



# Bereavement Support Resource List

COMPILATION OF BEREAVEMENT, HOSPICE, PALLIATIVE AND  
COMMUNITY SERVICES IN THE NIAGARA REGION APRIL 2017

**Grief Network Niagara** is a group of professionals and volunteers who provide bereavement support throughout the community. Grief Network Niagara meets 4 times a year. This network does not provide direct bereavement counseling services.

**Contact:** [griefnetworkniagara@outlook.com](mailto:griefnetworkniagara@outlook.com)

## BEREAVEMENT SUPPORT GROUPS

**Bereaved Families of Ontario—South Central Region** ~ <http://bfo-hamiltonburlington.on.ca>

Bereavement support groups and camp opportunities for children, teens and parents at Niagara, Hamilton, Stoney Creek and Burlington locations. Children's/Teen grief support programs and TLC Family Camp at YMCA Wanakita

**Contact:** Mark Carr, Executive Director, [community@bfo-hamiltonburlington.on.ca](mailto:community@bfo-hamiltonburlington.on.ca) or 905-318-0070

**Bereaved Mother's Retreat** ~ [www.bereavedmothersretreat.com](http://www.bereavedmothersretreat.com)

This weekend retreat runs twice a year. The focus is on self care, replenishing physical energy, restoring mental alertness and calming your soul.

**Contact:** Kimberly Ryan, 519-909-9644

**Compassionate Friends of Niagara** ~ [www.tcfniagara.ca](http://www.tcfniagara.ca)

An international self-help support group for parents and families who have suffered the loss of a child of any age. Meetings: 2<sup>nd</sup> Tue. of each month at Regional Niagara Building, 2201 St. Davids Rd., Room 301, Thorold, 7:00 – 9:00 pm

**Contact:** Judy and Joe Micieli, 905-937-3841, [judymicieli@cogeco.ca](mailto:judymicieli@cogeco.ca)

**Grief Recovery Group (Thorold)** ~ [www.bocchinfusofh.com](http://www.bocchinfusofh.com)

Offers traditional or memorial funeral services, visitation and group bereavement support.

**Contact:** Kelly Liddycoat, [Kelly@bocchinfusofh.com](mailto:Kelly@bocchinfusofh.com) or Cathy Pelletier, [cathy@bocchinfusofh.com](mailto:cathy@bocchinfusofh.com) 905-227-0161

**Grief Recovery Group (Fort Erie)** ~ [www.bennerfuneralservices.com](http://www.bennerfuneralservices.com)

Offers individual and group bereavement support.

**Contact:** Benner Funeral Services/Williams Funeral Home, 905-871-0444

**Grief Recovery Group (Welland)**

General Bereavement Support.

Meetings: 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 7-9 pm at St. Kevin's R.C. Church, 307 Niagara Street, Welland.

**Contact:** Nancy Riou, 905-732-3969, [nancygailriou@gmail.com](mailto:nancygailriou@gmail.com)

**Grief Recovery Outreach Program (St. Catharines)** ~ [www.dartefuneralhome.com](http://www.dartefuneralhome.com)

Weekly sessions beginning Spring & Fall. All bereaved welcome. Offers practical coping skills for bereaved persons.

**Contact:** Geroge Darte, [george@dartefuneralhome.com](mailto:george@dartefuneralhome.com) and Darlene Burgess at 905-935-4444

## BEREAVEMENT SUPPORT GROUPS CONTINUED

### **Grief Share** ~ [www.griefshare.org](http://www.griefshare.org), [www.bethanycc.ca](http://www.bethanycc.ca)

13 week bereavement support group sessions are held twice a year (Sept-Dec and Jan-Apr) on Fridays, 7-9 pm in the Library at Bethany Community Church, St. Catharines

Contact Phil Kaethler, Director of Support & Recovery Ministries, 905-937-5300 # 210, [phil@bethanycc.ca](mailto:phil@bethanycc.ca)

### **Hospice Niagara Support Groups** ~ [www.hospiceniagara.ca](http://www.hospiceniagara.ca)

Bereavement support is available to anyone in the Niagara region regardless of cause of death. Hospice provides facilitated peer group support for adults, adolescents and children, a grief walk and peer support for the bereaved. Direct counseling is presently not provided.

