

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 No charge
B.C. Bereavement Helpline	1-877-779-2223 604-738-9950 bcbereavementhelpline.com	Offers helpline for emotional support Connects you to grief support services such as support groups in the community No charge

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 livingthroughloss.ca	Individual one-to-one counselling 1 hour sessions for a fee Occasional group therapy sessions.
Family Services of Greater Vancouver	604-874-2938 www.fsgv.ca	Vancouver, Richmond, Burnaby/New Westminister, Surrey
Bridge to Life	604-462-0124 www.bridgetolife.ca	Christian Counselling Ministry Fees by donation
Fraser River Counselling Centre	1-604-513-2113 www.fraserrivercounselling.ca	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 jfsa.ca	Fees are sliding scale based on income

Support Groups and Education

Camp Kerry	604-553-4663 campkerrysociety.org	Provides education, support, and counselling services to individuals, families, and groups
Lower Mainland Grief Recovery Society	604-696-1060 lmgr.ca	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 www.abbotsfordhospice.org	<p>Hospice Societies offer emotional support, counselling, and volunteer visiting. Some also have a lending library.</p> <p>One to one support, grief counselling, and group support programs for adults. Some offer supports for children.</p> <p>No charge. Donations appreciated.</p>
Burnaby Hospice Society	604-520-5087 burnabyhospice.org	
Chilliwack Hospice Society	604-795-4660 www.chilliwackhospice.org	
Crossroads Hospice Society	604-945-0606 (New Westminster, TriCities) www.crossroadshospicesociety.com	
Delta Hospice Society	604-948-0660 deltahospice.org	
Fraser Canyon Hospice Society	604-860-7713 www.frasercanyonhospice.com	
Langley Hospice Society	604-530-1115 langleyhospice.com	
Mission Hospice Society	604-826-2235 www.missionhospice.bc.ca	
New West Hospice Society	236-333-8411 www.newwesthospice.ca	
Ridge Meadows Hospice Society	604-463-7722 (Maple Ridge) www.ridgemeadowshospicesociety.com	
Surrey Hospice Society	604-584-7006 www.surreyhospice.com	
Peace Arch Hospice Society	604-531-7484 www.peacearchhospice.org	

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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) tcfcanada.net	Drop-in support group for parents who have lost a child (at any age). Chapters around the province. No charge.
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Resources specific to Medical Assistance in Dying (MAiD)

Bridge C-14	bridgec14.org	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 support@dyingwithdignity.ca	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

Camp Kerry	604-553-4663 campkerrysociety.org	One-to-one counselling, bereavement retreats, support groups, online support community, youth program
Canuck Place – Children’s Hospice	604-731-4847 www.canuckplace.org	One-to-one counselling, bereavement groups for parents and siblings. No charge.
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	www.teensanddeath.com	Online information and actions to help teens through grief.
The Dougy Centre (The National Center for Grieving Children and Families, USA)	www.dougy.org/grief-resources/help-for-teens	Online grief information for teens and their families.
KidsGrief	www.kidsgrief.ca	Information for parents and caregivers supporting bereaved children and youth.
Learning Through Loss	www.learningthroughloss.weebly.com	Grief and loss education and supportive programs for youth.
National Alliance for Grieving Children, USA	www.childrengrieve.org	Online resources for grieving children and teen.
Youthspace	www.youthspace.ca	Support and counselling for youth via text, chat, forum and e-mail.

Online Resources for Adults

Canadian Virtual Hospice	www.MyGrief.ca	Online portal for learning about grief. No charge for Canadian users.
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Resources for Seniors

Century House Seniors Peer Counselling	604-519-1064 (New Westminster) www.chspc.ca	One-to-one support by trained senior volunteers. No charge.
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Resources for Suicide Survivors

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

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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