

**Heart House Hospice (HHH) offers bereavement support to residents of Peel (of all ages) who have lost a loved one to death. Bereavement support at HHH includes:**

- **One-to-one bereavement support for adults (in person, phone or email) by regulated professionals.**
- **Bereavement Support Groups and Education Sessions for adults.**
- **HUUG (Help Us Understand Grief) for children and youth.**
- **Access to Complementary Therapies (Reiki, Therapeutic Touch and Aromatherapy Hand and Foot Massage)**

**Please call (905) 712-8119, Ext. 232 or 247 to access bereavement support.**

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**The following is a list of additional resources in the community to help those who have lost a loved one to death.**

#### **BEREAVEMENT SUPPORT GROUPS IN MISSISSAUGA**

##### **1. C.O.P.E.S.**

(Community of People Extending Support)  
Sponsored by Turner & Porter Funeral Home  
Professionally Facilitated  
4—six-week sessions per year.  
Tel: (905) 279-7663  
To register call : 416-767-6793  
Location: 2180 Hurontario St., Mississauga

##### **2. GOOD GRIEF!**

Sponsored by Scott Funeral Home  
Facilitator: John Kennedy Saynor  
1—4-week session per year (Spring)  
Tel: 905-272-4040  
Location: 420 Dundas St. East, Mississauga

##### **3. BEREAVED FAMILIES OF ONTARIO (BFO) HALTON/PEEL**

Bereavement support groups providing peer support to:

- (a) Parents who have lost a child
- (b) Children, adolescents and young adults (under 25) who have lost a parent/sibling.
- (c) Adults who have lost a spouse/partner

Facilitated by trained bereavement volunteers  
Tel: 905-848-4337

Location: 33 City Centre Drive, Unit 610, Mississauga

[www.bereavedfamilies.ca](http://www.bereavedfamilies.ca)

##### **4. RC PARISH-BASED BEREAVEMENT SUPPORT GROUPS**

St. John of the Cross (905) 821-1331

St. Francis Xavier (905) 890-5290

OR Call Parish Bereavement Coordinator at (905) 507-1581

#### **BEREAVEMENT SUPPORT GROUPS IN BRAMPTON & CALEDON**

##### **1. BETHELL HOSPICE**

One-to-One bereavement support and bereavement support groups offered at various locations in Brampton and Caledon.  
Professionally facilitated.  
Tel: (905) 838-3534, Ext. 3010

##### **2. COPING**

Bereavement support groups for adults  
Facilitated by trained bereavement volunteers

2—eight-week sessions per year

Tel: 905-826-1901 x-231

Location: Trinity Church Streetsville  
69 Queen St. S., Mississauga

##### **3. ARBOUR CARE BEREAVEMENT SUPPORT GROUP**

Sponsored by Scott Funeral Home  
Professionally facilitated

4—six-week sessions per year

Tel: 905-451-1100

Location: 289 Main St. N., Brampton

#### **BEREAVEMENT SUPPORT GROUPS IN OAKVILLE**

##### **1. WELLSPRING BEREAVEMENT GROUPS**

Bereavement Support groups for adults whose loved ones have died from cancer.

Transportation available upon request.

Childcare available upon request.

8 week program, # of times/year dependent on amount of registrants.

Tel: 905-257-1988

Location: 2545 Sixth Line, Oakville

Also offered in Brampton based on demand.

#### **2. THE LIGHTHOUSE PROGRAM FOR GRIEVING CHILDREN**

Peer support groups for grieving children, teenagers, young adults and their families. Groups meet twice monthly from September to June (closed school holidays).

Facilitated by trained volunteers.

Tel: 905-337-2333

Location: 2522 Rebecca St., Oakville (Bronte Road and Rebecca St)

Tel: 905-827-8800 x2319

Location: 2370 Speers Rd. Oakville

#### **3. ACCLAIM HEALTH BEREAVEMENT SUPPORT GROUP**

One-to-one bereavement support (peer support model) with trained volunteers.