Contact Melissa Penner, Bereavement Advisor, 905-984-8766 # 233, [mpenner@hospiceniagara.ca](mailto:mpenner@hospiceniagara.ca)

### **Loving Outreach** ~ [www.lovingoutreach.org](http://www.lovingoutreach.org)

A support group for people who are living with loss of a loved one through suicide

Meetings are the second Monday of each month, September—June. Home Visits are available.

Contact Walt or Lucienne Chemerika, 905-934-2176, [lovingoutreach@becon.org](mailto:lovingoutreach@becon.org)

Contact Peter or Wendy Fisher, 905-371-9767

### **McNally House Hospice** ~ [www.mcnallyhousehospice.com](http://www.mcnallyhousehospice.com)

Offering psycho-social-spiritual support pre death and bereavement support post death including, one on one support, grief groups, education events, social events, wellness programs.

Contact: 905-309-4013 or [bereavement@mcnallyhousehospice.com](mailto:bereavement@mcnallyhousehospice.com)

### **Morse & Son (Niagara Falls)** [www.morseandsonfuneral.com](http://www.morseandsonfuneral.com)

### **Morgan Funeral Home (Niagara-on-the-Lake)** [www.morganfuneral.com](http://www.morganfuneral.com)

Offers a variety of support groups free to the community. One on one appointments for clients of funeral home.

Contact: Sherry Fugard, Continuing & Community Care, 905-356-3550, [sherry@morganfuneral.com](mailto:sherry@morganfuneral.com)

### **Niagara-on-the-Lake Community Palliative Care Service** ~ [www.notlpc.com](http://www.notlpc.com)

Bereavement support is offered through a phone bereavement program and a spousal bereavement support group (twice a year).

Contact: Terry Mactaggart, 905-468-4433, [notlpc@bellnet.ca](mailto:notlpc@bellnet.ca)

### **One Step At A Time, Tallman's Funeral Home (Vineland)**

An eight week support group that is held twice a year in spring and fall.

Contact Sandy McBay, [resilient979@gmail.com](mailto:resilient979@gmail.com)

### **Pregnancy and Infant Loss Network** [www.pailnetwork.ca](http://www.pailnetwork.ca)

Pail network provides free peer support to bereaved parents who have lost a pregnancy or the death of an infant. Support group is available, call for details.

Contact: Please contact 1888-301-7276 ext. 1 or [support@pailnetwork.ca](mailto:support@pailnetwork.ca)

### **Rose Cottage Visiting Volunteers & Stonehouse Whitcomb Funeral Home** ~ "A Hand Along the Way"

'A Hand along the Way' is an 8 week self help program designed to help attendees acknowledge and eventually come to terms with their grief. The program is offered in the spring and fall.

Contact: Sherry Cain, 905-309-5701, [scain.rcvv@gmail.com](mailto:scain.rcvv@gmail.com)

### **Walk with Me...Niagara Region** [bereavedparents.weebly.com](http://bereavedparents.weebly.com)

There are two 12-week sessions per year: January – April, & September – December.

The sessions are held on a Thursday evening each week, from 7-9pm. It is a 'safe' place for grieving parents to share their stories, be comforted, find hope and begin healing as we move forward along our grief journeys together.

Contact: Judy & Joe Micieli...905-937-3844, [judymicieli@cogeco.ca](mailto:judymicieli@cogeco.ca).

## Service Groups and Organizations

### **Bethesda** ~ [www.bethesdaservices.com](http://www.bethesdaservices.com)

Providing bereavement support, both one on one and groups for adults with developmental disabilities

Contact Mike Gilmore/Bev Boden, 905-684-6918 # 326 or # 331, [mgilmore@bethesdaservices.com](mailto:mgilmore@bethesdaservices.com) or [bboden@bethesdaservices.com](mailto:bboden@bethesdaservices.com)

### **Bereavement Ontario Network** ~ [www.bereavementontarionetwork.ca](http://www.bereavementontarionetwork.ca)

Bereavement Ontario Network is a diverse group of organizations and individuals throughout the province that work in the field of grief, bereavement, and mourning as professionals and volunteers.

