

Loss & Grief (Resources for Parents)

Websites

Australian Centre for Grief and Bereavement

www.grief.org.au

Run by an independent, not for profit organization, providing grief and bereavement education. Includes articles, recommended books and DVDs.

BC Bereavement Helpline

www.bcbereavementhelpline.com

A non-profit, free, and confidential service that connects the public to grief support services in BC. Includes brochures in 8 languages, event listings, and tributes.

Canadian Mental Health Association

www.cmha.ca

Navigate to Your Mental Health > Emotional Wellness > Grieving

A nation-wide, voluntary organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness through advocacy, education, research and service.

Cruse Bereavement Care

www.crusebereavementcare.org.uk

Promotes the well-being of bereaved people and enables anyone bereaved by death to understand their grief and cope with their loss. Includes general information, information for military families, as well as, booklets and fact sheets.

GriefNet

www.griefnet.org

An internet community for people dealing with grief, death, and major loss, professionally directed by a clinical psychologist. Includes email support groups and links.

HealthLinkBC

www.healthlinkbc.ca

Navigate to Health Topics A-Z > Grief and Grieving

The gateway to access non-emergency health information and services in BC.

The Compassionate Friends Canada

www.tcfcanada.net

An international, non-profit organization offering support and grief education to families who have experienced the death of a child.

Books & Toolkits

Vancouver Coastal Health: A Guide To Understanding Your Emotions When You Are Grieving

www.vch.eduhealth.ca/PDFs/GV/GV.200.22.G85.pdf

Vancouver Coastal Health: A Guidebook to Help Us During Difficult Times

www.vch.eduhealth.ca/PDFs/GV/GV.100.G85.pdf

Lifeline Information Services: Coping with Sorrow, Loss and Grief Tool Kit

www.lifeline.org.au/ArticleDocuments/161/CopingWithSorrow.pdf.aspx

Chicken Soup for the Soul: Grieving and Recovery | VPL

Readers mourning the loss of a loved one will find solace and strength in these 101 emotional and inspiration stories from those who have gone through the grieving process. Stories written by people who have gone through the grieving and recovery process, they offer guidance and support in this collection of personal and poignant stories.

Chicken Soup for the Grieving Soul: Overcoming the Loss of a Loved One | VPL

This collection of inspirational stories is written by authors who have lost loved ones; these stories offer comfort, peace and understanding to those going through the grieving process.

Sesame Street For Parents

www.sesamestreet.org/parents

Navigate to Topics&Activities→ Topics→Grief

A helpful website that instructs parents on how to explain the loss of a close family member to a young child and how they can cope with it.

Support Services

BC Bereavement Helpline

(604) 738-9950 ▪ 1-877-779-2223

A free, confidential service to help the people of BC cope with grief.

Kelty Mental Health Resource Centre

(604) 875-2084 ▪ 1-800-665-1822 ▪ www.keltymentalhealth.ca ▪ www.keltyeatingdisorders.ca ▪ www.youtube.com/user/KeltyMentalHealth

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use issues. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents and those struggling with eating disorders.

Lower Mainland Grief Recovery Society

www.lmgr.ca

Provides grief support and bereavement recovery programs for people in the BC Lower Mainland.

The Compassionate Friends Canada

www.tcfcanada.net/chapters/british-columbia

An international, non-profit organization offering support and grief education to families who have experienced the death of a child. There is a listing of support groups in the BC Chapter.