



Grief Resources

* Indicates Fee for Service. Sliding scale may be available. *Updated January 2025*

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)

Contact for more information and resources depending on your situation:

- *Mental Health Support 519-434-9191 and/or*
- *Addiction Services and Support 519-673-3242*
- *CMHA TVAMS <https://cmhatv.ca/>*
- *CMHA Ontario <https://cmhabereavement.ca/>*

If you or someone you love requires crisis and/or immediate 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*
- ***Suicide Crisis Helpline** (Canada-wide) call or text 988 or go to their website <https://988.ca/>*
- ***Tandem** (for children and youth) at 519-433-0334 (24/7) or go to their website <https://www.tandemhelps.ca/>*
- ***Kids Help Phone** Text 686868 Call 1-800-668-6868 website: <https://kidshelpphone.ca/resources-around-me>*

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) 1st Monday monthly 6-7:30pm*
- *Adult Sibling Loss Peer Support Group (Virtual) 2nd Sunday 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) Monthly 7-8:30pm*
- *Moms' Child Loss Peer Support Group (In-person) Monthly 6:30-8pm*
- *One-to-One Peer Support for Grieving Moms (In-person or by phone)*



**Canadian Mental
Health Association**
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- Pregnancy and Infant Loss Peer Support Group (Virtual) 2nd Tues monthly 6:30-8pm
- Parent Loss Peer Support Group (Virtual) Tues Dec 17 @ 6:30pm-8pm

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

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.

- *Death by Suicide - first Tuesday of every month 6PM-8PM*
- *Addiction-related Death - second Wednesday of every month 6PM-8PM*
- *Death of a Child - third Tuesday of every month 6PM-8PM*
- *Medical Assistance in Death (MAiD) - last Tuesday of every month 6PM-8PM*

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

How to Register: For access to these programs please contact our Central Intake Team at 1-888-866-7518

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

Free Counselling Canada

Counselling for ALL in Ontario, BC and Canada-wide. Our goal is to connect Clients located in Ontario, BC and Canada-wide with 12 sessions and more free-of-charge counselling (video call or phone call) with minimal waitlist. <https://www.freecounsellingcanada.ca/>

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 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.



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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.

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>

Grief Stories – Helping Grief Make Sense

At Grief Stories, we passionately believe sharing stories and insights fosters connection, helping people to cope with grief.

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

MyGrief.ca – Canadian Virtual Hospice

MyGrief.ca is an online resource to help people move through their grief from the comfort of their own home, at their own pace. It can help you understand your grief and approach some of the most difficult questions that may arise. It was developed by people who have experienced the death of someone important to them and grief specialists.

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

***Mourning Breaks ~ Cheryl Witiuk**

Mourning Breaks specializes in supporting individuals 18+ who are grieving the death of a cherished loved one. Whether family, chosen family, a friend, neighbour, coworker or client, all that matters is that they were important to you, that their death has impacted you, and that you are grieving. We offer a free 30-minute telephone consultation to discuss your unique situation, to help you determine whether Mourning Breaks is the best fit for you at this time.

<https://mourningbreaks.ca/>

***Healing a Heart's Loss ~ Barbara J. Saunders**

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.



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Phone: 519-637-8458

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/>

Wellness & Emotional Support for youth online

WES for Youth Online offers free, ongoing, one-on-one counselling support with a professional counsellor. Ages 13-24 <https://wesforyouthonline.ca/virtual-counselling-2/>

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/>

***Andrea Warnick Consulting Inc**

Supporting grieving children, youth, and adults through education and counselling. <https://andreawarnick.com/>

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>

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 grieverers 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/>



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The Unleashed Heart

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

For Parents

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

For London Area Dads and Grandpas who've lost a child or grandchild.

Organizer: bereaved Dad, Jason MacKenzie

<https://www.facebook.com/share/p/vGZ7ZQj5gyekwD2y/>

TikTok: <https://www.tiktok.com/@jason.s.mackenzie>

Mental Health Warriors with Sabrina Andrews

https://www.youtube.com/watch?v=Mo_uJuvM8Do

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/>

Helping Parents Heal

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

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

Grieving Together

Grieving Together is a peer-led support group for grieving parents who meet virtually on Zoom. We started meeting October 2021 with other parents who have lost their children. We are not offering professional counseling/psychological support. We are just parents who “get it.”