Contact Joshua Black, Niagara-Haldimand-Norfolk Regional Representative, [josh.black2@brocku.ca](mailto:josh.black2@brocku.ca)

### **InCommunities** ~ [www.incommunities.ca](http://www.incommunities.ca)

As a community information centre and providing the 211 service, we can provide information and referrals 24 hours a day, 7 days a week and it is a free call.

Contact: 211 or 1-800-263-3695, [info@incommunities.ca](mailto:info@incommunities.ca)

### **Therapy Tails Ontario** ~ [www.therapytails.ca](http://www.therapytails.ca)

Therapy Tails Ontario is a non-profit charity and dog therapy program. Therapy Tails Ontario has assembled a Bereavement Readiness Team comprised of specially-trained volunteers, along with their evaluated dogs, who provide comfort and professional resource contact information to individuals and families who are anticipating grief or grieving the loss of a loved one. The Bereavement Readiness Team is available on an on call, as-needed basis to support needs in various capacities throughout the community. To ensure members of the Bereavement Readiness Team are well-equipped to address the sensitive nature of death and dying, members are selected based on a combination of their interests, skills and experience. Team members have completed specialized training, as well as regularly update their related skills by participating in team meetings, community sessions, and other learning opportunities.

Contact: [info@therapytails.ca](mailto:info@therapytails.ca)

### **Victim Services Niagara** ~ [www.victimservicesniagara.on.ca](http://www.victimservicesniagara.on.ca)

Community volunteers assisting emergency services to meet the short term practical and emotional needs of victims of crime, tragic circumstances and disaster. Victim support and referral.

Contact 905-688-4111 # 5084, [info@victimservicesniagara.on.ca](mailto:info@victimservicesniagara.on.ca)

### **Wellspring Niagara Cancer Support Centre** ~ [www.wellspring.ca/Niagara](http://www.wellspring.ca/Niagara)

Free cancer support services for patients and caregivers.

Contact Kristen Szigatti, 905-684-7619, [kristen@wellspringniagara.ca](mailto:kristen@wellspringniagara.ca)

### **Young Carers Initiative – Powerhouse Project** ~ [www.powerhouseproject.ca](http://www.powerhouseproject.ca)

Serving children, youth and young adults in Niagara and Haldimand Norfolk who are caregivers in their home due to a family member experiencing chronic illness, disability, mental health issues, addiction issues and socioeconomic factors. Offering a variety of programs that act as respite from their caregiving responsibilities while focusing on stress management, reducing isolation and increasing resilience

Contact, Michelle Lewis, 905-397-4201 ext 425 or [mlewis@powerhouseproject.ca](mailto:mlewis@powerhouseproject.ca),

## HOSPICE/PALLIATIVE CARE

### **Hospice Niagara** ~ [www.hospiceniagara.ca](http://www.hospiceniagara.ca)

Provides caring compassionate volunteer support, hope and encouragement to terminally ill individuals and their caregivers.  
Contact Client Services program 905-984-8766.

### **Hospice Niagara's Community Palliative Care Teams** ~ [http://www.hospiceniagara.ca/programs/shared\\_care\\_teams](http://www.hospiceniagara.ca/programs/shared_care_teams)

Improve the quality of life of individuals and their families living with a life-limiting, progressive illness within our community. This team works in partnership with primary care providers, including family physicians and community visiting nurses to provide consistent and comprehensive care in the client's home. The teams consist of a Palliative Care Physician, a Palliative Nurse Clinician, a Psycho-Spiritual Clinician, a Bereavement Advisor, a Clinical Navigator, a CCAC Case Manager, and community palliative care service providers. Please note that referrals to Hospice Niagara Community Palliative Care Teams require a referral from your family physician.

Contact for Hospice Niagara North Palliative Care Team: Geoff Straw, Psychosocial/Bereavement Clinician, 289-241-4805, [gstraw@hospiceniagara.ca](mailto:gstraw@hospiceniagara.ca),

Contact for Hospice Niagara – South Palliative Care Team: Clare Braun, Psychosocial/Bereavement Clinician, 289-929-4570, [cbraun@hospiceniagara.ca](mailto:cbraun@hospiceniagara.ca); Maria Becker, Psycho-Spiritual Clinician, 289-929-4691, [mbecker@hospiceniagara.ca](mailto:mbecker@hospiceniagara.ca)

### **Hotel Dieu Shaver Health & Rehab Centre**

Compassionate care and counselling of patients and their families at end of life.

