

CHILD & YOUTH: GRIEF & LOSS

COMMUNITY MENTAL HEALTH PROGRAMS

Centre for Grief & Healing: Bereaved Families of Ontario (H,P)

Offers support and services for families & individuals dealing with the death of a loved one.

Contact: (905) 848 4337 (Voicemail Only)

Email: info@bereavedfamilies.ca

www.bereavedfamilies.ca

Children and Youth Grief Network (Peel/Toronto)

The network strives to increase access to grief and bereavement support for children, youth and their families. Support for all ages ranges from online or in-person, peer support, support for parents, groups, telephone counselling, camps, cancer specific, workshops, webinars, podcasts, family events and remembrance events.

Contact: Via online message system

www.childrenandyouthgriefnetwork.com

Gilda's Club (Toronto)

Gilda's Club is a place where anyone touched by cancer - adults, children and teens as well as their families & friends become part of a welcoming community of support. Offers group programs and camps.

Contact: 416-214-9898

Email: info@gildasclubtoronto.org

www.gildasclubtoronto.org

GriefShare

GriefShare offers group support in various communities to help individuals that are grieving. Most groups are held in community churches, but are open to people of all faiths.

Contact: 1- 800-395-5755 (US and Canada)

Email: info@griefshare.org

www.griefshare.org

Heart House Hospice (HUUG) Program (P, H)

1:1 support for children (ages 0-18) that are grieving the dying or the death of a family member.

Contact: 905-712-8119 ext. 241

Referral: Self referrals welcome

Email: info@hearthousehospice.com

<http://hearthousehospice.com/huug>

Lighthouse (Oakville)

Provides support groups for children, teens, and their families following a death in the immediate family.

Contact: (905) 337-2333

Email: info@grievingchildrenlighthouse.org

<http://www.grievingchildrenlighthouse.org>

Pregnancy and Infant Loss Network (PAIL) Network

Provides support to families who have suffered the loss of a pregnancy or the death of their baby/babies. We are a provincial program that operates as a part of Sunnybrook Health Sciences Centre's Women and Babies program. Our support services have been tailored to meet the specific needs of grieving families, and are available at no cost to all families in the province of Ontario.

Contact: 888-303-7245 (PAIL)

Email: pailnetwork@sunnybrook.ca

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

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.