

Grief and Bereavement Supports in Your Community

Grief is a natural response to losing someone or something that's important to you. Everyone grieves differently. As you grieve, you may have many different emotions and feelings. Grief can begin even before your family member or friend dies. This handout offers information on the supports and services available to you.

Organization	Contact information
Bereaved Families of Ontario	Website: bereavedfamilies.net
Bereaved Families of Ontario Durham Region	Call: 905-579-4293 or 1-800-387-4870 Website: bfodurham.net or email: info@bfodurham.net
Bridge C-14 For grief experienced after the death of someone through MAiD	Website: bridgec14.org/available-supports
Community Care City of Kawartha Lakes, Hospice Services – grief support	Call: 705-324-7323 extension 550 Website: ccckl.ca/programs-services/hospice/grief-support or email: hospiceinfo@ccckl.ca
Community Care Northumberland, Hospice Services – grief support	Call: 1-866-514-5774 Website: edshouse.northumberlandhospice.ca/grief-bereavement or email: hospiceservices@commcare.ca
Hearth Place Cancer Support Centre – bereavement programs	Call: 905-579-4833 Website: hearthplace.org/adult-programs/end-of-life-and-bereavement-programs
Hospice Peterborough – grief support	Call: 705-742-4042 or 1-800-790-0867 Website: hospicepeterborough.org/programs-overview/i-am-grieving-a-death or email: admin@hospicepeterborough.org
Scarborough Centre for Healthy Communities – bereavement care	Call: 416-642-9445 extension 4420 Website: schcontario.ca/programs/health-services/bereavement-care or email: info@schcontario.ca
VON Durham Hospice – bereavement services	Call: 905-240-4522 Website: vondurham.org/programs-and-services/bereavement-services or email: vondurhamsite@von.ca

Helpful websites

- At LivingMyCulture.ca, people from various cultures share their stories and wisdom about living with serious illness, end of life and grief to support others.
Website: livingmyculture.ca
- Canadian Virtual Hospice provides peer support and on-line services.
Website: mygrief.ca
- Center for Loss and Life Transition offers information to help you manage your grief. This site is hosted by Dr. Alan Wolfelt, a bereavement educator and counsellor.
Website: centerforloss.com

Others supports available in your community

- For private counseling service, contact the Employee Assistance Program (EAP) at your place of work. Your school may also offer support.
- You can look for counsellors on this website: www.psychologytoday.com. You can also ask your family doctor about being referred to a counsellor.
- Funeral Homes offer grief and bereavement support and information. Contact the funeral home you used or plan to use.

The Indigenous Navigator for the Central East Regional Cancer Program offers cultural and emotional support for people who identify as First Nation, Inuit or Metis. Call: 1-866-338-1778 or 905-576-8711 extension 32554.

This list is for information only. Lakeridge Health/Durham Regional Cancer Centre and the Central East Regional Cancer Program does not represent or directly support any organization or individual on this list.

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