



Resource Guide

for those experiencing loss

Welcome to this resource list. It is designed to help those who have experienced a loss. Grief is a natural emotional response to loss. Working through grief is an extremely individual and unique process, but the support and understanding of others can be a powerful source of strength. Grief can be overwhelming, incredibly painful, and more complicated when the death is sudden. Many organizations have developed resources, toolkits, and services to support your loss. These resources will support you in making sense of what has happened, coping with the grief and learning how to live with your loss. You may seek assistance from professional agencies or you may find it helpful to talk to others who have experienced a loss. The following supports are available in Central Alberta.

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This resource has been revised by the following Camrose Community Partners:



For Traumatic Loss		
Organization	Service Description	Contact Information
Victim Services Camrose RCMP	In cases of traumatic loss	P: 780.672.3342 (Camrose)
Victim Services - Camrose City Police	In cases of traumatic loss	P: 780.672.4570 (Camrose)
Canadian Mental Health Association	Suicide grief support	P: 780.732.6654 E: pwasonga@cmha-edmonton.ab.ca W: https://cmha.ca/
Hospice Society of Camrose and District	<ul style="list-style-type: none"> • One on one grief support • Grief Companionship • Daytime grief support group • Bereavement and grief workshops • Resource library • Weekly Grief Walks 	P: 780.608.0636 (Camrose) E: admin@camrosehospice.com W: www.camrosehospice.org
Victims of Homicide	Support for families	P: 780.915.0060 (Edmonton) E: vicimsofhomicide@gmail.com W: www.victimsofhomicide.org
For Grieving Parents		
Organization	Service Description	Contact Information
HEARTS (Helping Empty Arms Recover Through Sharing)	Baby loss support program for anyone touched by loss of baby in pregnancy or just after birth	P: 780.464.3217 (Edmonton) W: www.heartbabyloss.ca <i>*presently not operating due to COVID*</i>
SIDS Foundation	Sudden infant death	24 Hour Support Line: P: 1.800.363.7437
Compassionate Friends of Canada	For parents, relatives and friends when there has been the death of a child, at any age, and of any cause	P: 1.866.823.0141 W: www.tcfcanada.net <i>*presently online services offered*</i>

For Grieving Parents ... cont'd		
Organization	Service Description	Contact Information
Hospice Society of Camrose and District	<ul style="list-style-type: none"> *One on one support • Grief Companionship • Daytime grief support group • Bereavement and grief workshops • Resource library • Weekly Grief Walks 	P: 780.608.0636 (Camrose) E: admin@camrosehospice.com W: www.camrosehospice.org
Grieving Parents Society of Edmonton	For parents, relatives, and friends when there has been the death of a child, at any age, and of any cause	P: 780.451.5381 W: www.grievingparents.ca <i>*presently not operating due to COVID*</i>
For Grieving Children		
Organization	Service Description	Contact Information
Pilgrim's Hospice	Expressive arts Children and Teen Support Group Death and Grief Support for Children and Teens	P: 780.413.9801 (Edmonton) <i>*presently online services offered*</i>
Hospice Society of Camrose and District	<ul style="list-style-type: none"> • One on one grief support • Grief Companionship • Resource library • Weekly Grief Walks 	P: 780.608.0636 (Camrose) E: admin@camrosehospice.com W: www.camrosehospice.org
YWCA	Individual, family, couple counselling and counselling for children. An intake assessment is required for a sliding scale fee	P: 780.423.9922 ext. 222
Grief and Bereavement Support – Individual and Family		
Organization	Service Description	Contact Information
AHS - Community Addictions & Mental Health	Counseling for adults, children & geriatric population	P: 780.679.1241 P: 1.866.332.2322 24 Hour Mental Health HELP Line: P: 1.877.303.2642

Grief and Bereavement Support – Individual and Family ...cont'd		
Organization	Service Description	Contact Information
Edmonton Healing Center for Grief and Loss	Individual, group support and education to people grieving loss through death or supporting others who are grieving.	P: 780.454.1194 ext. 224 W: www.jfse.org
Covenant Health St. Mary's Hospital	Offers assessment, individual psychotherapy <i>No Walk-In Services</i> <i>Physician Referral ONLY</i> <i>No Fee</i>	P: 780.679.6131 (Camrose)
Pilgrims Hospice	Child/Teen/Adult/Family Services <i>No Fee- donations accepted</i>	P: 780.413.9801 (Edmonton/Sherwood Park) W: www.pilgrimshospice.ca <i>*presently online & telephone services offered*</i>
Flagstaff Family and Community Services (FFCS)	Provides support to individuals and families in need.	P: 780-385-3976
Catholic Social Services	Provides individual and family grief counselling	P: 780.432.1137 P: 780.875.9084 (Lloydminster) P: 403.347.8844 (Red Deer) Edmonton Mercy Counseling Line: 780.420.1970
Cornerstone Counselling	Provides faith-based individual and family grief counselling. <i>Fee Payment is on a sliding scale.</i>	P: 780.482.6215 <i>*presently telephone, video & some in-person services offered*</i>
Community Counselling Centre	Individual, couples and family counselling in grief, loss and other issues	P: 780.482.3711 <i>*presently telephone, video & some in-person services offered*</i>
HIV Network of Edmonton	Support and counselling following an AIDS death <i>No fee</i>	P: 780.488.5742 (Edmonton)

