

**BEREAVEMENT SUPPORT
PROGRAMS**



Helping you live today.

Community Resource List

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Name: Aboriginal Health and Wellness Centre of Winnipeg

Address: 215-181 Higgins Ave.
Winnipeg MB R3B 3G1

Phone/ Fax Number: Phone: (204) 925-3700 Fax: (204) 925-3709

Email/ Website: info@abcentre.org www.abcentre.org/health.html

- Services:**
- The Aboriginal Health & Wellness Centre provides access to those resources which will enable an enhancement of the lifestyles and living conditions of the urban Aboriginal people and facilitate the creation of a healthy self-determining community centre where healing is holistic, culture-based and accessible to all Aboriginal people regardless of beliefs and backgrounds.
 - Elders/Teachers/Healers providing guidance through spiritual direction and ceremonies- by appointment
 - Women's/Men's/Children's healing programs
 - Wellness Centre
 - Indian Residential School Program

There are no specific bereavement support programs

The nurse or community health worker will refer

No fees

Name: A & O

Address: 2nd Floor, 280 Smith Street
Winnipeg, MB R3C 1K2

Phone/ Fax Number: Phone: (204) 956-6440

Fax: (204) 946-5667

Email/ Website: info@aosupportservices.ca

www.aosupportservices.com

- Services:**
- Non-denominational, for persons 55 years of age and over
 - Admission through interview; admission criteria apply
 - Individual bereavement counseling by appointment
 - If a client wants support call the intake line
 - Bereavement Support Groups are offered at various times throughout the year

No fees

Name: Aurora Family Therapy Centre

Address: Sparling Hall, Second floor, Room 2S03
University of Winnipeg
515 Portage Avenue
Winnipeg, MB R3B 2E9

Phone/ Fax Number: Phone: (204) 786-9251

Fax: (204) 772-2547

Email/ Website: j.smyth@uwinnipeg.ca

www.aurorafamilytherapy.com

Contact: John Smyth,
Executive Director

- Services:**
- To educate family therapists and provide therapy services to the community
 - Individual and family grief counselling services by appointment
 - Personal referral
 - Victim services offered once a year, for homicide-related deaths
 - Waiting list

Fees: sliding scale based on ability to pay

Name: Beginning Experience

Address: c/o Archdiocese of St. Boniface
151 avenue de la Cathedrale
Winnipeg, MB R2H 0H6

Phone/ Fax Number: Phone: (204) 275-3090 (information line)

Email/ Website: <http://beginningexperiencewinnipeg.ca/>

- Services:**
- Weekly Support Programs – up to 6 concurrent weekly programs to accommodate whatever stage of grieving a person maybe at – 10 week Support Programs are held 3 times per year - Annually, the weekly sessions start the second Wednesday of January, second Wednesday of April and second Wednesday of September.
Fee: \$80.00
 - The Beginning Experience Weekend for adults at St Benedict's Retreat Centre helps grieving single-again persons following a loss due to divorce, separation, or death – held 2 times a year (Spring-Fall)
Fee: \$275.00
1 retreat weekend for youth
 - Call information line for dates

Note: Support groups for single/divorced/widowed; not specific to bereavement

Name: CancerCare Manitoba

Address: MacCharles Unit
675 McDermot
Winnipeg,
MB R3E 0V9

St. Boniface Unit
O Block, 409 Tache
Winnipeg,
MB R2H 2A6

Western Manitoba
Cancer Care Centre
300 McTavish Ave
East Brandon, MB
R7A 2B6

Phone/ Fax Number: Phone: (204)787-2109
Fax: (204) 786-0623
(MacCharles)

Phone: (204)235-3394
Fax: (204) 237-6048
(St. Boniface)

Phone: (204)578-2222
Fax: (204)578-4991
(Brandon)

Email/ Website: www.cancercare.mb.ca

Contact: Psychosocial Oncology & Supportive Care
(204) 787-2109 (MacCharles)
(204) 235-3394 (St. Boniface)
(204) 578-2222 (Brandon, MB)

Services:

- Individual / family grief counselling for family members of CancerCare clients who have died
- Staff assigned by disease site

No fees

Name: Centre Renaissance Centre

Address: 844 Autumnwood Drive
Winnipeg, MB R2J 1C1

Phone/ Fax Number: Phone: (204) 256-6750

Fax: (204) 256-5504

Number:

Email/ Website: ranais@mymts.net

www.renaissancecentre.ca

Website:

Services:

- Individual, group, and family counselling, in French or English
- Support groups organized if demand warrants
- Men's groups (English)
- Body work series (French)

*Note: There are no specific bereavement support programs
Sliding-scale fees based on ability to pay*

Centre de Renouveau/ Aulneau Renewal Centre Inc.

