



Bereavement Resources in the Niagara Region

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

Amongst Friends Niagara – Pet Loss Support www.facebook.com/groups/amongstfriendsniagara

Provides free pet loss support and resources to our community. People are invited to join our facebook private group of caring, compassionate individuals who are also healing.

Cost: free

Contact: Marybeth Haines, amongstfriendsniagara@gmail.com

Angel G Graham, Clinical Social Worker

Provides therapeutic grief counselling for children, adolescents, adults and families. I operate from a trauma-informed lens and strive to assist my clients with moving forward with a resilient mindset. Cost: Fee for service

Contact: Angel G Graham, 905-246-2261, angelggmsw@gmail.com

(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, 905-684-9333(main) 905-684-6217(fax), reception@attch.org

Bereaved Families of Ontario—South Central Region ~ <http://bfoscr.com>

Bereavement support groups for children, teens and parents in the Niagara, Hamilton, Burlington and Haldimand Norfolk areas.

Contact: **Krista Campure** ed@bfoscr.ca or 905-318-0070

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: Natalie Proulx, Niagara-Haldimand-Norfolk Regional Representative, natalie@facingthesun.life

Caring Friends Niagara ~ <https://caringfriendsniagara.wixsite.com/website>

Is a peer to peer support group for Mothers and Fathers who have experienced a pregnancy or infant loss. They meet the first Wednesday of every month to support each other during the most difficult time in a parent's life.

Contact: 289-696-4376, caringfriendsniagara@gmail.com

Community Addiction Services of Niagara ~ <http://cason.ca>

Provides comprehensive alcohol, gambling and drug addiction treatment for individuals and their families. They are in the process of deciding if they will offer bereavement support services.

Contact: Sheila Connolly, sconnolly@cason.ca

Geoff Straw Psychotherapy ~ www.strawtherapy.com

Individual counselling services, including grief and other transitions and end of life.

Cost: Fee for service

Contact: Geoff Straw, 905-685-8605, gwstraw@sympatico.ca

Grief Recovery Group (Thorold) ~ www.bocchinfusofh.com

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

Contact: 905-227-0161 Kelly Liddycoat, Kelly@bocchinfusofh.com or Cathy Pelletier, cathy@bocchinfusofh.com

Grief Recovery Program (Port Colborne, Lakeshore area)

Grief Recovery Program helps people who are struggling to overcome grief. The program follows the Grief Recovery Program and helps one to make positive choices in their life and to complete the loss. This program is not exclusive to death. It welcomes anyone dealing with grief – such as divorce, separation and any other losses.

Contact: Dino P. Sicoli 905-835-8177, dpsicoli@bell.net

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: 905-937-5300

Hospice Niagara – Bereavement Support Programs ~ www.hospiceniagara.ca/bereavement

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, grief walks, and mindfulness hike. Direct bereavement counseling is presently not provided.

Contact: Melissa Penner, Bereavement Specialist, 905-984-8766 ext. 233, mpenner@hospiceniagara.ca

Hospice Niagara's - Palliative Care Outreach Teams ~ http://www.hospiceniagara.ca/programs/shared_care_teams

Provide psychosocial and bereavement counselling to palliative clients and their families. 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. Please note that referrals to Hospice Niagara Community Palliative Care Teams require a referral from your family physician.

Contacts:

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

Chelsea Rothwell, Psychosocial/Bereavement Counsellor, 289-407-8421, chelsearothwell@hospiceniagara.ca

Monica Herjavec, Psychosocial/Bereavement Counsellor, 289-968-0842, mherjavec@hospiceniagara.ca

InCommunities /211 www.incommunities.ca/en/community-services/community-information/

Dial 3 digits-211-24 hours a day, to speak with someone about your specific circumstances and receive information on, and referrals to programs and services that are available to support you. For self-directed searching, you can also search our on-line database of community services.

Contact: 211 or 1-800-263-3695, info@incommunities.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

Lori Gill Psychotherapy – Holistic Wellness for Health ~ holisticwellnessforhealth.com

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.

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Loving Outreach ~ 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.

Founders: Walt and Lucienne Chemerika, e-mail: 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, counselling, one on one volunteer support, support groups, education events, social events, wellness programs.

Contact: Jennifer Jowlabar 905-309-4013 or jjowlabar@mcnallyhousehospice.com

My Grief ~ mygrief.ca

MyGrief.ca can help you understand grief and work through some of the difficult issues you may be facing. The program is set up in individual modules. This is not to replace professional counselling or other health care services.

