

Northern Health Palliative Care

Grief Resources

Northern Health Resources:

Symptom Management Guidelines

[BC Centre for Palliative Care \(bc-cpc.ca\)](http://bc-cpc.ca)

Nurturing Psychosocial and Spiritual Well-Being

Brochure: Dealing with Grief (10-141-6004)

a resource booklet for those who have experienced the loss of a loved one

Provincial Resources:

BC Bereavement Helpline:

Grief support services by phone and helps locate local services (bereavement support groups, community events, information).

BC Hospice and Palliative Care Association

Connect with member hospice societies in your community.

BC Guidelines & Protocols Advisory Committee:

Part 3: Grief and Bereavement
App D: The Grief Journey (patient handout)
App E: Bereavement Risk Assessment Tool
App J: Be Gentle with Yourself (patient handout)

Victoria Hospice: Useful brochures on grief and bereavement for patients/families.

Legal issues / custody issues / public guardian and trustee

Specialty areas – children, teenagers, mental health and addictions

Federal/International Resources:

Canadian Virtual Hospice:

A collection of online resources for grieving people with inclusive and respectful resources for diverse populations.

Hope and Denial

Grief Work

Grief in Times of Celebration: The Empty Spot

MyGrief.ca

Kids Grief

Youth Grief

2SLGBTQ+

Grief Share

Gain access to resources to help someone recover from loss and rebuild their life.

Grief Share, biblical based, seminars and support groups (US, Canada, and in at least 10 other countries)

Rainbows for All Children Canada

Grief support, youth support programs