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AGENCIES AND GROUPS

Bereaved Families of Ontario

Monthly support meetings for bereaved parents, one on one support, lending library, speakers bureau, miscarriage support. Also offers *Children's Grief Support* groups for children ages 7 to 14, and *Sharing Together & Remembering (STAR)* a Teen Grief Support Workshop for youth ages 15 to 23 who have experienced the death of a sibling or parent. No fees. 519-686-1573 — bfo.london.on.ca

Bereavement Resource Council of Elgin

Bereavement support for children, teens, and adults residing in Elgin County. Group support with individual support also available. Educational resources. No fees. 519-633-2149 — brce.ca

Canadian Mental Health Association, London-Middlesex Branch

Offers support to adults who have lost a friend or relative to suicide. Limited individual support/information/referral. The *Survivors of Suicide* group is a professionally facilitated group offered twice annually for 8 weekly sessions to people who are 6 months or more from their loss. Intake required. No fees. 519-434-9191 — london.cmha.ca

Canadian Sudden Arrhythmia Death Syndromes Fndn.

Provides support, educational resources, research, and genealogy information for parents and siblings of children/young adults who are genetically predisposed to sudden death due to cardiac arrhythmia. 905-826-6303 (1-877-525-5995) — sads.ca

Daya Counselling Centre

Daya has a number of counsellors specializing in grief and loss for individuals and couples. Daya honors an individual's human and spiritual nature. *Sliding scale.* 519-434-0077 x392 — dayacounselling.on.ca

Family Service Thames Valley

Provides bereavement counselling on a sliding scale to residents of London and Middlesex. 519-433-0183 — familyservicethamesvalley.com

Good Grief Resource Centre

Provides individualized support, specialized groups and community education. *Parents and their Children Healing* is an interactive grief group for children (2.5 to 7 yrs) and their families. *Bridges* is a support group for partner loss. **519-697-4541 — patchforkids.ca**

Healing Heart Group

Support group for adults, general bereavement. Fees. **519-686-1946**

Hospice of London

Provides support programs for people grieving the loss of a loved one. Programs include: peer support walking groups, art therapy for children ages 6-12, and complementary therapies to help with the grieving process. *No fees.* **519-438-2102 — hospiceoflondon.com**

Journey through Loss

An on-going support group for adults, general bereavement. Intake is done over the phone. **519-782-5515 — journeythroughloss.ca**

London and District Distress Centre & Seniors Help Line

24 hour, 7 days a week help lines for confidential support for people who may need a supportive listener/crisis intervention.

519-667-6711 (Distress Centre);

519-667-6600 (Seniors Line) — londondistresscentre.com

London Health Sciences Centre, Child and Adolescent Mental Health Care Program

Individual counselling for children and adolescents age 15 or younger.

Special interest in areas of post trauma and complicated grief.

519-667-6640 — lhsc.on.ca

AGENCIES AND GROUPS — Continued

London Regional Cancer Program

Individual grief counselling is provided by social workers to family members whose loved one was a patient at the Centre.

519-685-8600 x58622 — lhsc.on.ca/About_Us/LRCP/

Memorial Society of London

A non-profit, volunteer, consumer advocacy organization that promotes the planning of funerals with an emphasis on simplicity, dignity and moderate cost. Memberships welcome. Speakers. 519-649-1014 — memsoclondon.com

Mother's Against Drunk Driving (MADD)

Provides victim support to anyone who has lost a loved one or been injured due to an impaired driving crash. Offers non-professional grief counselling and comprehensive information about the judicial process as it relates to impaired driving. No fees. 519-645-1350 — maddlondon.com

Perinatal Bereavement Service Ontario

Offers support to parents who have suffered a miscarriage, ectopic pregnancy, medical termination, stillbirth or newborn death. Support groups now serving Woodstock. 1-888-301-7276 — pbso.ca

Serenity House Hospice, St. Thomas

Provides quality end of life care, all ages. Support services are not just for the person experiencing end of life challenges, but support for the caregiver, family and after care as well. 519-637-3034 — serenityhousehospice.ca

Suicide Bereavement Support Group

This on-going peer support group meets each 2nd Tuesday of the month at 7 pm. Registration is not required. Location: Canadian Mental Health Association, 648 Huron Street, London. 519-434-9191 (CMHA, Information/Referral)

St. Joseph's Health Care, Parkwood Hospital Palliative Care Unit

Provides individual bereavement counselling to family members who have had a loved one die on the Palliative Care Unit.

