

Bereavement Support Services

** No-cost for services unless otherwise noted

Bereaved Families of Ontario – Toronto Chapter

355 Church Street, Toronto, ON; www.bfotoronto.ca

Ph: 416-440-0290 Email: info@bfotoronto.ca

- Offers both drop-in and closed groups for different age groups and types of loss. Also provides immediate support if waiting for a closed group to begin.
- **Format:** Currently offer virtual/phone-based support. Participants can join virtual group via phone if needed.
- **Referral process:** Self-referral, contact Sidney at 416-440-0290 x102 or sidney@bfotoronto.ca. Call Monday to Thursday between 10am and 4:30pm.
- **Cost:** No cost for any services
- **Wait time:** Minimal but dependent on group schedule.

Wellness Together Canada – Grief & Loss Support

<https://wellnesstogether.ca/en-CA/grief-and-loss-coaching>

- Offered through Homewood Health & Kids Help Phone, a grief coach is available on the phone to help with understanding and managing your grief process.
- This program can help with significant loss from the death of a loved one and other forms of loss, including the loss of a job or the ending of a relationship.
- The service is OHIP-covered and available 24/7.
- Adults: Call **1-866-585-0445** to speak with a grief coach.
- Youth: **1-888-668-6810**
- For more information and advice on how to cope with grief and loss, you can also try reading: <https://wellnesstogether.ca/en-CA/coping-with-grief-and-loss>

Hospice Toronto

Ph: 416-364-1666; <https://hospicetoronto.ca/bereavement-support>

- They offer bereavement peer support groups (either loss of spouse or loss of parent), as well as one-on-one peer support calls (volunteers have a high level of training, many with previous life/work experience in health care)
- **Format:** Phone/virtual
- **Wait time:** Next groups will likely run Fall 2023, individuals can get connected to 1:1 peer support quickly
- **Cost:** No cost to any services

GriefShare - www.griefshare.org

- This website will connect you to a bereavement support group in your area

Canadian Virtual Hospice - www.virtualhospice.ca

- Information and support on palliative and end-of-life care, loss, and grief/bereavement, including a list of resources/services across Ontario and Canada.

Mygrief.ca - <https://mygrief.ca/>

- This is an online resource to help people move through their grief from the comfort of their own home, at their own pace
- They offer online modules, with topics such as: overview on grief, pregnancy loss, relationship, traumatic loss, someone dying by substance use, MAID, prolonged grief, illness-related grief.

Good Grief! Bereavement Healing Services

Phone: 647-691-5009 Email: info@goodgriefhealing.ca; <https://goodgriefhealing.ca/>

- Registered charity, offering private-cost individual therapy with therapists who specialize in bereavement/loss (cost typically ranges between \$120-160)
- They also offer a peer support service – “bereavement buddy” – which is free
- Often run workshops or groups – some free of charge, some with small cost.

Toronto Distress Centre-Traumatic Loss Survivor Support Program

<https://www.dcoqt.com/survivors-of-suicide-and-homicide-loss/>

- Consisting of a team of professionally-trained grief facilitators (many of whom have also experienced suicide or homicide loss), this program can offer group or 1:1 support. Visit above website for an overview of the various groups and services offered as well as upcoming dates.
- Most services are being offered remotely, by phone or video.
- Call 416-595-1716 or e-mail alex@torontodistresscentre.com to self-refer.

GRASP (Grief After a Substance Passing)-Toronto Chapter

<http://grasphelp.org/toronto-vaughan-chapter/>

- Support group for those who have lost a loved one to substance use. Currently running groups on fourth Monday of each month at 7pm

Pregnancy and Infant Loss Network

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

- Offers group and individual peer support for parents who have lost an infant
- Phone 888-303-7245 or e-mail pailnetwork@sunnybrook.ca to self-refer

You may also be able to access bereavement support through religious/spiritual organizations, funeral homes in your neighbourhood, organizations that offer support related to a specific illness (e.g., Wellspring Cancer Support Network or Gilda's Club for losses due to cancer), or hospice programs in your area.

You can also search the **OTN Health Services Directory**: <https://directory-prelogin.otn.ca/#/>