Niagara-on-the-Lake Community Palliative Care Service ~ www.notlpc.com

During a serious illness we offer support to individuals and their caregivers by way of equipment needed to aid their journey, and volunteers to provide companionship and care giver relief. We also provide bereavement support.

Cost: Services are free of charge.

Contact: Bonnie Bagnulo, 905-468-4433, notlpc@bellnet.ca

Our Babies, Our Grief; Home Hospice Association ~ www.HomeHospiceAssociation.com

Our Babies, Our Grief is a 6 week progressive healing peer support circle for parents who have experienced an infant or pregnancy loss. It is part of HHA's Pre and Perinatal Hospice Program, hosted and facilitated by Merri-Lee Agar, held in April and October each year.

Cost: There is no cost to attend, but registration is required.

Contact: Merri-Lee Agar, 905 327 0995, merri-lee@homehospiceassociation.com

Pathstone Mental Health – www.pathstonementalhealth.ca

Children's Mental Health Agency providing therapeutic grief counselling for children, adolescents, adults and families. Operate from a trauma-informed lens and strive to assist clients with moving forward with a resilient mindset.

Cost: Services are at **no cost**

Contact: Referrals go through Contact Niagara 905-684-3407. Pathstone Mental Health also has a Crisis Services Line 1-800-263-

4944, 24 hours a day, 7 days a week.

Playful Solutions ~ www.playfulsolutions.ca

Liz provides a comfortable and safe environment to help children and families heal through child psychotherapy and play therapy. Liz is providing Tele-health right now, via video or phone calls.

Cost: Fee for service

Contact: Liz Christie, 905-992-9283, playful.solutions@yahoo.ca

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. Support group is available, call for details.

Contact: Please contact 1888-301-7276 ext. 1 or support@painnetwork.ca

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

Supporting families dealing with a life threatening illness, visiting volunteers, bereavement support, drop-in programs, Legacy programs.

Contact: 289-566-9588, info.rcvv@gmail.com

Shelley D Wilson Counselling

Clinical counselling services for adults. Services focus primarily on grief and loss, life-limiting illness and end of life, anxiety, depression, caregiver issues. Multiple modalities including mindfulness based, CBT, trauma-informed, intensive grief therapies, Life Process Transformation™.

Cost: Fee for service

Contact: Shelley Wilson, 289-296-1220 shelleywilson@cogeco.ca

Soul Journeys Healing & Companionship ~ www.SoulJourneysHealing.ca

As a Death Doula, I provide holistic end of life care, pain and symptom management through Reiki and Palliative Massage, and bereavement to the dying and their loved ones. I also offer support to parents experiencing an infant or pregnancy loss before, during and after the loss, as well as free grief support.

Cost: Fee for service

Contact: Merri-Lee Agar, 905 327 0995, info@souljourneyshealing.ca

The Power of Pets with Marybeth Haines ~ www.powerofpets365.com

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

Cost: Alternate customized healing programs for a fee.

Contact: Marybeth Haines, 905-931-5159, marybeth@powerofpets365.com

Victim Services of Niagara ~ www.victimservicesniagara.on.ca

Provides 24/7, on scene, emotional and practical assistance and referrals to victims of crime and tragic circumstance.

Contact: Tarryn Anderson, 905-688-9040 x5084, info@victimservicesniagara.on.ca

Wellness Counselling Centre ~ www.wellnesscc.ca

Private counselling practice that specializes in working with children, adolescents, adults, and families affected by trauma and/or grief and loss. Faith-based services to clients can be provided as well.

Cost: Free for service

Contact: Cindy Rose, 905-359-9456, cindy@wellnesscc.ca

Wellspring Niagara Cancer Support Fdn ~ www.wellspringniagara.ca

Bereavement Support Group, 8 week program for those who have lost a loved to cancer, scheduled when there is sufficient enrolment. (Online or by Phone during COVID-19 closure) Children's bereavement programs, available upon request. (Online or by Phone during COVID-19 closure) Short Term Professional Counseling, available upon request. (Online or by Phone during COVID-19 closure) Peer Support, available by request. (By phone during COVID-19 closure) Reiki, by appointment. (Distance reiki available during COVID-19 closure) Be Well Talks, registration required. (Online or by phone during COVID-19 closure)

Contact Spencer Wyllie, 905-684-7619, spencer@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, Alicia Pinellie, 905-397-4201, apinelli@powerhouseproject.ca

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.*