519-685-4292 x42506 (Andrew Feron)

Third Age Outreach Program

Offers Widows and Widowers an educational and social group for bereaved seniors (age 60+). **519-661-1621**

University of Western Ontario

Individual and group counselling addressing bereavement and loss for UWO students.

519-661-3771 — shs.uwo.ca/counselling

519-661-3031 — sdc.uwo.ca/psych/

VON, Middlesex County

Provides volunteers to support individuals and their families who are facing a life threatening/life altering condition, or who have lost a loved one. Also, individual or group bereavement support.

519-245-3170 or 1-800-265-7058 — von.ca

Wellspring London and Region Cancer Support Centre

Offers an 8-week support group to individuals who have lost a loved one to cancer. Call to register. Also provides a resource/lending library.

519-438-7379 — wellspringlondon.ca

FEE-FOR-SERVICE PRIVATE PRACTICE COUNSELLING

Fees for private practice counselling vary depending upon the experience and/or credentials of the counsellor/therapist. Some counsellors do offer a sliding scale, so be sure to ask. Psychiatrists and physicians are the only professionals covered by OHIP to provide therapy as they are medical doctors.

You may qualify for workplace benefits that would cover all or some of the cost. The main ways in which workplace coverage may be accessed are:

Employee Assistance Programs either at your workplace or that of your spouse/partner. Check availability through the human resources department of the company/organization. There is no fee for this service, and although the provision is for short-term counselling, which generally ranges from three to eight sessions, it is often possible to continue the counselling on a fee-for-service basis.

Your workplace may have an extended health care insurance plan that includes counselling as one of the benefits or may provide a sum of money that you can draw upon. Be sure to check the types of counsellor qualifications the plan covers. Some specify that they will only pay for counselling by a registered psychologist, whereas others will include registered social workers, and counsellors with other types of training.

The following counsellors provide bereavement counselling. Additional information for each may be found at www.dayacounselling.on.ca

Alexander, Susan , MSW	519-200-5763
Arnold, Carrie , M.Ed, RSW, CCC	519-435-0256
Bates, Dr. Kirk , Ph.D. (Psychology)	519-679-6179
Bradford, Linda or Bruce , MSW	519-858-1616
Breaton, Lee Anne , MSW, RSW	519-663-9524
Desun, Dr. Lisa M. , Ph.D. (Psychology)	519-670-6188
Dwyer, Maureen , BA, Cert. Palliative Care & Than	519-680-1245
Enns, Tara , HBSc Psych., CPC, ACC	519-641-2721
Fernando , Dr. M, M.D., FRCPC (Psychiatry)	519-472-1081
Foster, Sandra , M.A.	519-671-5051
Freedy, Jenifer , M.Ed., RSW, CCC	519-936-5542



