

found to survive their loss, in the hope of helping others understand and express their own grief.

Availability for loan:

GV 250 M87 1998 Health Information & Wellness Centre, both locations
155.937 SUR PPR Toronto Public Library System

COMMUNITY RESOURCES

Bereaved Families – Mississauga

Tel: 905-848-4337

Email: bfo.haltonpeel@bereavedfamilies.ca

Bereaved Families – Toronto

Tel: 416-440-0290

Email: info@bfotoronto.ca

Dorothy Ley Hospice - New Beginnings

Bereavement Support Program
220 Sherway Drive, Toronto M9C 0A7
Tel: 416-626-0116

C.O.P.E.S (Community of People Extending Support)

Tel: 416-767-6793

Survivors Support Program (for suicide survivors)

Tel: 416-595-1716 Mon – Fri 9:00 – 5:00

For information on related topics, see our HealthFinder titles **Helping Children Grieve** and **When Someone is Dying**

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Bereavement and Grief



INTERNET SITES

Bereaved Families of Ontario - Toronto

<http://www.bfotoronto.ca>

Bereaved Families of Ontario – Halton/Peel

<http://www.bereavedfamilies.ca>

Bereaved Families provides support for people who have lost an immediate family member, as well as those helping a child grieve, and survivors of violent death and suicide. Programs offered are aimed at various age groups and facilitated by trained volunteers who are themselves bereaved.

Turner & Porter <http://www.turnerporter.ca>

This is the site of a Funeral Home in the community which offers several services to help the newly bereaved. One of these is C.O.P.E.S., a program which provides an outlet for people who have shared the same experience, and which meets regularly at convenient locations in Etobicoke and Mississauga.

The Centre for the Grief Journey

<http://www.griefjourney.com>

This organization offers help and support to grieving people. It highlights different ways of coping with bereavement, and provides access to booklists, video and audio publications, events & seminars, and an online forum. There are several excellent publications available which can be purchased at a reasonable cost.

Genesis <http://genesis-resources.com>

Genesis is a Canadian organization which provides resources for the bereaved, for funeral directors, and for healthcare professionals. The site offers access to brochures, books, videos, and articles which can help those going through the grieving process.

WidowNet <http://www.widownet.org>

This is an information and self-help resource site for, and by, widows and widowers. Information on grief and recovery is provided to people of all ages, religious backgrounds and sexual orientation who have suffered the death of a spouse or life partner.

BOOKS & DVDs

On Grief and Grieving by Elisabeth Kübler-Ross and David Kessler. New York: Scribner, 2005

The authors draw on their professional and personal experiences to offer sensitive yet practical advice on how to progress through the stages of grief after the loss of a loved one.

Availability for loan:

GV 200 K82 2005 Health Information and Wellness Centre, both locations
155.937 KUB Mississauga Library System
155.937 KUB Toronto Public Library System

Coping with Grief & Loss: a Guide to Healing A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2007.

This report delivers practical advice in clear, easy-to-understand language. It describes grief's effects on the mind and body, and the different emotions that can be expected. This is followed by suggestions for easing the passage of grief and a section on practical matters such as funeral arrangements and memorial services.

Availability for loan:

GV 250 H27 Health Information & Wellness Centre, both locations.

When Parents Die, 2nd ed. By Rebecca Abrams. London: Routledge, 1999

The death of a parent can cause lasting trauma

for children and teenagers, and even for an adult a parent's death can be a devastating blow. This book speaks to bereaved children of all ages, and covers the entire course of grieving from the immediate aftermath of the death to the point of recovery.

Availability for loan:

GV257 ABR 1999 Health Information and Wellness Centre, both locations

When Someone You Care About Dies by Bill Webster. Mississauga: Centre for The Grief Journey, 2006

This booklet helps those experiencing the overwhelming emotions of grief when a loved one dies. Dr. Webster, who has suffered such a loss himself, shares some of his insights and provides guidance through many of the issues which arise.

Availability for loan:

GV 200 W93 2006 Health Information & Wellness Centre, both locations

Living with Grief after Sudden Loss ed. by Kenneth J. Doka. Washington, DC: Hospice Foundation of America, 1996

This book aims to help the those who lose loved ones in a sudden or violent manner, whether by suicide, homicide, accident, heart attack or stroke.

Availability for loan:

GV 250 DOK 1996 Health Information and Wellness Centre, both locations

Surviving Death: Stories of Grief (DVD) Ottawa: National Film Board of Canada, 1998, re-release 2007. 47 min

This compassionate documentary profiles seven different people who have been affected by the death of someone close to them. They speak about their experiences and the ways they have