Name:

Address: 228 Hamel Ave
Winnipeg, MB R2H 0K6

Phone/ Fax Number: Phone: (204) 987-7090 Fax: (204) 987-8880

Email/ Website: Admin@Aulneau.com www.aulneau.com

Contact: Irmie Nickle, Executive Director Tracey Nickle, Administration

Services:

- A bilingual, non-profit organization founded by the Missionary Oblate Sisters
- Individual and group counselling in French or English
- Offers counselling to adults on a one-to-one basis.

Sliding fee scale

Name: **Centre Youville Centre**

Address: 6-845 Dakota St.
Winnipeg MB R2M 5M3

Phone/ Fax Number: Phone: (204)255-4840 Fax: (204) 255-4903

Email/ Website: www.youville.ca

Contact: Patrick Griffith, Executive Director

Services:

- Self-Compassion Bereavement Group in partnership with Palliative Manitoba – 8 week group
- Registration required
- Individual counselling by appointment for who do not have coverage for counselling
- Bereavement support and counselling
- Assessment and referrals given

No fees

Name: Circle of Life/ Thunderbird House

Address: 715 Main St.
Winnipeg, MB R3B 3N7

Phone/ Fax Number: Phone: (204) 940-4240 Fax: (204) 940-4243

Email/ Website: www.thunderbirdhouse.com

- Services:**
- A community development organization that offers spiritual and social support, particularly to members of the Aboriginal community
 - Men's & women's healing sessions (held separately)
 - Individual or family general counselling with resident elder (drop-in or by appointment)

No fees

Note: Groups are established according to needs expressed by the community, so grief/loss may be offered in future

Name: The Compassionate Friends - Winnipeg Chapter

Address: 685 William Avenue
Winnipeg, MB R3E 0Z2

Phone/ Fax Number: Phone: (204) 787-4896 (Volunteer Self-Help)

Email/ Website: smtaylor@hsc.mb.ca www.tcfwinnipeg.org

Contact: Dolores Belot

- Services:**
- For persons who have experienced the death of a child of any age
 - Group meetings third Thursday of every month at 7:30 pm.
 - "Telephone Friends"
 - Drop-in program Mondays 1-3 pm except statutory holidays (In building next door, 105-671 William Avenue)
 - Newsletter published six times per year and extensive library
 - Communication with professionals involved with bereaved parents

No fees

Name: Deaf Population Services

- Process:**
- Contact ECCOE. (204) 926-3271 or candy@eccoe.ca.
After hours: 204-475-6332
 - ECCOE. will hire an interpreter *only*
 - When interpreters are used for bereavement counselling the cost can be covered under medical care

Name: Family Dynamics

Address: 401-393 Portage Avenue (Portage Place)
Winnipeg, MB R3B 3H6

Phone/ Fax Number: Phone: (204) 947-1401 Fax: (204) 947-2128

Email/ Website: info@familydynamics.ca <http://www.familydynamics.ca>

- Services:**
- Individual, couple, family, and group counselling
 - In-home family support including respite when a family member is ill or where there are special needs
 - Anger management for men

*Note: There are no specific bereavement/grief support programs
Fees assessed on a case-by-case basis*

Name: Fort Garry Women's Resource Centre

Address: 1150-A Waverley St.
Winnipeg, MB R3T 0P4

Phone/ Fax Number: Phone: (204) 477-1123 Fax: (204) 475-9127

Email/ Website: www.fgwrc.ca info@fgwrc.ca

Contact: Shileen Smith

Services:

- Programs and Services for Women Only
- One to one counselling service is available (bereavement counselling included)

The following programs are offered on an annual basis:

- Grief and Loss Group focusing on loss through death- once a year.
- Silent Witness Program
- One to one bereavement counselling is available
- Children's Counselling Program

No fees

Name: Grant Memorial Baptist Church Grief and Loss Support Group

Address: 877 Wilkes Avenue
Winnipeg, MB R3P 1B8

Phone/ Fax Number: Phone: (204) 989-6740 Fax: (204) 488-6952

Email/ Website: <http://grantmemorial.ca/contact-us/> www.grantmemorial.mb.ca

Contact: Glenn Miller
Director, Community care
Phone: (204) 989-6763

Services:

- Grief support group, based on demand
- Evangelical Christian-based

Fee: Cost of support group book

Name: Hope Centre Health Care Inc. (A non-profit program funded by WRHA)

Address: Counselling Unit
240 Powers Street
Winnipeg, MB R2W 5L

Phone/ Fax Number: Phone: (204) 589-8354 Fax: (204) 586-4260

Email/Website: hopece@mymts.net

Services: Christian Based counselling.

