

Grief Network Niagara

Resource List

COMPILATION OF BEREAVEMENT, HOSPICE, PALLIATIVE AND COMMUNITY SERVICES IN THE NIAGARA REGION

Services are available at no cost.

June 2014

Grief Network Niagara

Grief Network Niagara is a group of professionals and volunteers who provide bereavement support throughout the community. Grief Network Niagara meets 4 times a year. This network does not provide direct bereavement counseling services.

Contact griefnetworkniagara@outlook.com

Bereavement Support Groups

Bereaved Families of Ontario (BFO) Hamilton/Burlington ~ <http://bfo-hamiltonburlington.on.ca>

Bereavement support groups and camp opportunities for children, teens and parents Niagara, Hamilton, Stoney Creek and Burlington locations. Children's/Teen grief support programs and Camp Erin Hamilton (free for kids 6-17 years, including Niagara & Simcoe areas)

Contact Executive Director, Lisa Lesnicki-Young, community@bfo-hamiltonburlington.on.ca.

Bereaved Mother's Retreat ~ www.bereavedmothersretreat.com

This weekend retreat runs twice a year. The focus is on replenishing physical energy, restoring mental alertness and calming your soul.

Contact Kimberly Ryan, 519-909-9644

Compassionate Friends of Niagara ~ www.tcfniagara.ca

An international self-help support group for parents and families who have suffered the loss of a child of any age. Meetings: 2nd Tue. of each month at Regional Niagara Building, 2201 St. Davids Rd., Room 301, Thorold, 7:30 – 9:00 pm

Contact Andrew & Marilena, 905-374-8050, andrewvitaterna@gmail.com

Contact Eric & Nathalie, 905-682-7497, ndreifelds@yahoo.com

Grief Recovery Group (Fort Erie) ~ www.bennerfuneralservices.com

Offers Bereavement Support group.

Contact: Benner Funeral Services/Williams Funeral Home, 905-871-0444

Grief Recovery Group (Welland)

General Bereavement Support.

Meetings: 2nd & 4th Thursdays, 7-9 pm at St. Kevin's R.C. Church, 307 Niagara Street, Welland.

Contact: Nancy Riou, 905-732-3969, nancygailriou@gmail.com

Grief Recovery Outreach Program (St. Catharines) ~ www.dartefuneralhome.com

Weekly sessions beginning Spring & Fall. All bereaved welcome. Offers practical coping skills for bereaved persons. Evening meetings.

Contact Elizabeth Williams, 905-937-4444, elizabeth@dartefuneralhome.com

Hospice Niagara Support Groups ~ www.hospiceniagara.ca

Provides facilitated peer group support for adults, adolescents and children. Also grief walk, every week, year round.

Contact Melissa Penner, Bereavement Advisor, 905-984-8766 # 233, mpenner@hospiceniagara.ca

Bereavement Support Groups Continued

Loving Outreach ~ www.lovingoutreach.org

A support group for people who are living with loss of a loved one through suicide.

Meetings: 2nd Monday of each month at Silver Spire United Church (Hearth Room), 366 St. Paul Street, St. Catharines, 7:30 pm (no summer meetings or Statutory Holidays) meets 4th Monday in October.

Contact Walt or Lucienne Chemerika, 905-934-2176, lovingoutreach@becon.org

Contact Peter or Wendy Fisher, 905-371-9767

Morse & Son (Niagara Falls) www.morseandsonfuneral.com

Morgan Funeral Home (Niagara on the Lake) www.morganfuneral.com

Offers a variety of support groups free to the community. One on one appointments for clients of funeral home.

Contact Marny Atkinson, Continuing & Community Care, 905-356-3550, marny@morganfuneral.com

Niagara Coping Centre (Jordan Station)

8 to 10 week Bereavement Support Groups for adults and children (ages 6 – 12). Offered in Spring & Fall

Contact Tamara Plugers, 905-562-7408, tplugers@gmail.com or Liz Vanstaalduinen, 905-562-3503

One Step At A Time, Tallman's Funeral Home (Vineland)

An eight week support group that is held twice a year in spring and fall.

Contact Sandy McBay, resilient979@gmail.com

Rose Cottage Visiting Volunteers & Stonehouse Whitcomb Funeral Home ~ "A Hand Along the Way"

'A Hand along the Way' is an 8 week self help program designed to help attendees acknowledge and eventually come to terms with their grief. The program is offered in the spring and fall.

Contact Ev Page, 905-309-5071, epage.rcvv@gmail.com

Wellspring Niagara Cancer Support Centre ~ www.wellspringniagara.ca

Grief Support Group (Drop-in) for those who have lost a loved one to cancer. 1st Tuesday of each month, 7 – 8:30 pm.

Bereavement Support Group, 8 week program for those who have lost a loved to cancer, scheduled when there is sufficient enrolment. Children's bereavement programs, available upon request.

Contact Kristen Szigatti, 905-684-7619, kristen@wellspringniagara.ca

Grief Share ~ www.griefshare.org, www.bethanycc.ca

13 week bereavement support group sessions are held twice a year (Sept-Dec and Jan-Apr) on Fridays,

7-9 pm in the Library at Bethany Community Church, St. Catharines

Contact Phil Kaethler, Director of Support & Recovery Ministries, 905-937-5300 # 210, phil@bethanycc.ca

Specialized Counselling

Cheryl Bailey MSW ~ certified by the Grief recovery Institute

Offering counselling for adults and children with developmental disabilities, their families and caregivers.

Initial consult is at no cost.

