

Grief and Bereavement Resources

Grief Resources in General:

- Aboutgrief.ca
- Mygrief.ca
- Kidsgrief.ca
- Youthgrief.ca
- Livingmyculture.ca
- Grief.com
- Whatsyourgrief.com
- [Canadian Virtual Hospice Grief Learning Modules](#)
- [BCCPC Grief and Bereavement ECHO Series](#)
- [Gone too Soon: Navigating Grief and Loss as a Result of Substance Use Handbook](#)

Grief Resources in the Workplace:

- [Palliative Care Is... A Collective Response To Death, Dying, and Grief In The Inner City](#)
- [Homeless Palliative Care Toolkit](#)
- [Palliative care team helps the homeless die 'with dignity,' a healing circle helps them grieve | CBC Radio](#)
- [Managing Grief and Loss in the Workplace: A Handbook for Managers and Supervisors](#)
- [Toronto Shelter Network: Grief & Loss Program Report \(2023\)](#)
- BC Centre for Palliative Care's free e-learning module titled **"Navigating Grief and Bereavement in the Context of Homelessness: A Guide for Community Support Workers"** will be released by December 2025

Here are a few grief helplines and support programs that we know about:

- [British Columbia Bereavement Helpline](#) (BC)
- [Crisis Centre of BC](#) (BC)
- [S.U.C.C.E.S.S. Helpline](#) (BC)
- [Kemp Care Network – Grief Text Line and On-line Support](#) (Ontario)
- [GLoW Initiative: Grief, Loss and Wellness](#) (Ontario)
- [Lumara Grief & Bereavement Care Society](#) (Canada)
- Many hospices have grief support programs across Canada

Indigenous grief helplines and support:

- [Tsow Tun Le Lum Society](#) (BC)
- [KUU-US Crisis Line](#) (BC)
- [Lumara Indigenous Wellness Program](#) (Canada)
- [Hope for Wellness Helpline](#) (Canada)
- [Indian Residential School Survivors Society Counselling](#) (Canada)