Meetings between client and volunteer can take place in-home or in another mutually agreed upon location. (905) 827-8800, Ext. 2319

#### **BEREAVEMENT SUPPORT GROUPS IN ETOBICOKE**

##### **1. DOROTHY LEY HOSPICE**

One-to-one bereavement support for adults  
Bereavement support groups

Professionally Facilitated

Tel: 416-626-0116, Ext. 227

Location: 220 Sherway Drive, Etobicoke (at the Trillium Health Centre)



## PERSONAL & FAMILY COUNSELING

### 1. FAMILY SERVICES OF PEEL

Offers immediate crisis intervention and bereavement counselling to individuals and families living or working in Peel.

Fees: Sliding scale with some exceptions

Hours: 9:00 am to 5:00 pm & some evenings.

Tel: 905-453-5775

Locations:

a) Mississauga: 151 City Centre Dr., Suite 501

b) Brampton: 20 Nelson St. West, Suite 202

[www.fsPeel.org](http://www.fsPeel.org)

### 2. CATHOLIC FAMILY SERVICES

Individual, couple and family counseling provided to adults and children (12+) in the Peel Region.

Fees: Sliding scale (first 3 walk-ins no cost)

Hours: Monday–Thursday 8:30 am—9:00 pm

Friday 8:30 am—4:30 pm

Locations:

a) 60 West Drive, Suite 201, Brampton

Telephone: 905-450-1608

b) The Emerald Centre (HWY 10 - 1 block North of 403)

10 Kingsbridge Garden Circle, Unit 400

Mississauga, ON L5R 3K6

Telephone: 905-450-1608

### 3. THRIVE COUNSELLING

Offers personal or group counselling and support to adults living in Halton.

Fees: Sliding scale

Hours: Mon., Tues., Wed., 9 a.m. to 9 p.m. and Thurs. 9 a.m. to 7 p.m.

Tel: 905-845-3811

Location: 235 Lakeshore Road East, Oakville

[www.haltonfamilyservices.org](http://www.haltonfamilyservices.org)

### 4. ABERFOYLE HEALTH CENTRE

3 Psychiatrist and 12 GP Psychotherapists.

Counselling Fees: Covered by OHIP

Tel: 416-231-7968

Valhalla Executive Centre

304 The East Mall NW, Suite 102

Etobicoke, ON M9B 6E2

## TELEPHONE SUPPORT

### 1. SPECTRA HELP LINE

Emotional phone support.

Available 24 hours a day, 7 days a week.

Tel: 905-278-7208

Peel Elder Abuse Support Line:

905-278-3141

### 2. KIDS HELP LINE

Confidential phone support, counselling, info and referrals, for any age up to 21 years.

Available 24 hours a day, 7 days a week.

(Bilingual services)

Tel: 1-800-668-6868

## CRISIS RESPONSE

### 1. 24/7 CRISIS SUPPORT PEEL (CMHA)

Call 24 hours a day, 7 days a week. Prompt response by mobile crisis team if required.

Free service to anyone age 16 years and over who is experiencing a serious mental health crisis. Family and caregiver support also available. Tel: 905-278-9036

### 2. PEEL CHILDREN'S CENTRE

Mobile crisis response service for anyone age 17 years and under experiencing a crisis. Available 24 hours a day, 7 days a week.

Tel: 416-410-8615 (Toll Free)

## HOSPITAL SERVICES

### 1. BRAMPTON CIVIC HOSPITAL

Emergency/ Mental Health Crisis services offered 24/7. Team providing care primarily to patients who arrive at the Emergency Department in crisis.

Telephone: 905-494-2120, Ext. 58088

### 2. TRILLIUM HOSPITAL

Emergency Department Crisis Intervention Team providing care primarily to patients who arrive at the Emergency Department in crisis 24/7.

Mississauga: 905-848-7100

Credit Valley: 905-813-6199

## GRIEF SUPPORT ON THE INTERNET

1. [www.willowgreen.com](http://www.willowgreen.com)
2. [www.genesis-resources.com](http://www.genesis-resources.com)
3. [www.webhealing.com](http://www.webhealing.com)
4. [www.grief.net](http://www.grief.net)
5. [www.griefsong.com](http://www.griefsong.com)
6. [www.virtualhospice.ca](http://www.virtualhospice.ca)
7. [www.whatsyourgrief.com](http://www.whatsyourgrief.com)



HEART HOUSE  
H O S P I C E

# *Bereavement Support Resources*

(905) 712-8119, Ext. 232 & 247

This brochure is provided by

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