Contact Jeniffer Hansen, Manager, RN, 905-685-1381 # 84288, [jennifer.hansen@hoteldieushaver.org](mailto:jennifer.hansen@hoteldieushaver.org)

Contact Louise Dillon, Chaplain, 905-685-1381 #84201

### **McNally House Hospice** ~ [www.mcnallyhousehospice.com](http://www.mcnallyhousehospice.com)

Offering psycho-social-spiritual support pre death and bereavement support post death including, one on one support, grief groups, education events, social events, wellness programs.

Contact: 905-309-4013, [bereavement@mcnallyhousehospice.com](mailto:bereavement@mcnallyhousehospice.com)

### **Niagara-on-the-Lake Community Palliative Care Service** ~ [www.notlpc.com](http://www.notlpc.com)

Offer seriously-ill residents and their families/caregivers in Niagara-on-the-Lake a variety of services in long-term care facilities and private homes. They have trained visiting volunteers, a large variety of equipment to borrow, a lending library of books, CD's and DVD's, a phone bereavement program, bereavement support groups and a family studio apartment that out-of-town family members of our clients can use.

Contact Terry Mactaggart, 905-468-4433, [notlpc@bellnet.ca](mailto:notlpc@bellnet.ca)

### **Rose Cottage Visiting Volunteers (Grimsby and surrounding areas)** ~ [www.rosecottagevolunteers.com](http://www.rosecottagevolunteers.com)

Supporting families dealing with a life threatening illness, bereavement programs, legacy programs.

Contact: Executive Director, Sherry Cain [scain.rcvv@gmail.com](mailto:scain.rcvv@gmail.com)

## Bereavement Resources and Professional Support

### **(ATTCH) Attachment and Trauma Treatment Centre for Healing ~ [www.attch.org](http://www.attch.org)**

The Attachment and Trauma Treatment Centre for Healing (ATTCH) provides quality trauma and attachment assessment and treatment, clinical supervision, and evidence-based trauma-informed training. ATTCH staff includes cross-disciplinary services to allow for comprehensive assessment and treatment. Services are available for all ages, including early intervention/ prevention supports for young mothers or individuals who may be at an increased risk for future difficulty.

Cost: Fee for service.

Contact Lori Gill, Certified Trauma Specialist, Trainer, Consultant & Supervisor, The National Institute for Trauma and Loss in Children, 905-262-0303, [lori@attch.org](mailto:lori@attch.org)

### **Cheryl Bailey MSW ~ certified by the Grief Recovery Institute**

Offering bereavement counselling in the Fort Erie area. Specializing in counselling for with adults developmental disabilities, their families and caregivers.

Cost: Initial consult is free.

Contact Cheryl, 905-933-5435, [cbailey\\_28@yahoo.ca](mailto:cbailey_28@yahoo.ca)

### **Dignity Memorial**

**Hulse & English Funeral Home** (St. Catharines) ~ 905-684-6346 [www.hulseandenglish.com](http://www.hulseandenglish.com)

**Hetherinton & Deans** (Niagara Falls) ~ 905-354-5614

The Dignity Memorial Guidance Series available at both funeral homes—No charge. (Brochures, booklets and DVDs). They also sponsor the Dignity Memorial Compassion Hotline 1-866-649-9644

Contact Holly Rousseau, [holly.rousseau@dignitymemorial.com](mailto:holly.rousseau@dignitymemorial.com)

### **Geoff Straw**

Geoff is a Registered Psychotherapist with 26 years experience in assisting individuals who are experiencing grief and loss, end-of-life and other changes and life transitions. His client centered approach includes teaching mindfulness to reduce stress, anxiety and to facilitate increased awareness and insight.

Cost: Fee for Service

Contact: Geoff Straw, 905-685-8605, [gwstraw@sympatico.ca](mailto:gwstraw@sympatico.ca)

### **Grief Dreams, [www.griefdreams.ca](http://www.griefdreams.ca)**

Highlights information in regards to grief dreams. Online social network for people to connect and share their information and lists different presentation opportunities.

