



## Resources

*For those caring for loved ones & those who are bereaved*

### Advanced Care Planning

Advanced Care Planning Canada - <https://www.advancecareplanning.ca/>

Advanced Care Planning Ontario - <https://advancecareplanningontario.ca/>

A Guide to Death Care in Ontario – Bereavement Authority of Ontario  
[https://static1.squarespace.com/static/5f59185412cc0b05a33da565/t/60117590c7e9ea4f8c47122d/1611756945438/BAO\\_CIG\\_forwebsite.pdf](https://static1.squarespace.com/static/5f59185412cc0b05a33da565/t/60117590c7e9ea4f8c47122d/1611756945438/BAO_CIG_forwebsite.pdf)

Government of Canada – Survivor Benefits  
<https://www.canada.ca/en/treasury-board-secretariat/services/pension-plan/plan-information/survivor-benefits-pension.html>

Huron Perth Community Legal Clinic - <https://www.huronperthlegalclinic.ca/>

### Caregivers

A Caregiver's Guide -  
[https://www.rotaryhospice.ca/\\_files/ugd/2fd72f\\_ee7219d521774f5e83868e200130ad5b.pdf](https://www.rotaryhospice.ca/_files/ugd/2fd72f_ee7219d521774f5e83868e200130ad5b.pdf)

Caregiver Support Education - <https://caregiversupport.hpco.ca/ocp/>

Caring Bridge – a website to update loved ones about health journey -  
<https://www.caringbridge.org/how-it-works/>

Caring Info - <https://www.caringinfo.org/>

The Ontario Caregivers Organization - <https://ontariocaregiver.ca/>

## Condition Specific

ALS Canada - <https://als.ca/support-services/inside-of-ontario/>

Alzheimer's Society - [https://alzheimer.ca/huronperth/en?gad\\_source=1&gclid=Cj0KCQjw-r-vBhC-ARIsAGgUO2DjgWjl4TL6cvhgC-PF7NNTYx3p3wTPv0B4KkWWSDZBAX\\_BlXrKcVXQaAiXlEALw\\_wcB](https://alzheimer.ca/huronperth/en?gad_source=1&gclid=Cj0KCQjw-r-vBhC-ARIsAGgUO2DjgWjl4TL6cvhgC-PF7NNTYx3p3wTPv0B4KkWWSDZBAX_BlXrKcVXQaAiXlEALw_wcB)

Canadian Cancer Society - <https://cancer.ca/en>

Parkinson Canada - <https://www.parkinson.ca/>

Parkinson Society Southwestern Ontario - <https://psso.ca/>

## Crisis and Mental Health Support

Canada Suicide Prevention Helpline.

1-833-456-4566 (24/7)

Text to 45645 (4 p.m. – Midnight ET). Text messaging rates apply.

Distress and Crisis Ontario

T: 416-486-2242

- ONTX Chat services available via text by between 2pm and 2am by texting "SUPPORT" to 258258 or an online chat is available by accessing the website <https://www.dcontario.org/>

Huron Perth Helpline and Crisis Response Team

T: 1-888-829-7484

- 24/7 crisis phone service

Kids Help Phone - Parents are welcome to use this resource

Call 1-800-668-6868 (24/7)

Text CONNECT to 686868.

[Live Chat](#) (7 p.m. to midnight ET)

[kidshelpphone.ca](http://kidshelpphone.ca)

Listowel Mental Health Outpatient Services - Individual and group psychotherapy counselling services.

T: 519-272-8210 ext. 2570 or 1-888-275-1102 ext. 2570

W: <https://www.hpha.ca/listowelmentalhealth#accordion-33-2>

Victim Services

T: 866-376-9852

W: <https://victim-services.com/>

## Grief & Bereavement

Autism & Grief Project - <https://www.autismandgrief.org/>

### Bereaved Families of Ontario

- Southwest - London (T: 519-686-1573)
  - Current groups - <https://bfosw.ca/programs-and-services/>
    - Moms' Group for Bereaved Mothers (child loss at any age)
    - Adult Sibling Loss
    - Partner / Spousal Loss Group
    - 6-week Reading & Reflection Group (6-week sessional)
    - Sudden Child Loss Parent Group (monthly)
- Midwest - Kitchener (T: 519-603-0196)
  - Current groups - <https://bfomidwest.org/what-we-do/grief-support-programs/>
    - Parents grieving the death of an infant: For individuals or couples grieving pregnancy loss at any stage or the death of their baby
    - Parents grieving the death of a child: For individuals or couples grieving the death of a child at any age, including adult children.
    - Healing Little Hearts: For children ages 4-12
    - Good Grief: For teens ages 13-17
    - Living with Loss: Mixed-loss group for adults 18+
    - Living with Loss by Substance Use: For adults 18+ grieving a death by alcohol or drug use
- List of Community Organizations & Counsellors - <https://bfomidwest.org/grief-resources/in-the-community/>
- Halton/Peel Region – Grief Tip Sheets <https://www.bereavedfamilies.ca/tipsheets>

