

# Grief Counselling and Support Services

This sheet lists just some resources available in the lower mainland.

## Bereavement Information

Name	Contact	Services and Fees
Fraser Health Crisis Line	1-877-820-7444 604-951-8855	Emotional support and resource information <b>No charge</b>
B.C. Bereavement Helpline	1-877-779-2223 604-738-9950 <a href="http://bcbereavementhelpline.com">bcbereavementhelpline.com</a>	Offers helpline for emotional support Connects you to grief support services such as support groups in the community <b>No charge</b>

## Bereavement Counsellors

BC Association of Social Workers	604-730-9111	Fees can vary Some practitioners use a sliding scale. Ask about their rates before booking an appointment *Check for coverage under Extended Medical Benefits
BC Psychological Association	604-730-0522 1-800-730-0522	
BC Association of Clinical Counsellors	1-800-909-6303	
Living Through Loss Counselling Society of BC	604-873-5013 <a href="http://livingthroughloss.ca">livingthroughloss.ca</a>	Individual one-to-one counselling 1 hour sessions for a fee Occasional group therapy sessions.
Family Services of Greater Vancouver	604-874-2938 <a href="http://www.fsgv.ca">www.fsgv.ca</a>	Vancouver, Richmond, Burnaby/New Westminster, Surrey
Bridge to Life	604-462-0124 <a href="http://www.bridgetolife.ca">www.bridgetolife.ca</a>	Christian Counselling Ministry Fees by donation
Fraser River Counselling Centre	1-604-513-2113 <a href="http://www.fraserrivercounselling.ca">www.fraserrivercounselling.ca</a>	Offered at Trinity Western University campuses (Christian based organization) Low cost and sliding scale fee.
Jewish Family Services Agency (West Coast Wellness Group)	604-637-3309 <a href="http://jfsa.ca">jfsa.ca</a>	Fees are sliding scale based on income

## Grief Counselling and Support Services - *continued*

### Support Groups and Education

Lumara Grief and Bereavement Care Society (formerly Camp Kerry)	604-553-4663 <a href="http://lumarasociety.org">lumarasociety.org</a>	Provides education, support, and counselling services to individuals, families, and groups
Lower Mainland Grief Recovery Society	604-696-1060 <a href="http://lmgr.ca">lmgr.ca</a>	Grief support groups and grief education Non-religious and open to anyone who has experienced loss. Fees include materials and refreshments North Shore, Kerrisdale, Vancouver
Providence Health Care Grief Support Group	604-659-1160	'Being with Grief' one-time session, offered twice a month

### Local Hospice Societies

Abbotsford Hospice Society	604-852-2456 <a href="http://www.abbotsfordhospice.org">www.abbotsfordhospice.org</a>	Hospice Societies offer emotional support, counselling, and volunteer visiting. Some also have a lending library.  One to one support, grief counselling, and group support programs for adults. Some offer supports for children.  <b>No charge.</b> Donations appreciated.
Burnaby Hospice Society	604-520-5087 <a href="http://burnabyhospice.org">burnabyhospice.org</a>	
Chilliwack Hospice Society	604-795-4660 <a href="http://www.chilliwackhospice.org">www.chilliwackhospice.org</a>	
Crossroads Hospice Society	604-945-0606 (New Westminster, TriCities) <a href="http://www.crossroadshospicesociety.com">www.crossroadshospicesociety.com</a>	
Delta Hospice Society	1-800-232-1589 <a href="http://www.deltahospice.org">www.deltahospice.org</a>	
Fraser Canyon Hospice Society	604-860-7713 <a href="http://www.frasercanyonhospice.com">www.frasercanyonhospice.com</a>	
Heron Hospice Society of Delta	604-245-7380 <a href="http://www.heronhospice.org">www.heronhospice.org</a>	
Langley Hospice Society	604-530-1115 <a href="http://langleyhospice.com">langleyhospice.com</a>	
Mission Hospice Society	604-826-2235 <a href="http://www.missionhospice.bc.ca">www.missionhospice.bc.ca</a>	
New West Hospice Society	236-333-8411 <a href="http://www.newwesthospice.ca">www.newwesthospice.ca</a>	
Ridge Meadows Hospice Society	604-463-7722 (Maple Ridge) <a href="http://www.ridgemeadowshospicesociety.com">www.ridgemeadowshospicesociety.com</a>	
Surrey Hospice Society	604-584-7006 <a href="http://www.surreyhospice.com">www.surreyhospice.com</a>	
Peace Arch Hospice Society	604-531-7484 <a href="http://www.peacearchhospice.org">www.peacearchhospice.org</a>	