Contact: Joshua Black, [josh.black2@brocku.ca](mailto:josh.black2@brocku.ca)

### **Joan Worthington - [www.consultworth.com](http://www.consultworth.com)**

Stress and Relationships. Forty-five years of registered counselling experience, 25 years in hospitals and home care helping chronically ill people and their families. Offices are in St Catharines and Niagara Falls. Hours are flexible.

Cost: Insurance reimbursable fee for service through most carriers..

Contact Joan Worthington, MSA, RSW, at (905) 937-9706 or [consultworth@gmail.com](mailto:consultworth@gmail.com)

### **Linda Attoe, [www.lindaattoe.com](http://www.lindaattoe.com)**

Offers short and long term psychotherapy for children, adults, couples and families who may be struggling with a variety of life concerns such as sadness, anxiety, grief, depression, anger, trauma, gender identity and relationship difficulties

### **Liz Christie, [www.playfulsolutions.ca](http://www.playfulsolutions.ca)**

Offers a friendly and secure therapeutic environment for children, adolescents and their family when overcoming emotional, traumatic or behavioural troubles

Cost: Fee for service

Contact: Liz Christie M.A., RP 905-992-9283 [playful.solutions@yahoo.ca](mailto:playful.solutions@yahoo.ca)

## Bereavement Resources and Professional Support Continued

### **Lotus Garden Meditations & Wellness** ~ [www.lotusgardenmeditations.com](http://www.lotusgardenmeditations.com)

Provides guided meditations by certified meditation teacher to help deal with grief, stress, pain and bereavement

Cost: Fee for service

Contact: Helen Booth, [lotusgardenmeditations@gmail.com](mailto:lotusgardenmeditations@gmail.com)

### **Pathstone Mental Health** – [www.pathstonementalhealth.ca](http://www.pathstonementalhealth.ca)

Children's Mental Health Agency providing a variety of evidence based services to Niagara area residents under 18 years of age and their families.

Cost: Services are at **no cost** and referrals go through Contact Niagara.

Pathstone Mental Health also has a Crisis Services Line 1-800-263-4944, 24 hours a day, 7 days a week.

Pathstone contact: Angel G. Graham, MSW, RSW – Offering psychotherapeutic services for those who are struggling with grief, loss and trauma. In addition to clinical expertise in ASD and anxiety.

[agraham@Pathstone.ca](mailto:agraham@Pathstone.ca), 905-384-9551 ext. 261

### **Pets at Peace**—[www.petsatpeace.ca](http://www.petsatpeace.ca)

Provides Pet loss and memorial services and a grief support email program.

Cost: Fee for service

Contact: Julie Prouix, [julie@petsatpeace.ca](mailto:julie@petsatpeace.ca), 289-362-2929

### **Sandra Kesselman-Hardy**—[www.niagaracounselling.com](http://www.niagaracounselling.com)

The primary focus is on cancer, bereavement (grief) and loss.

Cost: Fee for service

Contact: Sandra Kesselman-Hardy by 905-468-4632, [sandra@niagaracounselling.com](mailto:sandra@niagaracounselling.com)

### **The Power of Pets with Marybeth Haines** ~ [www.powerofpets365.com](http://www.powerofpets365.com)

Provides Pet Loss support and Free book with email support program.

Cost: Free for downloadable book. Fee for physical book/program purchases.

**Grief Network Niagara** is a network of professionals, organizations, businesses and volunteers who provide bereavement support and/or counseling to individuals who are grieving the death of a significant person in their lives. This includes paid professionals (counselors, psychiatrists, art therapists etc. who provide specialized counseling in bereavement etc.), funeral homes, palliative care workers, community organizations, representatives from the public and catholic district school boards, and volunteers who provide bereavement support in the community. The main purpose is to share information about services offered, information, resources and to increase awareness about grief and bereavement support in the Niagara region.



*Disclaimer: This compiled list of resources is for general information purposes only and does not provide an endorsement of these services by Grief Network Niagara. As a result, Grief Network Niagara is not liable for any consequences resulting from the use or misuse of the information or services listed within this publication. Potential clients and helping professionals are encouraged to carefully review services to determine appropriateness of fit for their / their client's needs.*