

Grief Counselling Information, Toolkits, and Other Resources

Resource type	Organization	Description	Link to website
Grief Counselling Information and Resources	Ontario Funeral Service Association	Contains information to provide you with helpful guidance on grief issues. All categorized, to provide insight and direction on where to turn.	Grief Support
	Canadian Virtual Hospice	Counselling information and resources	Canadian Virtual Hospice
	Centre for Grief & Healing – Bereaved Families of Ontario – Halton and Peel	List of support groups	CENTRE FOR GRIEF & HEALING -Bereaved Families of Ontario - Halton / Peel
	Circle of Care Sinai Health	Contains bereavement support which is geared to adults who have experienced the death of a spouse, parent or other close family member or friend.	Bereavement Support
	Bereavement Authority of Ontario	This directory can help families connect with grief support organizations in Ontario.	Directory of resources
	Wellness Together	Grief and Loss Coaching provided by Homewood Health	Wellness Together
	Canadian Cancer Society	Welcome to CancerConnection.ca, your online community. This is a safe space where you can connect, learn and share your stories with	CancerConnection.ca

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Grief Counselling Information and Resources		people with similar experiences with cancer.	
	Canadian Virtual Hospice	Online support	Discussion forums and Ask a Professional
	ConnectABILITY.ca	Support	Grief and Bereavement
Toolkits and Resources for Caregivers on Grief and Bereavement	Carechannel	Watch a video	How To Deal with Loss and Grief
	Carleton University	Resource list	Healthy End of Life Resource List
	Strengthening a Palliative Approach in Long Term Care (SPA-LTC)	Resource list and library	Resources on Grief, Bereavement and Loss and Resource Library
	Centre for Addiction and Mental Health	Resource list	Grief Resources
	Canadian Hospice Palliative Care Association	This website offers a collection of useful links and resources to help you cope with grief.	Canadian Hospice Palliative Care Association: Grief and Bereavement Resource Repository
	Champlain Hospice Palliative Care Program	Resources	Caregivers Need to Take Care of Themselves Too Caregiver Bill of Rights Download Self-Care Plan Download