



Grief and Bereavement Resources List


A collection of useful links and resources to help you and your loved ones cope with grief during the holidays. This list has been developed collaboratively by the Coalition members based on their suggestions and recommendations. Please note some of these resources are external resources.

Resources	Notes
Canadian Cancer Society Support Resources List	
CSS Resources	
CHPCA's Bereavement Day resources	
Poster – 1 – 2020 Poster – 2 – 2020 “Grief is a Shared Journey” PHYSICALLY DISTANCED...BROUGHT TOGETHER BY GRIEF	Available in EN and FR
Grief and Bereavement FAQ sheet – Click here	last updated November 2020 Available in EN and FR
Grief and Bereavement Resources Repository	last updated November 2020 External resources
The Saying goodbye Concert	A heartfelt musical journey
CHPCA's memorial page	Submit a memorial. Together we remember and honour our, family, friends, loved ones, and coworkers.
Poster – 1 – 2019 “COPING WITH OUR GRIEF” Together through living and grieving	Available in EN and FR
Poster – 2018 “grief and bereavement is a part of life” Talking about grief in the workplace.	Available in EN and FR
ACP Gift poster	Advance Care Planning, holiday poster



“This year give something different”	
ACP poster “Lets talk turkey”	Advance Care Planning, holiday poster
Grief and wellbeing resources on the CHPCA marketplace	External resources
Stories of Compassion – Bereavement Day Edition End-of-life Doula: Working with Dying People and their Families Understanding Grief: About Grief and Bereavement The contribution of the accompanying person through art to palliative care during the pandemic	Grief and bereavement on E-hospice – themed edition In English only
A free webinar in honour of National Bereavement Day in Canada.	1. Updates from National Bereavement Day – highlights of the 2020 National Bereavement Day and Saying Goodbye Virtual Concert from the CHPCA 2. Review of the Grief and Bereavement Scoping Review from the QELCCC Research and Knowledge Translation (KT) Committee 3. Learn about the regional Grief and Bereavement Planning Project from the Champlain Hospice Palliative Care Program In English only
National Initiative for the Care of the Elderly (NICE)	
<i>Talk to NICE</i> (Talk2NICE nicenet) senior friendly call service to counter isolation and loneliness and the related pocket tool:	From a National Initiative for the Care of the Elderly (NICE) perspective.

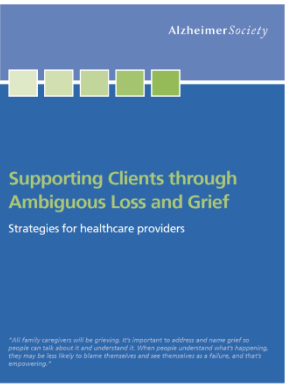
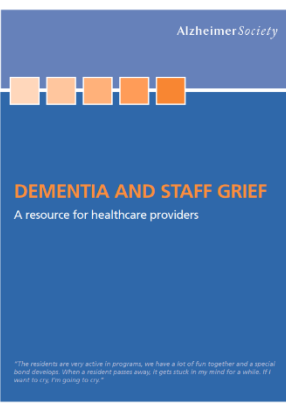


 <p>(Toolkits nicenet)</p>	
<p>Pallium Canada's resources Including the field of compassionate communities and the webinar series.</p>	
<p>Compassionate Communities A program run by 3 psychologists.</p>	<p>The focus is to create a space where those grieving in isolation due to COVID can come together.</p> <p>In French only</p>
<p>Yvonne Heath – Just Show Up TEDx talk – Transforming Our Grief by Just Showing Up. Real Life Talks with Yvonne Heath and Andrea Warnick</p>	<p>In English only</p>
<p>Live your Life to Death - Tips on Navigating Life and Grief</p>	<p>In English only</p>
<p>Virtual Hospice Resources</p>	
<p>Grief in Times of Celebration: The Empty Spot</p>	<p>Available in EN and FR</p>
<p>www.mygrief.ca</p>	<p>An initiative offering resources to help Canadians understand and work through their grief.</p> <p>Available in EN and FR</p>
<p>Resources for children and their families:</p>	



www.Kidsgrief.ca	<p>A free online resource that helps parents support their children when someone in their life is dying or has died. It equips parents with the words and confidence needed to help children grieve life's losses in healthy ways.</p> <p>Available in EN and FR</p>
Resources for grieving children and those supporting them	<p>Available in EN and FR</p>
Roger Neilson House bereavement services	<p>Available in EN and FR</p>
<p>Alzheimer Society of Canada Resources on Ambiguous Loss and Grief</p>	
<div data-bbox="220 1150 508 1533"> </div> <div data-bbox="548 1140 857 1270"> <p>Ambiguous loss and grief in dementia: A resource for individuals and families.</p> </div> <div data-bbox="548 1308 815 1373"> <p>Here is the resource in English and French.</p> </div>	<p>This booklet helps caregivers understand how grief can affect them and the person with dementia. The booklet contains useful strategies and tips to help a caregiver cope with multiple losses and grief, stay connected to the person with dementia, and remain healthy and resilient through the progression of the disease.</p>



	<p>Supporting clients through ambiguous loss and grief: A resource for healthcare providers.</p> <p>Here is the resource in English and French</p>	<p>This booklet is intended to help healthcare providers understand how loss and grief affect people with dementia and their caregivers. It provides useful strategies that healthcare providers can use to help families deal with their multiple losses and grief, stay connected to the person with dementia, and build their own strength and resilience through the progression of the disease.</p>
	<p>Dementia and staff grief: A resource for healthcare providers.</p> <p>Here is the resource in English and French</p>	<p>This booklet helps health and social care providers, and their organizations, understand the multiple losses experienced by staff caring for people with dementia across the continuum of care. The booklet provides information about how staff can be effectively supported in managing their loss and grief when clients are dying and after their deaths, transitioning out of a program or to another level of care.</p>
<p>Acknowledging Staff Grief: When Working with Dementia: It is Vital - https://vimeo.com/119876282</p> <p>Ambiguous loss and grief - https://vimeo.com/78838766</p>		<p>The Alzheimer Society of Canada has also released two webinars on Ambiguous Loss and Grief.</p>
<p>The Mental Health Commission of Canada: A suite of COVID-19 related resources Available in both English and French</p>		
<p>Coping With Stress, Anxiety, And Substance Use During COVID-19</p> <p>Social Connection in the Era of Physical Distance</p>		
		<p>Resources for older adults</p>



How older adults can protect their mental wellness during COVID-19 Caring for older adults during COVID-19	
Caregiving in the era of COVID-19: What to expect, and how to cope Fact Sheet Infographic	Resources on caregiving
Guide to student mental health during COVID-19	Resources for students