- Individual/group and family, grief/loss counselling
- Serves mainly North End Winnipeg community (Pt. Douglas)
- By appointment, Monday to Friday 9-5 pm
- Women's grief support group (tentative- has not been offered in quite some time)

No Fees

Name: Palliative Manitoba

Address: 2109 Portage Avenue
Winnipeg, MB R3J 0L3

Phone/ Fax Number: Phone: (204) 889-8525

Fax: (204) 888-8874

Email/ Website: www.palliativemanitoba.ca

Contact: Ian Scott,
Program Services Coordinator

iscott@palliativemanitoba.ca

Services:

- One-on-One bereavement telephone support by volunteers
- Bereavement groups from 9-12 and 13-17 year olds and their caregivers (Kids Grieve Too and Teens Grieve Too)
- Bereavement Taking Steps Programs, in partnership with: Jewish Child and Family Service, Good Neighbours Active Living Centre and Youville Centre
- Educational grief seminars in partnership with funeral homes
- Monthly bereavement letter
- Memory Tree in St. Vital Centre in December
- Information to link people with appropriate community services
- Resource library

No fees

Name: Jewish Child and Family Service

Address: C-200-123 Doncaster
Winnipeg, MB R3N 2B2

Phone/ Fax Number: Phone: (204)477-7430

Phone: (204) 477-7510
(Rady Centre; for registration)

Email/ Website: www.jcfswinnipeg.org
jcfs@jcfswinnipeg.org

Contact: Al Benarroch,
Executive Director

Shelley Levit,
Social Worker

- Services:**
- Public benefit organization whose services are available to all, regardless of ethnic, cultural, or religious background or affiliation
 - Individual, couple, and family counselling by appointment
 - Seniors' Counselling – Regular visits in office or in client's home
 - "Taking Steps" Bereavement Group – in partnership with Palliative Manitoba
 - Registration required

Fees: Sliding scale based on ability to pay

Name: Klinik Community Health Centre - Crisis Counselling Services

Address: 870 Portage Avenue
Winnipeg, MB R3G 0P1

Phone/ Fax Info Line: (204) 784-4090

Number: 24 Hour Crisis Line: (204) 784-8686 or 1-888-322-3019

Deaf Access Counselling: (204) 784-4097

Manitoba Farm & Rural Support Services: 1-866-367-3276

Drop-in (545 Broadway) – (204) 784-4067

(Mon & Wed: Noon – 7 pm); Thurs, Fri and Sat: Noon-4 pm)

Email/ Website: www.klinik.mb.ca

klinik@klinik.mb.ca

- Services:**
- Drop-In counselling for individuals experiencing crisis related to grief and bereavement, including suicide bereavement
 - Call (204) 784-4067 for times and locations

No fees

SPEAK (Suicide Prevention Education Awareness Knowledge)

- Klinik's SPEAK offers a monthly drop-in support group for adults bereaved by suicide. Meetings are generally held on the last Monday of each month from 7:00 – 8:30 pm. If you are thinking about attending, please call SPEAK at (204) 784-4064.
- Klinik offers counselling for adults bereaved by suicide. Call Klinik intake at (204) 784-4059.
- SPEAK also serves as a resource centre on issues related to suicide bereavement. Please see Klinik website or call SPEAK to access these resources.

Name: Manitoba Organization of Victim Assistance (MOVA)

Address: 580 Main street, Located inside United Way Building
Winnipeg, MB R2M 5M3

Phone/ Fax Phone: (204) 831-8950 Fax: (204) 831-8956
Number: 1-877-596-0095

Email/ Website: help@moval.ca www.moval.ca

- Services:**
- Resource library for victims and victim workers
 - Crisis and long-term emotional support via one-on-one and group contact
 - Support group outreach to survivors of victims of homicide and their friends and family
 - Information line for victims in distress or in need of support.
 - Assistance with court procedures

No fees

Name: Men's Resource Centre

Address: 115 Pulford Street
Winnipeg, MB R3L 1X8

Phone/ Fax Number: Phone: (204)415-6797 ext. 250

Toll Free: 1-855-648-6787

Email/ Website: mrc@mens-resource-centre.ca

<http://www.mens-resource-centre.ca/>

Contact: Steve Sutherland,
Administration

Suhad Bisharat,
Executive Director

- Services:**
- Counselling/referral service orientation presentation, every 2nd Monday (except holidays). *Must attend an orientation to be referred to services
 - Individual & Group counselling; encouraged to attend drop-in counselling initially and the individual will be referred to other services
 - Short-term counselling (up to 8 sessions) for situational stressors
 - Long-term counselling (up to 1 year) is intended to assist with childhood sexual abuse trauma
 - Group for male survivors of sexual abuse; referred by their MRC therapist.