[www.fraserhealth.ca](http://www.fraserhealth.ca)

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### Resources for Parents

The Compassionate Friends of Canada (BC Chapter)	778-222-0446 (Burnaby) 604-289-0097 (Mission) 604-536-6522 (Surrey, White Rock) <a href="http://tcfcanada.net">tcfcanada.net</a>	Drop-in support group for parents who have lost a child (at any age). Chapters around the province. <b>No charge.</b>
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### Resources specific to Medical Assistance in Dying (MAiD)

Bridge C-14	<a href="http://bridgec14.org">bridgec14.org</a>	Ontario-based non-profit organization best accessed through their Facebook page. Bridge C-14 provides compassionate support to families throughout their journey with medical assistance in dying (MAiD).
Dying with Dignity Canada	Toll free: 1-844-395-3640 <a href="mailto:support@dyingwithdignity.ca">support@dyingwithdignity.ca</a>	A national not-for-profit organization that provides specialized support for individuals and families who may have difficult emotions that can arise from a loved one choosing an Assisted Death.

### Resources for Children and Teens

Lumara Grief and Bereavement Care Society (formerly Camp Kerry)	604-553-4663 <a href="http://lumarasociety.org">lumarasociety.org</a>	One-to-one counselling, bereavement retreats, support groups, online support community, youth program
Canuck Place – Children’s Hospice	604-731-4847 <a href="http://www.canuckplace.org">www.canuckplace.org</a>	One-to-one counselling, bereavement groups for parents and siblings. <b>No charge.</b>
Vancouver Hospice Society - Children’s Grief and Family Support Program	604-737-7305 (ext. 218)	Grief support for children who have experienced the death of a parent or another significant adult in their life.

**Online Resources for Children and Teens**

Teens and Death	<a href="http://www.teensanddeath.com">www.teensanddeath.com</a>	Online information and actions to help teens through grief.
The Dougy Centre (The National Center for Grieving Children and Families, USA)	<a href="http://www.dougy.org/grief-resources/help-for-teens">www.dougy.org/grief-resources/help-for-teens</a>	Online grief information for teens and their families.
KidsGrief	<a href="http://www.kidsgrief.ca">www.kidsgrief.ca</a>	Information for parents and caregivers supporting bereaved children and youth.
Learning Through Loss	<a href="http://www.learningthroughloss.weebly.com">www.learningthroughloss.weebly.com</a>	Grief and loss education and supportive programs for youth.
National Alliance for Grieving Children, USA	<a href="http://www.childrengrieve.org">www.childrengrieve.org</a>	Online resources for grieving children and teen.
Youthspace	<a href="http://www.youthspace.ca">www.youthspace.ca</a>	Support and counselling for youth via text, chat, forum and e-mail.

**Online Resources for Adults**

Canadian Virtual Hospice	<a href="http://www.MyGrief.ca">www.MyGrief.ca</a>	Online portal for learning about grief. <b>No charge</b> for Canadian users.
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**Resources for Seniors**

Century House Seniors Peer Counselling	604-519-1064 (New Westminster) <a href="http://www.chspc.ca">www.chspc.ca</a>	One-to-one support by trained senior volunteers. <b>No charge.</b>
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**Resources for Suicide Survivors**

CHIMO Community Services	604-279-7077 <a href="http://www.chimoservices.com">www.chimoservices.com</a>	Suicide related loss support programs and one to one counselling. <b>No charge.</b>
S.A.F.E.R. (Suicide Attempt Follow-up Education and Research)	604-675-3985 <a href="http://crisiscentre.bc.ca">crisiscentre.bc.ca</a>	Support programs for suicide related deaths and one to one counselling with professionals. <b>No charge.</b>

**Crisis Services**

Crisis Lines	604-872-3311 (Vancouver, North Shore) 604-279-7070 (Richmond, Delta)	Telephone lines for those in crisis and needing emotional support. Adults, teens, children, 7 days per week
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