

## Not-for-Profit Agencies cont'd...

### *Kids Help Phone*

**24hr 1-800-668-6868**

Website: [www.kidshelphone.ca](http://www.kidshelphone.ca)

The Kids Help Phone website has a section on Emotional Health/Grief and loss. Kids and teens can access support through the telephone or via the website. There is support with professionals 24hrs, 7 days a week.

Grief and Bereavement Resources available

*Grief is one of life's greatest stresses and an experience from which none of us can escape. If you have concerns about your physical and/or mental health after the loss of a loved one, please contact your physician.*

*For immediate assistance, call the Crisis Line at 519-836-5710.*

**For additional Grief and Loss services/support, call 211 or refer to [www.caredove.com/wwihpc](http://www.caredove.com/wwihpc) and/or [www.wwhealthline.ca](http://www.wwhealthline.ca)**

*\* Several local "Fee for Service" providers of individual, group and family counselling services are also available. Please search online for counsellors near you.*

### **Other Resources for Bereavement Support**

Book Stores  
Cemetery Offices  
Faith Communities  
Family Physicians  
Libraries  
Schools  
Websites

**Please feel free to reproduce this brochure**

**Contact  
Hospice Wellington for revisions or  
comments  
519-836-3921  
[info@hospicewellington.org](mailto:info@hospicewellington.org)**

**May 2017**



## **Grief & Loss Support Services in Wellington County**



Grief is "the process of adjusting" to life after the death of someone special. It is a normal, natural process that varies greatly from person to person and from time to time.

Support, understanding and help from others — friends, family and professionals — makes our grief journey easier and less confusing. Remember, healing takes time and there may be periods where it is difficult to notice any progress.

This pamphlet lists not-for-profit resources that offer either individual or group bereavement support services. Some services are offered free of charge, while others are "fee for service" offered on a sliding scale. Please inquire when you call.

# Not-for-Profit Agencies



## **ARCH HIV/AIDS Resources and Community Health**

**519- 763-2255**

89 Dawson Rd #115 Guelph, On  
Email: [admin@archguelph.ca](mailto:admin@archguelph.ca)

Emotional, clinical and practical support for  
persons living with HIV / AIDS.

## **Bereaved Families of Ontario- Midwestern Region**

**519-603-0196**

The Family Center  
65 Hanson Avenue, Kitchener N2C 2H6  
Email: [support@bfomidwest.org](mailto:support@bfomidwest.org)  
Website: [www.bfomidwest.org](http://www.bfomidwest.org)

Peer group support after the death of an infant,  
child, grandchild, partner or other loved one.  
Professional support for bereaved  
preschoolers. Memorial events and Resource  
Library also available.

## **Community Support Connections, Meals on Wheels and More VON WWD**

**519-323-2330**

392 Main St. N Unit 4 Mt Forest, On N0G2L2

Volunteer visiting program for seniors;  
Transportation program and practical help in  
the home also available. Fee for some  
services.

## **The Coping Centre 519-650-0852 Toll Free 1-877-554-4498**

1740 Blair Road, Cambridge N3H 4R8  
Email: [coping@copinqcentre.com](mailto:coping@copinqcentre.com)  
Website: [www.copingcentre.com](http://www.copingcentre.com)

Group grief support for the entire family and  
educational seminars.

## **Family Counselling and Support Services for Guelph-Wellington**

**519-824-2431**

109 Surrey St. E Guelph, On N1H3P7  
Website: [www.familyserviceguleph.on.ca](http://www.familyserviceguleph.on.ca)  
Walk-In Counselling Services, no app't needed.  
Wednesday 1-7pm.

## **Family Health Teams, Fergus, Guelph, Drayton**

**Guelph 519-837-4444**  
**Fergus 519-843-3947**  
**Drayton 519-638-2110**

Website: [www.guelphfht.com](http://www.guelphfht.com);  
[www.uppergrandfht.org](http://www.uppergrandfht.org); [www.mmfht.ca](http://www.mmfht.ca)

Patients that are connected to a family health team  
can access a Mental Health Therapist through their  
physician or nurse practitioner.

## **Canadian Mental Health Association Waterloo Wellington Dufferin Branch**

**519-821-6139**

**Here 24/7 Crisis Line 844-437-3247**  
Head Office 80 Waterloo Avenue, Guelph, On  
[www.wwd.cmha.ca](http://www.wwd.cmha.ca)

Professional support at local branches throughout  
the county. Call to start an intake. Children and  
Adults.

## **Lakeside Church**

**519-836-8141**

7654 Conservation Road, Guelph, On N1E 6V8  
Website: [www.lakesidechurch.ca](http://www.lakesidechurch.ca)

Griefwalk, our mission is to provide a safe place to  
cope with life's losses.  
[www.griefwalk.ca](http://www.griefwalk.ca)

## **Hummingbird Centre for Hope**

**519-500-8535**

Email: [marny@hummingbirdcentreforhope.com](mailto:marny@hummingbirdcentreforhope.com)  
Website: [www.hummingbirdcentreforhope.com](http://www.hummingbirdcentreforhope.com)

Provides peer-to-peer bereavement support to  
men and women after the death of their spouse  
or partner and who have children living at home;  
helping them to rebuild a new sense of self as  
an only parent.

## **Hospice Wellington**

**519- 836-3921**

795 Scottsdale Drive, Guelph, On N1G 3R8  
Email: [info@hospicewellington.org](mailto:info@hospicewellington.org)  
Website: [www.hospicewellington.org](http://www.hospicewellington.org)

Bereavement Support Groups, one-to-one  
bereavement support, children/teen & parent  
support groups, caregiver groups, integrated  
wellness and resource library.

## **University of Guelph, Couple and Family Therapy**

**519-824-4120 ext56426**

Macdonald Hall Annex, University of Guelph  
Guelph, On N1G2W1  
Email: [cftsec@uoguleph.ca](mailto:cftsec@uoguleph.ca)

Call for an initial intake conversation. A Therapist  
Intern will call you back to book an appointment..  
Sliding scale\$5-\$100

## **Telehealth Ontario**

**24hr 1-866-797-0000**

Website:  
[www.health.gov.on.ca/en/public/programs/telehealth/](http://www.health.gov.on.ca/en/public/programs/telehealth/)

Speak with a registered nurse 24 hours a day, 7  
days a week