No fees

Referral by MRC therapist

May be waitlisted

Name: New Directions

Address: 400-491 Portage Ave.
Winnipeg, MB R3B 2E4

Phone/Fax Number: (204) 786-7051 (204) 774-6468

Email/Website: www.newdirections.mb.ca

- Services:**
- Families can call and request counselling on various issues, call (204) 786-7051 ext. 5269
 - Occassionally offer teen/parent group (not specific to grief and bereavement)

No fees

Name: North End Women's Centre

Address: 394 Selkirk Avenue
Winnipeg, MB R2W 2M2

Phone/ Fax Phone: (204) 589-7347 Fax: (204) 586-9476

Number:

Email/ Website: info@newcenter.org <http://www.newcentre.org/>

- Services:**
- Individual counselling by appointment
 - The grief and loss program is for women who have experienced loss. We ask that women wait six months after a loss has occurred before participating in the program. The program provides an opportunity to explore grief and loss issues within a confidential, supportive environment. We assist women in developing healthy ways to deal with emotions that accompany the grief process.
 - The grief and loss program is a ten week closed group, which runs 1-2 times annually.

No Fees

Name: **Good Neighbours Active Living Centre Bereavement Group**

Address: Good Neighbours Active Living Centre
720 Henderson Hwy.
Winnipeg , MB R2G 0Z5

Phone/ Fax Number: Phone: (204) 669-1710 Fax: (204) 661-0750

<http://www.gnalc.ca>

admin@gnalc.ca

Email/ Website:

Contact: Susan Sader,
Executive Director

- Services:**
- “Taking Steps” Bereavement Group
 - Registration required
 - Offered spring and fall
 - Friendship group where caring members send cards to members in need and make follow-up phone calls

No fees

Name: **St. Bernadette Parish**

Address: 820 Cottonwood Road
Winnipeg, MBR2J 1G1

Phone/ Fax Number: Phone: (204)255-1951 ext. 10 Fax: (204)255-1083

Email/ Website: stbernpc@shawbiz.ca

<http://stbernadette.shawbiz.ca>

- Services:**
- Ongoing peer support groups (call for intake)
 - Yearly retreat
 - Non-religious bereavement group

No fees

Name: Women's Health Clinic

Address: 419 Graham Avenue –
3rd floor Unit A
Winnipeg, MB R3C 0M3

Phone/ Fax Phone: (204) 947-1517

Fax: (204) 943-3844

Number:

Toll free: 1-866-947-1517

Email/ Website: whc@womenshealthclinic.org

www.womenshealthclinic.org

Services

- Women's Health Clinic is a community health clinic that offers counselling, health education and medical services for women
- Free teen counselling for girls ages 13-19, Thursday nights from 3-8 pm or can be accessed by calling the clinic for an intake appointment
- Low-cost adult counselling on a sliding fee scale
- Free adult counselling which can be accessed by calling the clinic to place your name on the waiting list
- The Clinic also maintains a resource centre and lending library on women's health issues

Additional Kids and Teens Bereavement Support Services

Name: **Teens Grieve Too (13-17 year olds) and Kids Grieve Too (9-12 year olds)**

Address: Offered Through Palliative Manitoba (2109 Portage Ave.)

Phone number: Contact: (204) 889-8525 (ext. 226)

Email/Website: www.palliativemanitoba.ca

Services: A 6 week grief support program, concurrent adult grief support group offered to caregivers. Teen group offered in February and March, kids group offered in October and November.

Name: **Kids Help Phone**

Contact: 1-800-668-6868

Services: Confidential phone counselling for ages 20 and under, Available 24/7. Live chat counselling from Wednesday to Sunday from 5 pm – 1 am (www.kidshelphone.ca).