### Bereavement Authority of Ontario – Resources for Consumers

- Excel document of services in Ontario - <https://thebao.ca/resources-for-consumers/>

### Bob Kemp Hospice- Hamilton

W: <https://kemphospice.org/services/grief-bereavement-support/>

T: 905-387-2448

- Grief support text line: 289-278-1885
- Or website chat available for bereavement support via a messenger system.

### Canadian Virtual Hospice

- Support - [https://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home/Support/Support.aspx](https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support.aspx)

Center for Loss & Life Transition - <https://www.centerforloss.com/>

## Grief & Bereavement cont.

### Grief Share

W: <https://www.griefshare.org>

- \$25.00 includes the 13-week group (2hours/week) and the accompanying workbook. The groups run in various locations and communities.

### Hospice Palliative Care Ontario (HPCO) - Grief and Bereavement Supports

W: <https://www.hpcoco.ca/grief-and-bereavement-supports/>

E: [info@hpcoco.ca](mailto:info@hpcoco.ca)

### Hummingbird Center for Hope - For those who are widowed with children

T: 519-500-8535

W: <https://hummingbirdcentreforhope.com/>

### Huron Hospice- Clinton

W: <https://www.huronhospice.ca/about-our-services-6-2>

E: [sally.brodie@huronhospice.ca](mailto:sally.brodie@huronhospice.ca) or T: 519-525-6331

E: [deb.shelley@huronhospice.ca](mailto:deb.shelley@huronhospice.ca) or T: 519-525-8648

- Grief Recovery Method Group runs for 8 weeks with a charge of 35\$ to participate. Group is available to those with death and non-death losses
- Sharing the Load: Support group for widowers
- WINGS: Support group for widows

### Interfaith Counselling Center - <https://www.interfaithcounselling.ca/index.php>

### Jessica's House VON- Exeter

W: <https://jessicashouse.ca/>

T: 519-235-0941

- 1:1 Bereavement Support with a trained professional.
- Group support with trained volunteers.

### Journey Through Loss - <https://journeythroughloss.ca/>

- In-Person and Virtual Bereavement Support Groups, Thursdays 4:30pm-6:00pm

### My Grief - <https://www.mygrief.ca/>

### North Perth Community Hospice- Listowel

W: <https://www.northperthcommunityhospice.org>

E: [npch@wightman.ca](mailto:npch@wightman.ca)

T: 519-291-5141

- Individual support provided to adults or children who have experienced a death or non-death loss, change or transition in their life.
- Grief Recovery Method Group runs for 7-12 weeks with a fee of \$20.

## Grief & Bereavement cont.

Ontario Funeral Service Association – Grief Support - [https://ofsa.org/grief\\_support](https://ofsa.org/grief_support)

Speaking Grief - <https://speakinggrief.org/get-better-at-grief>

- Supporting Grieving People of All Abilities - <https://speakinggrief.org/get-better-at-grief/supporting-grief/supporting-grieving-people-of-all-abilities>

Sunnybrook Pregnancy and Infant Loss Network - <https://pailnetwork.sunnybrook.ca/>

- Peer Support Programs - <https://pailnetwork.sunnybrook.ca/programs-for-parents/>

VON - Oxford Site

W: <https://von.ca/en/locations/oxford?bereavement-support#location>

T: 1-888-866-7518 / 519-539-1231 ext. 286

- Grief and Bereavement Lending Library
- Journey Through Grief - Closed Psycho-Educational Grief Support Group
- Open Grief Support Groups - Loss Specific
- Individual Bereavement Support

What's Your Grief - <https://whatsyourgrief.com/>

## Local Resources

211 Ontario - <https://211ontario.ca/>

Family Services Perth Huron - <https://familyservicesperth-huron.ca/>

One Care – <https://www.onecaresupport.ca/services/active-in-your-community/transportation/>

Southwest Ontario Aboriginal Health Access Center - <http://soahac.on.ca/>

Southwest Region Healthline - <https://www.southwesthealthline.ca/>

Stratford Lakeside Active Adults Association - <https://www.stratford.ca/en/play-here/adult-recreation-55.aspx#attending>

Stratford Pride Community Center - <https://stratfordpride.com/>

Wellspring Stratford - <https://wellspring.ca/stratford/>