



Bereavement Resources in the Niagara Region

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

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: info@bereavementontarionetwork.ca

Bocchinfuso Funeral Home - www.bocchinfusofh.com

Adult program: Mindfulness for Grief Recovery Program (Thorold). Group bereavement support through sharing Mindfulness techniques and gentle movement healing therapy.

Youth program: Youth and Teen Comfort Cafe - Activities and conversation to support youth and teens through grief.

Cost: No Fee

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

Community Addiction Services of Niagara (CASON) – www.cason.ca

CASON provides ongoing support in a number of programs available to people struggling with substance use or gambling behavior and their family members. CASON programs employ a trauma and violence informed, staged screening and assessment approach to treatment planning. CASON offers Substance Related Grief Support Services for families and individually at any stage of grief including anticipatory grief and loss of relationships.

Contact: Marc Bifano, Family Services Coordinator (905) 684-1183 ext 249 mbifano@cason.ca

Griffin Wellness Services – www.griffinwellness.ca

Individual psychotherapy services for youth (ages 13+) and adults who are impacted by loss, grief, life transitions, anxiety, stress and more. Walk and Talk and virtual sessions available. Walk and Talk therapy sessions move therapy outside into nature and occur on trails in St. Catharines

Cost: Fee for service

Contact: Breanne Griffin, 289-479-0167, breanne@griffinwellness.ca

Hospice Niagara - <https://www.hospiceniagara.ca/living-well-with-grief>

Hospice Niagara has a variety of grief programs to help adults, young adults, youth and children live well with their grief. There are in-person and virtual grief support opportunities. Additional details and a program referral form can be found on our website.

Cost: No cost

Contact: Melissa Penner, Bereavement Specialist, 905-984-8766 ext. 233,

adultprograms@hospiceniagara.ca Jenny Philavanh, Bereavement Coordinator, 905-984-8766 ext. 203

kidsprograms@hospiceniagara.ca

Hospice Niagara's - Palliative Care Outreach Teams - www.hospiceniagara.ca/palliative-care-outreach-team

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.

Joan Worthington - www.consultworth.com

Grief, stress and relationships.

Cost: Insurance reimbursable fee for service through most carriers.

Contact: Joan Worthington, MSA, RSW, at (905)-937-4596 or consultworth@gmail.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

Bereavement support is offered through peer-to-peer or professional support streams, via 1:1 face to face, virtual or telephone. There is a bereavement walking group and mourning group that meet weekly. They have quarterly programs including: Pet loss support, Children's bereavement, Pregnancy and infant loss programming in addition to Death Cafés. The organization supports seriously-ill residents and their families/caregivers living in Niagara-on-the-Lake. They offer services within the long-term care facilities and transportation and a caregiver support group.

Cost: Services are free of charge.

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

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.

Cost: Free

Contact: Jennifer Jowlabar 905-309-4013 orjjowlabar@mcnallyhousehospice.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.

Contact: Referral at <https://pathstonementalhealth.ca/access-support/> Pathstone Mental Health also has a Crisis Services Line 1-800-263-4944, 24 hours a day, 7 days a week.

PilotHouse Therapy

Registered Social Worker providing support and clinical intervention to address issues of grief, loss and death education. Working with both children, adults and caregivers. Located in Port Colborne and supporting residents of South Niagara

Cost: Fee for service

Contact: Leigh-Anne Ralston MSW, RSW. 289-802-2168, pilothousetherapy@gmail.com

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

Supporting families dealing with a life-threatening illness and caregivers, visiting volunteers, bereavement support, Legacy programs. Programs include a raw grief support group

Contact: Pat MacMillan, 289-566-9588, info.rcvv@gmail.com | Linda Vader, 289-566-9588, Oriefsupport@rosecottagevolunteers.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, and caregiver issues. Multiple modalities including mindfulness-based, CBT, trauma-informed, intensive grief therapies, Life Process Transformation". Telephone and Video sessions only

Cost: Fee for service

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

Soul Journeys Healing & Companionship - www.SoulJourneysHealing.ca

Holistic palliative and end-of-life care from diagnosis through bereavement. Grief begins at diagnosis, for the dying and their loved ones. Services available include advance care planning, managing difficult conversations, legacy work, death and vigil planning, pain and symptom management through Reiki and Palliative Massage, MAiD support, and bereavement. Services are tailored to individual needs.

Cost: Fee for service

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

Wellspring Niagara - www.wellspringniagara.ca

- Peer Support, available by request.
- Grief Support Group - Loss of an Adult Child. Offered monthly, this group provides a supportive and safe setting for parents, following the loss of their adult child to cancer.
- Children's Grief Counselling, for a child or teen following the loss of a parent/loved one to cancer.
- Adult Short-term Counselling, offered to adults following the loss of a loved one to cancer.
- Bereavement Support Group (Spouse/Partner). This program is intended for bereaved spouses/partners following a loss of their loved one to cancer.
- Bereavement Support Group (Family). This program is intended for family member following the loss of a loved one to cancer.
- Reiki, by appointment.

Cost: Free cancer support services for patients and caregivers.

Contact: Olivia Barron, Program Coordinator | Registration is required by going to www.wellspringniagara.ca , 905- 684-7619 for in centre program and Well-on-the-Web

Womb Cocoon – www.wombcocoon.ca

Certified Grief Recovery Specialist: Speciality in assisting women whom have suffered child loss by miscarriage, stillbirth, abortion/AFMR termination, failed IVF, illness etc. We offer a 7 week, one on one, online, evidence based program that has 40 + yrs of proven recovery success.

Cost: Fee for Service

Contact: Terri Swan, GRS, (416) 816- 1377, terri@wombcocoon.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.*