OF THE HEART

A Bereavement Directory for London and Region

Gorodzinsky, Adela , M.Ed.	519-642-1966
Gough, Mindy , BSW, Cert. Palliative Care & Than.	519-275-3770
Grant, Linda , MSW, RSW	519-471-0067
Grenier, Dr. Guy , Ph.D. (Psychology)	519-438-7131
Hammond, Sallie , B.A.	519-473-1542
Harris, Darcy , M.Ed., RSW	519-858-0669
Harvey, Marlene , M.Div.	519-858-3922
Heinrichs, Doris , BSc.N., M.Ed.	519-472-7700
Herscovitch, Dr. Joel , Ph.D. (Psychology)	519-679-3331
Hunter, Brad , BA, CHt	519-777-3471
Jaco, Dr. Rose Marie , Ph.D. (Social Work), RSW	519-439-1272
Jones-Warrick, Barbara , M.Ed., Cert. Play Therapist	519-936-0108
Karn, Kathy , M.Ed.	519-657-7762
Kravalis, Gunar , M.Div., M.Th.	519-453-2256
Liebau, Paul , M.Div.	519-645-4053
Machado, Rebecca , M.Ed., CCC	226-374-4988
Marti, Carmen , M.Ed., CCC	519-439-5789
Massel, Tom , MSW, RSW, CTS	519-432-1821
McIntosh & Associates , MSW, RSW	519-319-3186
McGill, Marg , M.Ed., RSW	519-660-0217
McKenzie, Dr. Sandra , Ph.D. (Psychology).	519-432-6200
Mendis-Mogenson, Rita , MSW, RSW	519-657-4878
Misurak, Leslie , B.A., Cert. Palliative Care &Thanatology	519-782-5515
Mogenson, Greg , M.A., Dipl. Analyt. Psych.	519-657-4878
Moir, Randa , MSW, RSW, RMFT	519-663-9524 x810
Newby, Anne , M.A.	519-679-3517
Nielsen, Gail , M.A.	519-289-1040
Oliver, Terri-Lynn , M.Ed., CCC.	519-200-5987
O'Neil, Trish , M.Div.	519-614-6814
Rattenbury, Dr. Christine , Ph.D. (Psychology)	519-457-4705
Scott, Derek , RSW	519-438-6777
Sheskin, Rena , M.Ed., RSW, CCC	519-432-6676
Shook, Lorie , BA, Dipl. A.T., A.T.I.	519-472-8716
Stewart, Cheryl , M.Ed., CCC	519-636-6179
Stirling, Judy , MSW, RSW	519-663-9524 x 816
Tallman, Grace , RN, BScN, Certif. Grief & Bereavement	519-433-0981
Unger, Dr. Robert S. , Ph.D. (Psychology)	519-660-4811
VanderSchaaf, Nancy , M.Ed.	519-318-4656
Van Reenen, Patricia , MSW, RSW	519-451-6837
Ware, Mike , MSW, RSW	519-637-9956
Webb, Larissa , MSW	519-642-1920
Wood, Karen	519-471-7016
Woodson, Anna , MSW	519-858-2493
Yepez-Millon, Morella , M.Ed., RSW	519-936-2168

GUIDELINES FOR SELECTING A COUNSELLOR

Selecting a counsellor can be a challenging step in the grieving process. Taking care of yourself at this time is important. Remember to trust your instincts. If you receive a referral, you do not have to choose that counsellor if s/he does not meet your needs.

Phone first to get a feel for the counsellor. Prepare a list of questions before you make the call. They may include some of the following:

- + What is the counsellor's training and experience regarding your issues?
- + What type of therapy does the counsellor provide?
- + Would it be suitable for you?
- + Is there a fee? If so, how much? Is there coverage under your medical insurance plan? What is the billing procedure?
- + How long is the wait list? How often might the counsellor be able to see you?
- + Where is the counsellor's office located and what are the hours of work?
- + Does the counsellor consult with other professionals for peer or other supervision of the counsellors work?
- + Any other questions you feel are important.

After you have met with your counsellor a few times you may ask yourself:

- + Did you feel comfortable and understood?
- + Can you talk about the issues that are most important to you?
- + What are your goals in counselling? Are you working together toward common goals?

What if you are concerned about what is happening in your therapy?

- ✦ Trust your instincts. If something does not seem right to you, talk it over with someone you trust. It is important not to stay with a counsellor who is not helping you or doing you harm.

Healing takes time and there may be periods where it is difficult to notice any progress, or you may feel setbacks and frustration. Progress is shown by improvement over time. You and your counsellor may be the best judges.

BOOKS

General Bereavement

- ✦ *The Courage to Grieve.* Tattelbaum, Judy
- ✦ *Grief: The Courageous Journey.* Lang & Caplan
- ✦ *How to Go On Living When Someone You Love Dies.* Rando, Therese
- ✦ *Life's Losses: Living Through Grief, Bereavement and Sudden Change.* Wylie, B.J.
- ✦ *Living Beyond Loss: Death in the Family.* Walsh, F. & McGoldrick, M.
- ✦ *Life After Loss.* Deits, Bob
- ✦ *Living Through Mourning.* Sarnoff Schiff, Harriett
- ✦ *The Mourning Handbook: A Complete Guide for the Bereaved.* Fitzgerald, H.
- ✦ *Living When a Loved One has Died.* Grollman, Earl
- ✦ *Understanding Grief: Helping Yourself Heal.* Wolfelt, Alan
- ✦ *What Helped Me When My Loved One Died.* Grollman, Earl
- ✦ *What Will Help Me? How Can I Help?* Miller, James
- ✦ *When Bad Things Happen to Good People.* Kushner, Harold

