

## INFORMATIONAL WEB SITES

### Family Caregiver Alliance:

The web site below offers some specific information for family or friends who supported someone with a chronic illness before they died. It is an American site so some of the information may not be applicable.

Link: <https://www.caregiver.org/grief-and-loss>

### Baycrest:

The web site below discusses the difference between grief and depression and provides some helpful warning signs of complicated grief which may require professional support. It may be helpful if you are concerned about your symptoms and wondering if you should reach out for professional help.

Link:

<https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Late-life-Depression/Grief-and-bereavement>

### Help Guide:

The web site below discusses all types of grief including the grief associated with losing someone to death. This site offers helpful tips for coping with grief and loss and offers some myths and facts about grief.

Link: <http://www.helpguide.org/articles/grief-loss/coping-with-grief-and-loss.htm>

**Your health is important too.** If you are feeling overwhelmed, seek support from your local CLSC or Info-Social 811

## NEXT STEPS...

Refer to the pamphlet *Grief and Loss* to learn about self-care and common experiences related to grief.

Refer to the pamphlet *What to Do After a Death* for a list of formalities you may need to complete following the death of a family member or a friend.

## More Resources

1. See SPA-LTC website for more resources <https://spaltc.ca/resource-library/>

# RESOURCES ON BEREAVEMENT, GRIEF AND LOSS

## Contact Us

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## WHAT IS GRIEF AND BEREAVEMENT?

Grief is a natural way we learn to live without someone we cared about after their death.

Bereavement is a period of grief after the death of family member or friend.

## Bereavement Resources

**Maison Monbourquette.** An important resource for bereaved persons located in Quebec. They offer a support phone line and a resource directory of over 250 organizations throughout the province that can help support you during this difficult time. Link: [www.maisonmonbourquette.com](http://www.maisonmonbourquette.com)

**Ami Quebec.** For Montreal residents, if you need support, you can consult one of the organizations found on the Ami Quebec website. Link: [www.amiquebec.org/grief/](http://www.amiquebec.org/grief/)

**Call 211** to be referred to a community resource or social services in Montreal.

**My Grief Angels** is a website and support forum that was created by and for people who are grieving. Link: [www.mygriefangels.org](http://www.mygriefangels.org)

For more information, please visit:  
[www.virtualhospice.ca](http://www.virtualhospice.ca)  
[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

## Self-Help Books on Grief and Loss

### **Healing After Loss: Daily Meditations for Working Through Grief.**

Martha W. Hickman (2011).

This book includes a series of small quotes and meditation exercises that can be used every day to cope with grief related to emotions. It is written by a grief survivor. It is also available in audio form.

### **How to Go on Living When Someone You Love Dies.**

Therese A. Rando (1991).

This book is written by a psychologist who has counselled many adults through grief. The book provides tips for finding effective professional and self-help support and for coping with grief.

### **Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart.**

Alan D. Wolfelt (2003).

This book is written by a grief counsellor. The book is designed to be read in short segments with each page or two offering a thought-provoking idea, question or exercise to consider.

### **Healing A Spouses Grieving Heart: 100 Practical ideas after your husband or wife dies.**

Alan D. Wolfelt, Ft. Colling, CO: Companion Press.

This book is specifically geared towards dealing with the loss of a spouse in older age. Simple and brief tips on how to move through your grief are offered.

### **Life After Loss.**

Diets, B (1992).

This book offers some practical information including helpful things to do and eat when grieving the death of a family member or friend.

### **Good Grief.**

Granger Westberg (2010).

This book identifies the emotional and physical reactions you might experience at different stages of grief.