Contact Cheryl, 905-933-5435, cbailey_28@yahoo.ca

Pathstone Mental Health ~ www.pathstonementalhealth.ca

Crisis Services for Niagara residents under 18 years of age and those who care about them. Individual and Group Therapy

Referrals must go through Contact Niagara, 289-273-4627, www.contactniagara.org

Contact Angel Graham, 905-384-9551, #249, agraham@pathstone.ca

Crisis Services 1-800-263-4944, 24 hours a day, 7 days a week

Hospice/Palliative Care

Compassionate care and counseling of patients with life-threatening illnesses and their families.

Daval Hospice (Niagara Falls) ~ www.davalhospice.ca

Our mission is to be an “unconditional I’ll take care of you blanket” to any man, woman or child and their families affected by a life changing illness.

Contact Rev. Dean Willich, 905-341-3326, iustus@me.com

Hospice Niagara ~ www.hospiceniagara.ca

Provides caring compassionate volunteer support, hope and encouragement to terminally ill individuals and their caregivers.

Contact visiting volunteer program 905-984-8766.

Hospice Niagara – North Palliative Shared Care Team

This team has the capacity to serve those residing in North St. Catharines (north of the QEW), Port Dalhousie, and NOTL.

Provide psychosocial and bereavement counselling to palliative clients and their families.

Contact Geoff Straw, Psychosocial/Bereavement Clinician, 289-241-4805, gstraw@hospiceniagara.ca,

Hospice Niagara – South Palliative Shared Care Team

This team has the capacity to serve those residing in Niagara South, (Welland, Pelham, Port Colborne & Wainfleet).

Provide psychosocial and bereavement counselling to palliative clients and their families.

Contact Clare Braun, Psychosocial/Bereavement Clinician, 289-929-4570, cbraun@hospiceniagara.ca,

Contact Maria Becker, Psycho-Spiritual Clinician, 289-929-4691, mbecker@hospiceniagara.ca

For information on referral process and office location of each team, please go to Hospice Niagara website at

www.hospiceniagara.ca/programs/share_care_teams/

Hotel Dieu Shaver Health & Rehab Centre

Compassionate care and counselling of patients and their families at end of life.

Contact Jeniffer Hansen, Manager, RN, 905-685-1381 # 84288, jennifer.hansen@hoteldieushaver.org

Contact Louise Dillon, Chaplain, 905-685-1381 #84201

Niagara West Palliative Care Team/WLMH/McNally House Hospice ~ www.mcnallyhousehospice.com

Offering psycho-social-spiritual support pre death and bereavement support post death including, one on one support, grief groups, education events, social events, wellness programs.

Contact: 905-945-2253 #413, bereavement@mcnallyhousehospice.com

Niagara-on-the-Lake Community Palliative Care Service

Offer seriously-ill residents and their families/caregivers in Niagara-on-the-Lake a variety of services in the hospital, long-term care facilities and private homes. They have trained visiting volunteers, a large variety of equipment to borrow, a lending library of books, CD’s and DVD’s, a phone bereavement program, bereavement support groups and a family studio apartment that out-of-town family members of our clients can use.

Contact Terry Mactaggart, 905-468-4433, notlpc@bellnet.ca

Rose Cottage Visiting Volunteers (Grimsby and surrounding areas) ~ www.rosecottagevolunteers.com

Supporting families dealing with a life threatening illness, bereavement programs, legacy programs.

Contact: Executive Director, Sherry Cain scain.rcvv@gmail.com

Service Groups and Organizations

Alzheimer Society Niagara Region ~ www.alzheimerniagara.ca

Offers counseling, education and support groups to improve quality of life.

Family Support Counselor for individuals with memory loss, changes, dementia including support for partners/families.

Contact Ann Chartier RN, 905-687-6856 #532, achartier@alzheimerniagara.ca

Bethesda ~ www.bethesdaservices.com

Providing bereavement support, both one on one and groups for adults with developmental disabilities.

Contact Mike Gilmore/Bev Boden, 905-684-6918 # 326 or # 331, mgilmore@bethesdaservices.com or

bboden@bethesdaservices.com

Victim Services Niagara ~ www.victimservicesniagara.on.ca

Community volunteers assisting emergency services to meet the short term practical and emotional needs of victims of crime, tragic circumstances and disaster. Victim support and referral.

Contact 905-688-4111 # 5084, info@victimservicesniagara.on.ca

Wellspring Niagara Cancer Support Centre ~ www.wellspring.ca/Niagara

Free cancer support services for patients and caregivers.

Contact Ann Mantini-Celima, 905-684-7619, ann@wellspringniagara.ca

Young Carers Initiative – Powerhouse Project ~ www.powerhouseproject.ca

Serving children, youth and young adults in Niagara and Haldimand Norfolk who are caregivers in their home due to a family member experiencing chronic illness, disability, mental health issues, addiction issues and socioeconomic factors. Offering a variety of programs that act as respite from their caregiving responsibilities while focusing on stress management, reducing isolation and increasing resilience.

Contact Erin Marriott, Family & Community Engagement Coordinator, 905-397-4201 # 429,

emarriott@powerhouseproject.ca

Resources

Hulse & English Funeral Home (St. Catharines) ~ www.hulseandenglish.com

The Dignity Memorial Guidance Series available on website Contact Holly Rousseau,

holly.rousseau@dignitymemorial.com

Bereavement Ontario Network ~ www.bereavementontarionetwork.ca

Contact Janet Devine, Chair & Niagara-Haldimand-Norfolk Regional Rep, ddevine17@cogeco.ca