Grief and Bereavement Support – Individual and Family ...cont'd

<i>Organization</i>	<i>Service Description</i>	<i>Contact Information</i>
Inner City Pastoral Ministry	Provides bereavement counselling <i>No fee</i>	P: 780.424.7652 (Edmonton Bissell Centre)
Walking Through Grief Society	Individual support and group support, education and awareness	P: 780.846.2576 (Vermilion, Kitscoty, Wainwright, Lloydminster)
Salvation Army Family Services	Bereavement counselling for families and individuals	P: 780.424.9222 (Edmonton) W: www.salvationarmy.ca/alberta
Camrose Primary Care Network	Behavioural Health Consultant <i>Physician or self-referral</i> <i>No fee</i>	P: 780.608.4927 (Camrose) W: www.camrosepcn.com
2-1-1 Text INFO @ 211	Navigation of government and community support programs 24/7	W: www.ab.211.ca
Healthlink 811	Advice from RN 24/7	W: www.albertahealthservices.ca/healthlink
Continuing Care Access	Palliative Consult Team	P: 855.371.4122 option 1 Central Alberta Intake: P: 780.496.1300
University of Alberta - Augustana Campus	Counselling services	P: 780.679.1511 (Camrose) <i>*presently no in-person services offered*</i>
Hospice Society of Camrose and District	<ul style="list-style-type: none"> • One on one grief support • Grief Companionship • Grief support groups • Bereavement and Grief workshops • Resource library • Nav-CARE • Weekly Grief Walks 	P: 780.608.0636 (Camrose) E: admin@camrosehospice.com W: www.camrosehospice.org

Grief and Bereavement Groups		
Organization	Service Description	Contact Information
St. Mary's Hospital Covenant Health	Bereavement Support Group offered 3 times per year for 8 weeks <i>No Cost - Pre registration required</i>	P: 780.679.2793 (Camrose) E: Shelly.Dalweg@covenanthealth.ca <i>*presently online services offered*</i>
Good Grief Program	Adult Bereavement Support Group	P: 780.385.3976 (Knox United Church, Killam)
Messiah Lutheran Church	Monthly Faith-based Grief Support Group	P: 780.678.7830 (Camrose) E: bev@breatheopenlove.com
AKASU Palliative Care Society	Grief Support Group	P: 780.632.3331 (Vegreville) E: akasupalliativecaresociety@gmail.com
Pilgrims Hospice	Adult Bereavement Support Group	P: 780.413.9801 (Edmonton) W: www.pilgrimshospice.ca
St. Albert Bereavement Fellowship	Grief information evenings, social events and group support <i>\$10 Annual</i>	P: 780.460.4215 W: www.stalbertbereavement.ca/home.php <i>*presently online services offered*</i>
Hospice Society of Camrose and District	<ul style="list-style-type: none"> • One on one grief support • Grief Companionship • Brief support group • Bereavement and grief workshops • Resource library • Nav-CARE • Weekly Grief Walks 	P: 780.608.0636 (Camrose) E: admin@camrosehospice.com W: www.camrosehospice.org
Resource Centre for Suicide Prevention	Bereavement Support Groups	P: 780.539.6680 E: info@sp-rc.ca W: www.sp-rc.ca/programs/suicide-bereavement-support-group

Grief Education - Readings & Useful Websites	
The Dougy Centre	W: www.dougy.org/grief-support-resources
Alan Wolfelt	W: https://www.centerforloss.com/bookstore/
Regional Suicide Prevention Council- East Central Alberta	<p>The Regional Suicide Prevention Council of East Central Alberta website provides a one-stop-shop of community resources, bereavement supports and training opportunities for anyone looking for a service provider or help. The intent of this site is to enhance access to mental health and intervention supports for anyone with suicidal thoughts or experiencing a loss of a loved one by suicide.</p> <p>W: https://www.suicidepreventionalberta.com/pdf-resources W: https://www.suicidepreventionalberta.com/home</p>
Hospice Society of Camrose and District Resource Library & Website	<p>Please contact the Hospice Society to book a time to review their library of resources (780) 608-0636 or visit</p> <p>W: www.camrohospice.org</p>

Grief Education - Videos	
Death of a spouse "Uncoupled"	W: https://www.youtube.com/watch?v=_NL9FaBoKYs
Death of a parent "Dearly Loved"	W: https://www.youtube.com/watch?v=ioRFqJaPhqc&t=62s
Death of a sibling "A Family Disrupted"	W: https://www.youtube.com/watch?v=ijXvaL1YDF0
Death of a Child "Out of Order"	W: https://www.youtube.com/watch?v=yzaMEAQ7FnI