Bereaved Spouse

- ✦ *Being a Widow.* Caine, Lynne
- ✦ *Finding your Way After Your Spouse Dies.* Felber, Marta
- ✦ *I Can't Stop Crying.* Martin & Ferris
- ✦ *Surviving the Death of your Spouse.* Levinson, Deborah
- ✦ *Widower: When Men are Left Alone.* Campbell & Silverman
- ✦ *Widows Journey: A Return to the Loving Self.* Rose, Xenia
- ✦ *Wife After Death.* Anderson, M.
- ✦ *The Young Widow: Conflicts and Guidelines.* Ferguson et. al.

Men's Grief

- ✦ *Swallowed by a Snake.* Golden, Tom
- ✦ *When a Man Faces Grief/ When a Man You Know is Grieving.* Golden, T.
- ✦ *When Men Grieve: Why Men Grieve Differently and How You Can Help.* Levang, E.

Bereaved Parents

- ✦ *A Broken Heart Still Beats.* McCracken, Anne
- ✦ *After the Death of a Child.* Finkbeiner, Ann
- ✦ *The Bereaved Parent.* Sarnoff Schiff, Harriet
- ✦ *Beyond Endurance.* Knapp, Ronald
- ✦ *Empty Cradle, Broken Heart.* Davis, Deborah
- ✦ *How to Survive the Loss of a Child.* Sanders, C.
- ✦ *Miscarriage: Women Sharing from the Heart.* Allen & Marks
- ✦ *Recovering from the Loss of a Child.* Donnelly, K.
- ✦ *What Forever Means after the Death of a Child.* Talbot, Kay

- ✦ *When a Baby Dies: Answers to Comfort Grieving Parents.* Nash, R.
- ✦ *When the Bough Breaks.* Bernstein, Judith
- ✦ *When Goodbye is Forever.* Branblett, John
- ✦ *The Worst Loss.* Rosof, Barbara

Bereaved Children

- ✦ *150 Facts about Grieving Children.* Linn, Erin
- ✦ *After Charlotte's Mom Died.* Spelman, Cornelia
- ✦ *Fall of Freddie the Leaf.* Buscaglia, Leo
- ✦ *Henry and Harriet.* MacArthur, Henriette
- ✦ *Learning to Say Goodbye: When a Parent Dies.* LeShan, Eda
- ✦ *Lifetimes: A Beautiful Way to Explain Death.* Mellonie, Byran
- ✦ *On the Wings of a Butterfly: A Story About Life and Death.* Maple, M.
- ✦ *Our Special Garden: Understanding Cremation: Learning to Cope with Loss and Transition.* Carney, Karen L.
- ✦ *Saying Goodbye to Daddy.* Vigna, Judith
- ✦ *Talking About Death: A Dialogue Between Parent and Child.* Grollman, Earl
- ✦ *The Saddest Time.* Simon, Norma
- ✦ *When Dinosaurs Die.* Krasky, Brown L.M.

Bereaved Children Interactive/Activity books

- ✦ *Healing Your Grieving Heart for Kids.* Wolfelt, Alan
- ✦ *Help Me Say Goodbye.* Silverman, Janis
- ✦ *My Grieving Journey Book.* Shavatt, Donna
- ✦ *When Someone Very Special Dies.* Heegard, Marge

Supporting Bereaved Children: Books for Adults

- ✦ *Bereaved Children and Teens.* Grollman, Earl
- ✦ *Healing Children's Grief.* Hyslop Christ, Grace

Bereaved Teens

- ✦ *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love.* Grollman, Earl
- ✦ *Teenagers Face to Face with Bereavement.* Gravelle, Karen
- ✦ *All Rivers Flow to the Sea.* McGhee, Alison

Bereaved Teens Interactive/Workbooks

- ✦ *Death & Dying.* Peacock, Carol Antoinette
- ✦ *Healing Your Grieving Heart for Teens.* Wolfelt, Alan
- ✦ *A Teen's Simple Guide to Grief.* Cunningham, Alexis

Inspirational

- ✦ *A Time To Grieve.* Staudacher, C.
- ✦ *How to Survive the Loss of a Loved One.* Colgrove, M.
- ✦ *In the Midst of Winter.* Moffat, M.
- ✦ *Life Prayers.* Roberts, E.
- ✦ *The Prophet.* Gibran, K.
- ✦ *Safe Passage.* Fumia, M.

