, David ~ **Finding Meaning: The Sixth Stage of Grief** <https://grief.com/>
Facebook - <https://www.facebook.com/IamDavidKessler/>

Haley, Eleanor, MS & Williams, Litsa, MA, LCSW-C ~ **What's Your Grief: Lists to Help You Through Any Loss** <https://whatsyourgrief.com/>

O'Connor, Mary Frances ~ **The Grieving Brain: The Surprising Science of How We Learn from Love and Loss**

Schwiebert, Pat ~ **Tear Soup: A Recipe for Healing After Loss**
<https://youtu.be/xm0ssmV7KSU>

Lucado, Max ~ **Begin Again: Your Hope and Renewal Start Today**

James, John W., and Friedman, Russell ~ **The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith**

James, John W., and Friedman, Russell ~ **When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses**

Eger, Edith ~ **The Choice: Embracing the Possible**

Eger, Edith ~ **The Gift: 14 Lessons to Save Your Life**

Wolfelt, Alan Ph.D ~ **Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas after your Brother or Sister Dies**



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DiRaimondo, Dawn Psy.D ~ Surviving Sibling Loss: The Invisible Thread that Connects Us Through Life and Death

Wray, T.J. ~ Surviving the Death of a Sibling: Living Through Grief when an adult brother or sister dies

Nigh, Erin Leigh ~ Four Corners: A Practical Memoir About Siblings, Grief, And Learning How to Carry On without Letting Go

See this website for more book suggestions:

<https://www.allinahealth.org/health-conditions-and-treatments/grief-resources/suggested-books>