<https://grievingtogether.org/>

MAiD (Medical Assistance in Dying) Grief Resources

VON Oxford Grief & Bereavement Services

- *Medical Assistance in Death (MAiD) - last Tuesday of every month 6PM-8PM*

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

How to Register: For access to these programs please contact our Central Intake Team at 1-888-866-7518

Virtual Hospice

<https://www.virtualhospice.ca/MAiD>



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Module 26 - Grief and Medical Assistance in Dying (MAiD)

<https://mygrief.ca/mod/lesson/view.php?id=893>

MAiD Family Support

<https://maidfamilysupport.ca/>

Wellspring Cancer Support – for partners & spouses

<https://portal.wellspring.ca/service/a1dON00000vww1YAA/support-group-bereaved-maid>

Bereaved Families of Ontario – Midwest Region – Resources for Grieving a MAiD death

<https://bfomidwest.org/what-we-do/education-and-outreach/resources/medical-assistance-in-dying-maid/>

Pregnancy & Infant Loss

Pregnancy & Infant Loss Support Centre

The Pregnancy & Infant Loss Support Centre is a registered charity based in Calgary, Alberta, serving the loss community worldwide.

Our mission is to support and connect individuals who have experienced the trauma around miscarriage, stillbirth, Termination For Medical Reasons (TFMR), abortion, neonatal loss, Sudden Infant Death Syndrome (SIDS), or infertility. <https://pilsc.org/>

Pregnancy and Infant Loss Network (PAIL)

PAIL offers a variety of virtual peer-support services and a variety of online resources. There are general groups as well as groups that are loss specific such as 1st Trimester, 2nd Trimester, 3rd Trimester, Pregnancy Termination, Infant/Neonatal Death, and SIDS.

This organization is based in Toronto and provides services to parents and family members who are residents of Ontario.

General Website: <https://pailnetwork.sunnybrook.ca/>

List of Groups & Supports: <https://pailnetwork.sunnybrook.ca/programs-for-parents/>

PAIL Network also creates booklets and handouts that may provide additional information about the unique grief and care needs that often accompany pregnancy and infant loss. Booklets are free to families. <https://pailnetwork.sunnybrook.ca/resource-library/>

HealGrief.org: Grieving the death of a child/miscarriage/pregnancy

<https://healgrief.org/grieving-the-death-of-a-child/>

<https://healgrief.org/suffering-miscarriage-losing-child/>



London Health Sciences Centre – Neonatal Intensive Care Program – Grief Resources

<https://www.lhsc.on.ca/nicu/grief-and-loss>

Pet Loss

A Lasting Tail

Unlike friends or some family members, pets are by our side every day. Losing a pet creates a void that can hurt a lot. It is normal to feel loss, and it will take time to adjust to a new routine without your pet. <https://www.alastingtail.com/coping-with-the-loss>

Paws With Wings

Supporting You as You Say Goodbye to Your Beloved Pet

<https://www.pawswithwingslondon.com/grief-resources>

Ontario SPCA Pet Loss Support Group

This is a safe and nurturing space where individuals come together to share their stories, memories, and emotions surrounding the loss of a cherished pet. We recognize the unique bond you shared with your companions and understand that the pain of losing them can be profound.

<https://ontariospca.ca/pet-loss-support-group/>

Paws At Peace

Do not let anyone make you feel that the loss of your pet is not significant - no one else can understand the relationship you had with your pet and the significance they had in your life.

Counsellor Gabrielle Ferguson <https://pawsatpeace.ca/grief-counselling-1>

Resources <https://pawsatpeace.ca/coping-after-the-loss>

Tools for Coping

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/>



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Finch app

Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self care exercises personalized for you. Struggling with stress, mental health, or need motivation?

<https://finchcare.com/>

Calm app

Calm is the #1 mental health app designed to help you manage stress, sleep better, and live a happier, healthier life. Our research-based tools help you build life-changing habits to support your mental health. We're here for you whenever or wherever you need us with more content and tools being added monthly. <https://www.calm.com/>

***Grief Yoga – Paul Dennison**

Grief Yoga is a compassionate practice to move through the pain of grief and loss to reconnect back to more empowerment and love. <https://griefyoga.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 grievers 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>

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/>



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 <https://refugeingrief.com/podcasts>

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

<https://goodmourning.com.au/>

Healing with David Kessler (only on Spotify)

Grief Out Loud ~ A podcast by Dougy Centre

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

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

<https://open.spotify.com/show/7w3Gn2nq2CsRxsefaiVm0m?si=H5bhdmBAT02y2Yg2jRrfg>

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

All There Is ~ Anderson Cooper

It's Okay to Laugh: Crying Is Cool Too ~ Nora McInerny Purmort

Grief Stories Podcast ~ Maureen Pollard <https://www.griefstories.org/our-stories/podcast/>

Phoenix Rising with Dr Z: Conversations About Grief and Loss ~ Dr. Christina Zampitella

Terrible, thanks for asking ~ Nora McInerny <https://ttfa.org/>

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

YouTube Videos

We don't "move on" from grief. We move forward with it | Nora McInerny | TED

https://www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare



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How do our brains handle grief? | Mary-Frances O'Connor | TEDxUArizona
<https://youtu.be/qBoKZAC9iil?si=Er8uclaktBWvF-bC>

Ten Things You Can Do When You're Overwhelmed in Grief
<https://www.davidkesslertraining.com/Ten-Things>