Name: **Camp Stepping Stones**

Phone number: Contact Camp Stepping Stones Team: 1-204-642-4589

Email/ Website: <http://www.ierha.ca/default.aspx?cid=6236&lang=1>

Services: Annual (May or June) weekend grief camp offered by Interlake-Eastern Regional Health Authority for youth ages 7-17.

Name: **Camp Bridges**

Phone number: Contact Heidi Wiebe: 1-204-388-2038

Email/ website: hweibe1@southernhealth.ca

Services: Open to any child in Manitoba, aged 7-17 years, who is grieving the death of someone significant in their lives. Annual weekend grief camp offered by Southern Regional Health Authority for youth ages 7-17

Other Resources

Cancer support group

130 Nassau St. N
St. Luke's Church
Contact:(204)452-3609
1st & 3rd Wednesday of the month

Manitoba senior Abuse Support Line

1-888-896-7183

The Dream Factory

303 - 1 Wesley Avenue
Winnipeg, Manitoba
R3C 4C6
Phone: (204)989-1050
dream@thedreamfactory.ca <http://www.thedreamfactory.ca/>

The Dream Factory is a charitable organization dedicated to fulfilling dreams for kids who are battling life-threatening illnesses.

Child and Adolescent Mental Health Service- Centralized Intake

165 St. Mary's Road
Winnipeg, Manitoba
R2H 1J1
Phone: (204) 958-9660 Fax: (204)958-9626
<http://www.matc.ca/services-cimh.html>

The Centralized Intake Service was developed to improve access to child and adolescent mental health resources. Intake and referral services have been linked to create a single point of entry.

Variety Club

1313 Border Street
Winnipeg, MB
R3H 0X4
Phone: (204)982-1050
admin@varietymanitoba.com Varietymanitoba.com

Dedicated to raising funds that enable us to meet the tangible needs of children of all abilities in Manitoba.

Respite

Rupertsland Caregiver Services

Address: 168 Wilton Street, Winnipeg, MB R3M 3C3

Phone/Fax: (204)452-9491 Fax: (204)474-0753

Email/Website: rlcs@mts.net <http://www.rlcaregivers.org/>

Services: Rupert's Land Caregiver Services exists to provide services supporting family caregivers of elderly persons in their own home in the City of Winnipeg.

Name: Community Respite Service

Winnipeg Address: 825 Sherbrook Street, Winnipeg, MB R3A 1M5

Phone/Fax: Phone: (204) 953-2400 Fax: (204) 775-6214

Email/Website: comresp@mymts.net
<http://www.communityrespiteservice.ca/wp/>

Brandon Address: 710 3rd Street, Brandon, MB R7A 3C8 Canada

Phone: (204) 727-4910 Fax: (204) 728-3305

Email: crsbdn@mymts.net

Services: Community Respite Service Inc. provides quality respite in Manitoba for caregivers of and to individuals with physical and intellectual disabilities

Websites:

www.palliativemanitoba.ca	Information of programs, services, education, community outreach, volunteerism and advocacy.
www.virtualhospice.ca	The Canadian Virtual Hospice is an interactive network for people dealing with life-threatening illness and loss.
www.cancercare.mb.ca	Resources for patients and families, prevention and screening information, statistics, community cancer programs, volunteers and research information.
www.cnpcc.ca	Canadian Network for Palliative Care for Children site includes information on paediatric hospice palliative care in Canada.
www.centerforloss.com	Center for Loss publishes books, articles and other resources to help people who are grieving. We are also an educational and training center for bereavement caregivers. If you are grieving or want to help others in grief, we invite you to explore our website. (Dr. Alan Wolfelt's site)
www.growthhouse.org	Growth House, Inc. provides this award-winning portal as your international gateway to resources for life-threatening illness and end of life care. Our primary mission is to improve the quality of compassionate care for people who are dying through public education and global professional collaboration. Our search engine gives you access to the Internet's most comprehensive collection of reviewed resources for end-of-life care.
www.hospicecare.com	International Association for Hospice & Palliative Care

<http://eolcaregiver.com/living-lessons.aspx>

Living Lessons[®] is a national initiative to increase awareness of hospice palliative care and end-of-life care services in Canada. The campaign is presented in partnership with the Canadian Hospice Palliative Care Association (CHPCA) and The GlaxoSmithKline Foundation. By encouraging and enabling open dialogue, information exchange and service provision we hope to enhance quality of life for individuals facing the last stages of life.

www.palliative.info

Palliative info strives to provide an organized collection of links to palliative care resources on the internet that are active and maintained, including some which were developed locally in Manitoba, Canada. (Dr. Mike Harlos' site)