



Grieving the loss of a loved one

Saying goodbye to a loved one is never easy. This resource contains information about bereavement, referrals to community services, support groups, articles, videos, and more to support you with the grieving process.



Student Counselling & Development
Division of Students
York Univeristy



“My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love.”

Unknown



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General information about grieving the loss of a loved one

Understanding and Coping with Loss and Grief

By: CMHA

<http://ontario.cmha.ca/documents/understanding-and-coping-with-loss-and-grief>

Grieving [Brochure]

By: CMHA

<https://cmha.ca/wp-content/uploads/2016/02/Grieving-NTNL-brochure-2014-web.pdf>

Grief, Bereavement and Loss: A guide to coping with loss after the death of a loved one

By: University Health Network

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Grief_Bereavement_and_Loss_a_guide_to_coping.pdf



Grieving during a pandemic

How to Cope with Bereavement During the COVID-19 Pandemic

By: Psychology Today

<https://www.psychologytoday.com/us/blog/bravery-in-bereavement/202004/how-cope-bereavement-during-the-covid-19-pandemic>

A Pandemic of Grief

By: Urban Balance.com

<https://urbanbalance.com/a-pandemic-of-grief/>

Understanding Grief in the Age of the Covid-19 Pandemic

By: Very Well Mind

<https://www.verywellmind.com/understanding-grief-in-the-age-of-the-covid-19-pandemic-4801931>

A new grief: Staying connected to help Covid-19 Corona Virus

By: Shiva.com

<https://www.shiva.com/learning-center/coping/a-new-grief-staying-connected-to-help-covid-19-coronavirus/>

Grief and fear after a Covid-19 Death: Managing a Double Trauma

By: CNN

<https://www.cnn.com/2020/04/01/health/grief-fear-coronavirus-wellness/index.html>

Grief Resources during COVID-19

<https://www.familiesfirst.ca/grief-during-covid-19>



Support forums & groups

**Online support groups and forums are meant to support and not replace professional mental health treatment or medical help*

Grieving.com

Grief support via community interaction.

Healthful Chat

<https://www.healthfulchat.org/bereavement-chat-room.html>

Bereavement and grief forums and social network specifically for bereavement and grief peer support

Journey of Hope

<http://journeyofhearts.org/index.html>

This site provide resources and support to those who have experienced loss, be it acute or long- standing.

Loss & Living: Grief 101 for COVID-19

<https://www.eventbrite.ca/e/loss-living-grief-101-for-covid-19-registration-100312316840>

This weekly gathering supports deeper understanding of grief and loss due to COVID-19 and sharing of hope-giving and healthy coping skills.

Open to Hope

<https://www.opentohope.com>

Open to Hope is an online community offering inspirational stories of loss, hope and recovery.



Community referrals

Bereaved Families of Ontario – Toronto

www.bfotoronto.ca

250 Merton St., Toronto, ON

(416) 440-0290

info@bfotoronto.ca

Bereavement support groups for parents, spouses, young adults and adults.

Bereaved Families of Ontario - 12 locations in ON

www.bereavedfamilies.net

info@bereavedfamilies.net

Groups for adults, children, workshops for teens, one-on-one support, lending library, reading material package on various topics can be mailed out; programs facilitated by trained volunteers who are grieving themselves.

Centre for Addiction and Mental Health

100 Stokes St., room 5274, Toronto, ON

(416) 535-8501 ext. 32175

One-on-one grief counselling for clients and families.

Dr. Jay Children's Grief Centre

<https://drjaychildrensgriefcentre.ca>

250 Davisville Ave, Suite 405, Toronto, ON

(416) 360-1111

Counselling, support groups, camps, resources, and more supporting individuals with death and dying, while building strength, resilience and hope.

Grief Share

<https://www.griefshare.org/countries/ca/states/on/cities/toronto>

Grief recovery support groups meeting weekly in Toronto.

**Thursday 7pm group meeting online during COVID-19*

Hospice Toronto

<https://hospicetoronto.ca/services-programs/>
55 Eglinton Ave. East, Suite 502, Toronto, ON
(416) 364-1666

One-on-one bereavement support

Scarborough and Rouge Hospital

www.rougevalley.ca
3050 Lawrence Ave. E., Scarborough, ON
(416) 438-2911 ext. 5334
amuhia@tsh.to

One-on-one support counselling during the grief and bereavement process, which is offered by a spiritual care practitioner who is also a psychotherapist

**Most hospitals provide grief counselling through their spiritual care department.*

WoodGreen Community Services

www.woodgreen.org
815 Danforth Ave., main floor, Toronto, ON
(416) 645-6000 ext. 5260

Individual and group bereavement support





Online resources

Tip Sheets

By: Bereaved Families of Ontario- Halton/ Peel

<https://www.bereavedfamilies.ca/tipsheets>

Grieving: Where to go when you're looking for help

By: CAMH

<https://www.camh.ca/-/media/files/community-resource-sheets/grieving-resources-pdf?la=en&hash=88E4A67DE31BCA9D5E46E643750490AA44D7E9DE>