011: How Do We Hold Onto Those We Have Lost? Continued Bonds
<https://youtu.be/aSKSLLamJiU?si=Bd1L3TQboiaVLvIr> (Time 21 mins)

Dr. Gabor Maté: The Myth of Normal & The Power of Connection | Wholehearted
<https://youtu.be/X0cODqqYyi8?si=Ud9dkAtWjuBLrwwV> (Time 1:09 – 1 hour & 9 mins)

Books

Wolfelt, Alan D., PhD. ~ **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/>

Bidwell Smith, Claire ~ **Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss**

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

Haley, Eleanor, MS & Williams, Litsa, MA, LCSW-C ~ **What's Your Grief: Lists to Help You Through Any Loss**

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

Mate, Gabor & Mate, Daniel ~ **The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture**

Bolton, Iris ~ **My Son, My Son** (**parent recommended)

Auerbach, Susan ~ **I'll Write Your Name on Every Beach**



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Cacciatore, Joanne ~ **Bearing the Unbearable**

Hone, Lucy ~ **Resilient Grieving: How to Find Your Way Through a Devastating Loss**

Yiyun Li ~ **Where Reasons End : A powerful and beautiful imagined conversation with a lost son**

Boehm, Lisa ~ **Journey to HEALING: A Mother's Guide to Navigating Child Loss**

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

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**

Clink, Kelley ~ **A Different Kind of Same: A Memoir**

Walling, Sherry Ph.D ~ **Touching Two Worlds: A Guide for Finding Hope in the Landscape of Loss**

Schwiebert, Pat ~ **Tear Soup: A Recipe for Healing After Loss**

<https://youtu.be/xm0ssmV7KSU>

Fine, Carla ~ **No Time to Say Goodbye** (spouse suicide & other stories)

Maisel, Ivan ~ **I Keep Trying to Catch His Eye: A Memoir of Loss, Grief, and Love**

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**



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Guilmartin, Nance ~ **Healing Conversations: What to Say When You Don't Know What to Say**

Routhier, Sarah ~ **Don't Forget Your Roots: A personal story and mental health guide for first responders, organizations, and their families.**

Tolle, Eckhart ~ **The Power of Now: A Guide to Spiritual Enlightenment**

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

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

Lamia, Mary C. ~ **Grief Isn't Something to Get Over: Finding a Home for Memories and Emotions After Losing a Loved One**

Jackson, Laura Lynne ~ **Signs: The Secret Language of the Universe**

Chödrön, Pema ~ **When Things Fall Apart: Heart Advice for Difficult Times**

Haig, Matt ~ **The Midnight Library**

Anthony, Mark ~ **Never Letting Go: Heal Grief with Help from the Other Side**

See this website for more book suggestions:

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

Yearly Awareness Months/Days

Alzheimer Awareness Month

January is Alzheimer's Awareness Month. Almost half a million people in Canada live with dementia, impacting not only themselves, but their loved ones and caregivers as well. While the risk of dementia increases with age, it is not an inevitable part of aging.

<https://alzheimer.ca/on/en>

World Cancer Day

World Cancer Day is an international day observed every **4 February** to raise awareness about cancer, encourage its prevention, and mobilise action to address the global cancer epidemic.

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



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Canadian Fertility Awareness Week

April 21 to 27, 2025. The color green is worn to symbolize health, growth, life, and fertility, and to raise awareness about fertility, pregnancy, infant loss, and family-building
<https://www.fertilityawarenessweek.ca/>

World Ovarian Cancer Day

May 8, 2025. WOCD is a global day to raise awareness of ovarian cancer, support those affected by the disease, and promote early detection
<https://ovariancanada.org/>

Day of Mourning #DayOfMourning

Marked annually in Canada on **April 28**, the National Day of Mourning is dedicated to remembering those who have lost their lives, suffered injury or illness on the job, or experienced a work-related tragedy.
<https://www.ccohs.ca/events/mourning>

Pregnancy and Infant Loss Remembrance Day #PregnancyAndInfantLoss

Pregnancy and Infant Loss Remembrance Day is observed annually on **October 15th**.
<https://pailnetwork.sunnybrook.ca/about-us/awareness/pregnancy-and-infant-loss-awareness-day/>

National Grief and Bereavement Day

The **third Tuesday in November** marks the annual National Grief and Bereavement Day in Canada. On this day, CHPCA encourages Canadians to engage government and all sectors of Canadian society in a national dialogue to identify and support access to the necessary resources for those living with grief and bereavement.
<https://www.chpca.ca/awareness/national-grief-and-bereavement-day/>

Worldwide Candle Lighting Day #CandleLightingDay

Every **second Sunday in December** on Worldwide Candle Lighting Day, family and friends gather to remember the children who left this earth too soon. Compassionate Friends organized the first Worldwide Candle Lighting Day in 1997.
<https://www.compassionatefriends.org/wcl/>