

Grief Resources

Community Organizations - Education, Counselling and Support

BC Bereavement Helpline www.bcbereavementhelpline.com

Free and confidential service that connects public to grief support services within B.C. and provides support to the bereaved and caregivers. Tel: **1-877-779-2223**

BC Victims of Homicide www.bcvictimsofhomicide.com

Support for families and friends who have lost a loved one by homicide, including Victoria area loss support groups. Tel: **1-877-779-2223**, or **1-604-738-9950** Email: bcvoh@telus.net

Citizen's Counselling www.citizenscounselling.com

Offers affordable, accessible counselling to adults 18+ in Greater Victoria; a sliding scale fee is offered based on family income. Tel: **250-384-9934** Email: info@citizenscounselling.com

Compassionate Friends of Canada www.tcfcanada.net

Offers grief and trauma support groups for families who have lost a child. Groups are held monthly at a location near Broadmead, Victoria. Tel: **250-478-9270** Email: Victoria@TCFCanada.net

Esquimalt Neighbourhood House www.enh.bc.ca

Offers affordable programs and counselling for children, youth and adults in Greater Victoria, and Esquimalt. Tel: **250-385-2635**

Learning Through Loss www.learningthroughloss.org

Greater Victoria non-profit charity that provides youth ages 10-18 with grief education and supportive group programs. Tel: **250-413-3114** Email: info@learningthroughloss.org

Need2 www.need2.ca

Crisis and suicide prevention, education, online emotional and crisis support, and resources. Tel: **250-386-6328** Email: admin@need2.ca Emergency call: **1-800-suicide**

Pacific Center Family Services - Affordable Counselling Program www.pacificcentrefamilyservices.org

Offers affordable counselling to individuals and couples. Tel: **250-478-8357**

South Island Center for Counselling and Training www.southislandcenter.ca

Offers accessible individual, couple and family counselling. Tel: **250-472-2851**

The Vancouver Island Crisis Line www.vicrisis.ca

24 hour crisis line support, online emotional support, and resources. Tel: **1-888-494-3888**

Victoria Hospice www.victoriahospice.org

Provide bereavement and counselling support for all ages. Tel: **250-370-8715**

Victim Services www.gvpvs.org

Provide services to victims of crime or trauma who may or may not have reported the crime or be involved with the criminal justice system. Tel: **250-995-7351** Email: info@gvpvs.org

Youth Empowerment Society www.vyes.ca

Diverse programs, outreach and counselling services for youth and families. Tel: **250-383-3514** Email: office_manager@vyes.ca

Private Grief and Trauma Counselling

BC Association of Clinical Counsellor's www.bc-counsellors.org

Provides a list of qualified counsellors in areas across BC. Tel: **250-595-4448**

Lisa Mortimer www.lisamortimore.com

Specializes in trauma, PTSD, grief and loss counselling and psychotherapy. Tel: **250-514-4731** Email: lisa@lisamortimore.com

Monica Kingsbury www.monicakingsbury.com

Trauma and grief counselling Tel: **250-383-2451** Email: info@monicakingsbury.com

Nancy Reeves <http://islandnet.com/~nancy>

Specializes in grief and loss counselling at her Island Loss Clinic. Tel: **250-592-3138**

Yvonne Haist www.yvonnehaist.com

Specializes in trauma therapy, loss and grief, and offers a sliding scale and is approved for Victims Assistance and some extended health plans. Tel: **250-893-0871** Email: YH@yvonnehaist.com

Shauna Janz Consulting www.shaunajanz.com

Grief support, education and resources to individuals, groups and organizations. Tel: **250-857-9642**

Email: shaunajanz@gmail.com

Human Nature Counselling www.humannaturecounselling.ca

Provides children, youth, adults, and families with a unique counselling service that is grounded in the healing power of connection with the natural world. Tel: **250-885-0275** Email:

info@humannaturecounselling.ca

Other Wellness Resources

Affordable Acupuncture <http://hemma.ca/acupuncture/treatment/community-acupuncture>

Learn to Meditate www.dharmaocean.org

Mind-Body Practices for Managing Stress and Trauma http://www.capacitar.org/emergency_kits.html

Victoria Health Cooperative www.victoriahealthcooperative.ca

Victoria Meditation Center <http://victoria.shambhala.org>

Helpful Books and Websites

Entering the Healing Ground: Grief, Ritual and the Soul of the World. Francis Weller, 2012.

Unattended Sorrow: Recovering from Loss and Reviving the Heart. Stephen Levine, 2005.

Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals. Thomas Moore, 2004.

Understanding Your Grief: Ten Essential Touchstones For Finding Hope and Healing in Your Heart. Alan Wolfelt, 2003.

Waking the Tiger: Healing Trauma. Peter Levine, 1997.

<http://oceansidehospice.com/resources-3/griefwords/>

www.victoriahospice.org/patients-families/additional-resources

www.thegrieftoolbox.com

www.whatsyourgrief.com

www.centerforloss.com

www.traumahealing.org