

## **Bereavement Resources**

We would like to express our condolences for the loss of your loved one, knowing that the death of someone loved changes our lives forever.

Each of us responds to loss differently. If your path involves seeking information and support, we offer the following resources.

Hospice Societies on Vancouver Island offer a range of supports. Please check the one closest to you for additional resources and specific information.

### **Hospice Societies on Vancouver Island:**

Alberni Hospice Society <u>www.albernihospice.ca</u> email: info@albernihospice.ca ph. 250-723 4478

Campbell River Hospice Society www.crhospice.org email: reception@crhospice.org ph. 250-286 1121

Comox Valley Hospice Society www.comoxhospice.com email: reception@comoxhospice.com ph. 250-339 5533

Cowichan Valley Hospice Society www.cowichanvalleyhospice.org email: <u>cvhospice@shaw.ca</u> ph. 250-7014242

Nanaimo Community Hospice Society <u>www.nanaimohospice.com</u> email: info@nanaimohospice.com ph. 250-5911858 Oceanside Hospice Society www.oceansidehospice.com email: info@oceansidehospice.com ph. 250-752 6227

Pacific Rim Hospice Society <u>www.pacificrimhospice.ca</u> email: ed@pacificrimhospice.ca ph. 250-725 1240

Saltspring Hospice Society www.saltspringhospice.org email: office@saltspringhospice.org ph. 250-537 2770

Sooke Hospice Society www.sookehospice.com email: 4sooke@telus.net ph. 250-642 4345

Victoria Hospice Society www.victoriahospice.org ph. 250-370-8715



### **Bereavement Resources**

#### **On-line Resources:**

Bereavement Helpline, a resource for people to find bereavement support within their own community. <u>http://www.bcbh.ca/</u> 1-877-779-2223

BC Victims of Homicide (BCVOH) is an initiative of the BC Bereavement Helpline and is dedicated to supporting individuals living with the loss of a loved one to homicide. <u>http://www.bcvictimsofhomicide.com/</u>

Bridge C-14: Compassionate support for families throughout their journey with MAiD. <u>https://www.bridgec14.org/</u>

24-Hour Crisis Line Support and Resources on Vancouver Island Phone: 1-888-494-3888 <u>www.vicrisis.ca</u>

Camp Kerry Society specializes in providing bereavement programs and supports to individuals and families impacted by grief, loss, and terminal illness. <u>http://campkerrysociety.org/</u>

Canadian Virtual Hospice http://virtualhospice.ca/

Compassionate Friends - A support group organisation for parents whose child has died. <u>http://www.tcfcanada.net/</u>

MyGrief.ca An interactive network of information and support for people dealing with life-threatening illness and loss. <u>http://www.mygrief.ca/</u>

GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. <u>http://griefnet.org/</u>

Learning Through Loss (LTL) grief and loss education and supportive programs to youth. <u>http://learningthroughloss.weebly.com/ http://www.teensanddeath.com/index.html</u>

Service Canada provides a list that can help you identify what to do when someone dies. http://www.servicecanada.gc.ca/eng/lifeevents/loss.shtm1

Suicide prevention, education and support. https://need2.ca/

Youthspace.ca is made up of a community of volunteers who are here to support you – whatever you are going through. <u>http://youthspace.ca/resources/resources-list/</u>



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*When Families Grieve* program to help children to heal after the death of a parent. <u>http://www.sesameworkshop.org/what-we-do/our-initiatives/when-families-grieve/</u>

www.sesamestreet.org/content/griefCentre for Loss. Thoughtful resources provide guidance and direction for anyone touched by grief. <u>https://www.centerforloss.com/</u>