

## Grief & Bereavement

Has someone you loved died?

Is it difficult to sleep, be alone, or get through the day? Is it hard to make decisions? Are you wondering if you will ever feel better? Perhaps sometimes you don't even want to live anymore.

Are you feeling sad, angry, guilty, irritable, confused, lonely or distracted?

Are you only pretending to be coping with family or friends?

All of these feelings are normal.

When we are grieving, we sometimes need support in expressing our mixed emotions and learning how to make peace with our new lives without our loved ones. Comfort from family and friends is important during this time, but not always available, and not always enough.

There are resources that can help. Individual counselling is available from a variety of providers in our community. At **VON Algoma**, we can offer access to our Bereavement Program, which can offer support, resources and the opportunity to join a bereavement support group.

9-Week Closed Support Groups are organized on an ongoing basis. Call today to inquire about joining an upcoming group.

. Information Sessions are offered Bimonthly, please call for upcoming dates and topics.

\*Information Sessions are ideal for those waiting to begin a 9-week Support Group, or those not looking for a 9-week commitment

\* Walking Through Grief Program

**705.942.8200**



Supported by:



HEALTH STARTS AT HOME



CANADA

## GRIEVING WELL: BEREAVEMENT SUPPORT SERVICE

VON Algoma  
7B Oxford Street  
Sault Ste. Marie ON P6B 1R7

**705.942.8200**

## **WHY JOIN A SUPPORT GROUP?**

Support Groups are a safe place for grieving people to talk about their loss, share their story, and learn from others. Group members find comfort in sharing with other caring people who are also grieving the loss of a loved one. Facilitators will guide this process as well as present educational information for discussion about the grieving process, survival tips and ways to move forward.

Each group will have a maximum of 10 participants.

Each group will meet once a week for 8 weeks at the VON office or other convenient location.

## **WHO MAY ATTEND?**

Any adult (18 yrs +) dealing with the death of loved one is welcome to initiate the registration process. Groups are **not** recommended for people who are grieving a loss of less than 3 months. For some, the Bereavement Coordinator may recommend other services instead of a volunteer facilitated support group.

## **I FIND IT HARD TO TALK ABOUT MY LOSS.**

The facilitators strive to make everyone in the group comfortable, which means no one is forced to participate who isn't ready. But it is hoped that, in time, a trust between all participants and facilitators will develop, and you will feel comfortable sharing your story, experiences, concerns and goals.

## **I'M NOT SURE A SUPPORT GROUP IS FOR ME.**

You can call to ask about our services and to discuss your concerns about support groups. You may choose to come and meet with Bereavement Services Coordinator and receive some resources and information about bereavement and other support options. There is no obligation.

## **Walking Through Grief Program**

It is no secret that nature is beneficial to those who are grieving. Our walking group invites all bereaved individuals to join us. It is a time to walk and talk, at a relaxed pace with others to share ideas and support each other in the outdoors. If you are lonely and unsure about the future and would like to make connections with people or just nature this group is for you. Call for locations and details. *Walk may be cancelled due to weather conditions.*

## **To register for a Bereavement Support Group:**

- Call the VON office to speak with Bereavement Services
- An application will be sent to you
- An intake interview will be arranged for you
- Appropriate referral will follow

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**All services are free of charge and confidential.**