Indigenous Voices: Honouring Our Loss and Grief

By: Canadian Virtual Hospice

<http://livingmyculture.ca/culture/first-nations/indigenous-voices-honouring-our-loss-and-grief/>

myGrief.ca

By: Canadian Virtual Hospice

<http://www.mygrief.ca>

National Alliance for Grieving Children

<https://childrengrieve.org>

eCondolence

<https://www.econdolence.com>

Resources & Support Materials

By: British Columbia Bereavement Helpline

<https://www.bcbh.ca/pages.php?pID=20>



Videos

The Adventure of Grief by Dr Geoff Warburton
[youtube.com/watch?v=juET61B1P98](https://www.youtube.com/watch?v=juET61B1P98)

The art of saying goodbye by Isabel Stenzel Byrnes
<https://www.youtube.com/watch?v=Dkffpibi-Dc>

Beyond Closure by Nancy Berns
<https://www.youtube.com/watch?v=w0rCfXSdYPE>

Finding Hope in Hopelessness by Peta Murchinson
<https://www.youtube.com/watch?v=iGQbWJbi3hg>

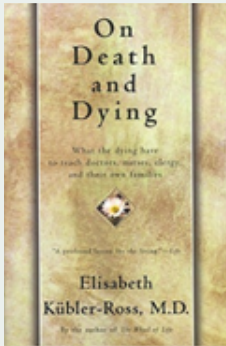
Meeting your needs while grieving during self-isolation
<https://www.facebook.com/watch/?v=223590658880299>

We don't "move on" from grief. We move forward with it by Nora McInerny
<https://www.youtube.com/watch?v=khkJkR-ipfw>

What Forty Steps Taught Me About Love and Grief by Tembi Locke
<https://www.youtube.com/watch?v=Z65fSOI57Mo>

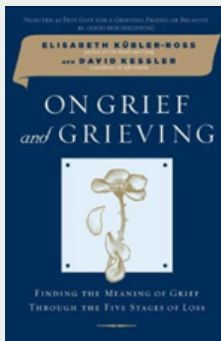
When Someone You Love Dies, There Is No Such Thing as Moving On by Kelley Lynn
<https://www.youtube.com/watch?v=kYWlCGbbDGI>

Books



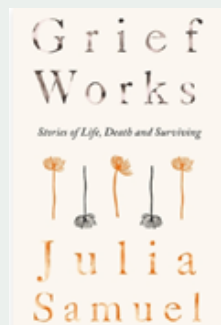
On Death and Dying By: Elisabeth Kübler-Ross

Kubler-Ross, E. *On Death and Dying*. New York, NY: Scribner.



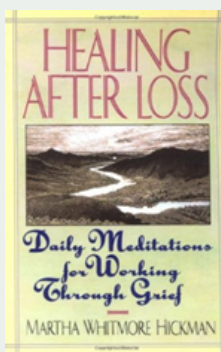
On Grief and Grieving By: Elisabeth Kübler-Ross and David Kessler

Kessler, D. & Kubler-Ross, E. (2014.) *On Grief and Grieving: Finding the meaning of grief through the five stages of loss*. New York, NY: Scribner.



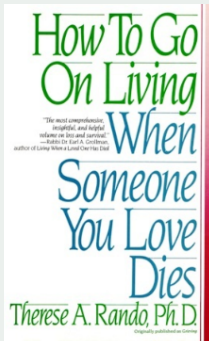
Grief Works By: Julia Samuel

Samuel, J. (2018). *Grief Works: Stories of life, death and surviving*. Toronto, ON: Doubleday Canada.



Healing After Loss By: Martha Whitmore Hickman

Whitmore Hickman, M. (1994). *Healing After Loss: Daily meditations for working through grief*. New York, NY: Avon Books.



How To Go On Living When Someone You Love Dies

by **Therese A. Rando**

Rando, T.A. (1988). *How to Go on Living When Someone You Love Dies*. Lexington, MA: Lexington Books.



I'm Grieving as Fast as I Can

By: **Linda Feinberg**

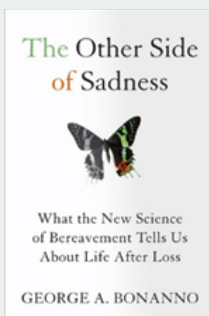
Feinberg, L. (1994). *I'm Grieving as Fast as I Can: How young widows and widowers can cope and heal*. Far Hills, NJ: New Horizon Press.



It's OK That You're Not OK

By: **Megan Devine**

Devine, M. (2017). *It's OK That You're Not OK: Meeting grief and loss in a culture that doesn't understand*. Boulder, CO: Sounds True.



The Other Side of Sadness

By: **George A. Bonanno**

Bonanno, G. A. (2009). *The other side of sadness: What the new science of bereavement tells us about life after loss*. New York: Basic Books.



A Time to Grieve

By: **Carol Staudacher**

Staudacher, Carol (2011) *A Time to Grieve: Meditations for Healing After the Death of a Loved One*. San Francisco: Harper.



“

You will survive
and you will find
purpose in the
chaos. Moving on
doesn't mean
letting go.

”

Mary VanHaute