Helping Professionals

- ✦ *Creating Meaningful Funeral Ceremonies: A Guide for Caregivers.* Wolfelt, A.
- ✦ *Death and Grief: A Guide for Clergy.* Wolfelt, A.
- ✦ *Death and the Classroom: A Teacher's Guide to Assist Grieving Students.* Cassini, K.
- ✦ *Funerals without God: A Practical Guide to Non Religious Funerals.* Wilson, J.
- ✦ *In Memoriam: A Practical Guide to Planning a Memorial Service.* Bennett, A.

Trauma

- ✦ *After Suicide.* Hewlett, John
- ✦ *Healing after the Suicide of a Loved One.* Smolin & Guinan
- ✦ *No Time For Goodbyes.* Lord, Janice
- ✦ *Recovering for the Loss of a Loved One to AIDS.* Donnelly, K.
- ✦ *Suicide Survivors: A Guide for Those Left Behind.* Wrobleske, A.
- ✦ *Surviving When Someone You Loved Was Murdered.* Redmond, L.
- ✦ *Who Lives Happily Ever After? For Families Whose Child Has Died Violently.* Turnbull, S.
- ✦ *Aftershock: Help, Hope, and Healing in the Wake of Suicide.* Cox, David

WEBSITES

www.bereavedfamilies.net

Help for parents and siblings who have lost a child. Links to resources.

www.webhealing.com

Grief and healing discussion page, resources, men's grief.

www.death-dying.com

General information, support for grief and loss.

kings.uwo.ca/academics/academic-departments/department-of-interdisciplinary-programs/thanatology/

Links to international work on death, dying and bereavement, study programs and courses.

www.dayacounselling.on.ca

Lists bereavement services and supports in the London-Middlesex area. Printable version of this booklet available.

www.helpguide.org/mental/grief_loss.htm

General and specific information on grief and loss, links to other resources.

www.nmha.org

General information for coping with loss, bereavement, grief.

www.obituarieshelp.org

Message samples for expressing words of sympathy.

VIDEOS

A Cradle Song (1991). Canadian Learning Company.

Children Die Too (1990). Kinetic.

Surviving Death: Stories of Grief (1986). Canadian Learning Company.

To Touch a Grieving Heart (1995). McIntyre Media.

What Do I Say To My Children? (1989) Aquarius Productions.

Where's Pete? (1991) National Film Board of Canada.

Saying Goodbye Series, TVO:

A Promise Broken, A Grief Shared, The First Snowfall, A Home Alone, Thunder in my Head.

MAINSTREAM VIDEOS

Beaches

City of Angels

The Fisher King

Ghost

Hanging Up

Life is a House

The Lion King

Lorenzo's Oil

Men Don't Leave

Meet Joe Black

Message in a Bottle

My Life

One True Thing

Ordinary People

Patch Adams

Shadowlands

Steel Magnolias

Stepmom

Sweet November

The Son's Room

To Dance with the White Dog

To Gillian on her 37th Birthday

What Dreams May Come

SPEAKERS BUREAU

Grief is a universal experience. It often has been called the price we pay for loving and being connected to others around us. Everyone will experience grief at some point in their lives, yet each person's grief experience is unique. We grieve different losses, different ways. In addition, each individual will have different needs during bereavement.

Our speakers include individuals from our community who support individuals and families experiencing grief and bereavement. These speakers are professional counsellors, educators, health care workers, and family members. Together, they offer a wealth of both professional and personal experience in supporting people through a difficult process.

If you would like a speaker for your group, workplace, or school please contact us via e-mail at: info@dayacounselling.on.ca with your request and particulars (date, time, honorarium availability, topic, audience).

Your request for a speaker will be forwarded to our list of speakers via e-mail. We cannot guarantee that someone will be available for all requests. Also note that speakers may charge a fee.

If you would like to register as a speaker, please call us at **519-434-0077 x392**.