



Bereavement Support Resource List

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

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

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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 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 or 905-318-0070

Contact: Niagara representative, bfo-niagararegion@gmail.com.

Bereaved Mother's Retreat ~ 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

An international self-help support group for parents and families who have suffered the loss of a child of any age. Meetings: 2nd Tue. of each month at Regional Niagara Building, 2201 St. Davids Rd., Room 301, Thorold, 7:30 – 9:00 pm

Contact: Andrew & Marilena, 905-374-8050, andrewvitaterna@gmail.com

Contact: Eric & Nathalie, 905-682-7497, ndreifelds@yahoo.com

Grief Recovery Group (Fort Erie) ~ www.bennerfuneralservices.com

Offers Bereavement Support group.

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

Grief Recovery Group (Welland)

General Bereavement Support.

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

Contact: Nancy Riou, 905-732-3969, nancygailriou@gmail.com

Grief Recovery Outreach Program (St. Catharines) ~ www.dartefuneralhome.com

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

Contact: Elizabeth Williams, 905-937-4444, elizabeth@dartefuneralhome.com

Grief Share ~ www.griefshare.org, 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

Bereavement Support Groups Continued

Hospice Niagara Support Groups ~ 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

Loving Outreach ~ www.lovingoutreach.org

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

Meetings: 2nd Monday of each month at Silver Spire United Church (Hearth Room), 366 St. Paul Street, St. Catharines, 7:30 pm (no summer meetings or Statutory Holidays) meets 4th Monday in October.

Contact Walt or Lucienne Chemerika, 905-934-2176, lovingoutreach@becon.org

Contact Peter or Wendy Fisher, 905-371-9767

McNally House Hospice ~ 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: Rachele McGuire, Bereavement Support Clinician, 905-309-4013 x 33, mcguirer@hhsc.ca

Morse & Son (Niagara Falls) www.morseandsonfuneral.com

Morgan Funeral Home (Niagara on the Lake) www.morganfuneral.com

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

Contact Marny Atkinson, Continuing & Community Care, 905-356-3550, marny@morganfuneral.com

Niagara-on-the-Lake Community Palliative Care Service ~ 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

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

Pregnancy and Infant Loss Network www.painnetwork.ca

Pain network provides free peer support to bereaved parents who have lost a pregnancy or the death of an infant. Niagara Circle of Support group is on 1st and 3rd Wednesday from 7:00 pm to 8:30 pm. Registration required.

Contact: Please contact 1888-301-7276 ext 1 or support@painnetwork.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 Ev Page, 905-650-8756, epage.rcvv@gmail.com

Wellspring Niagara Cancer Support Centre ~ www.wellspringniagara.ca

Grief Support Group (Drop-in) for those who have lost a loved one to cancer. 1st Monday of each month, 7 – 8:30 pm.

Bereavement Support Group, 8 week program for those who have lost a loved to cancer, scheduled when there is sufficient enrolment. Children's bereavement programs, available upon request.

Contact Kristen Szigatti, 905-684-7619, kristen@wellspringniagara.ca

Service Groups and Organizations

Alzheimer Society Niagara Region ~ www.alzheimerniagara.ca

Offers counseling, education and support groups to improve quality of life.

Family Support Counselor for individuals with memory loss, changes, dementia including support for partners/families.

Contact Ann Chartier RN, 905-687-6856 #532, achartier@alzheimerniagara.ca

Bethesda ~ 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 or

bboden@bethesdaservices.com

Bereavement Ontario Network ~ 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

Therapy Tails Ontario ~ 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

Victim Services Niagara ~ 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

Wellspring Niagara Cancer Support Centre ~ www.wellspring.ca/Niagara

Free cancer support services for patients and caregivers.

Contact Kristen Szigatti, 905-684-7619, kristen@wellspringniagara.ca

Young Carers Initiative – Powerhouse Project ~ 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,

Hospice/Palliative Care Continued

Compassionate care and counseling of patients with life limiting illnesses and their families.

Hospice Niagara ~ 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 – North Palliative Care Team

This team has the capacity to serve those residing in North St. Catharines (north of the QEW), Port Dalhousie, and NOTL. Provide psychosocial and bereavement counselling to palliative clients and their families.

Contact Geoff Straw, Psychosocial/Bereavement Clinician, 289-241-4805, gstraw@hospiceniagara.ca,

Hospice Niagara – South Palliative Care Team

This team has the capacity to serve those residing in Niagara South, (Welland, Pelham, Port Colborne & Wainfleet). Provide psychosocial and bereavement counselling to palliative clients and their families.

Contact Clare Braun, Psychosocial/Bereavement Clinician, 289-929-4570, cbraun@hospiceniagara.ca,

Contact Maria Becker, Psycho-Spiritual Clinician, 289-929-4691, mbecker@hospiceniagara.ca

For information on referral process and office location of each team, please go to Hospice Niagara website at www.hospiceniagara.ca/programs/share_care_teams/

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

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

Niagara West Palliative Care Team/WLMH/McNally House Hospice ~ 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: Rachelle McGuire, Bereavement Support Clinician, 905-309-4013 x 33, mcguirer@hpsc.ca

Niagara-on-the-Lake Community Palliative Care Service ~ 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

Rose Cottage Visiting Volunteers (Grimsby and surrounding areas) ~ www.rosecottagevolunteers.com

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

Contact: Executive Director, Sherry Cain scain.rcvv@gmail.com

Bereavement Phone and Online Support

Dignity Memorial Compassion Hotline ~ 1-866-649-9644

A toll free number manned 24 hours a day by registered grief counselors. It's available in all languages (by request) as well as via email (after initial phone call) for those people who would rather write their feelings out and communicate that way via phone conversations.

Contact: 1-866-649-9644

MyGrief.ca ~ www.mygrief.ca

MyGrief.ca can help you understand grief and work through some of the difficult issues you may be facing. MyGrief.ca has been developed by a team of national and international grief experts together with people who have experienced significant loss in their own lives. It is not meant to replace professional counselling or other health care services. The program is set up in modules that you can work through at your own pace.

Bereavement Resources and Professional Support

(ATTCH) Attachment and Trauma Treatment Centre for Healing ~ 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

Cheryl Bailey MSW ~ certified by the Grief Recovery Institute

Offering counselling for adults and children with developmental disabilities, their families and caregivers.

Cost: Initial consult is free.

Contact Cheryl, 905-933-5435, cbailey_28@yahoo.ca

Dignity Memorial

Hulse & English Funeral Home (St. Catharines) ~ 905-684-6346 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

Grief Dreams, 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

Joan Worthington - 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

Pathstone Mental Health – 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 , 905-384-9551 ext. 261

Pets at Peace—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, 289-362-2929

The Power of Pets with Marybeth Haines ~ 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.