

Grief and Bereavement Services:

Palliative Manitoba

Phone: 204-889-8525

Email: info@palliativemanitoba.ca

Url: <http://palliativemanitoba.ca/programs-and-services/bereavement-services/>

Our services include:

- One to one phone support, by trained Bereavement Volunteers, for 12-15 months after the death of a family member or friend.
- Information about the *Taking Steps: A Journey from Grief to Healing* support group. These support groups are held twice a year at two city locations.
- Palliative Manitoba Resource Centre, located at our offices, has a large selection of books, videos, audiotapes, manuals and pamphlets available to Manitobans interested in learning more about this important area of care. The Resource Centre is open to the public during office hours.
- Monthly bereavement letters are provided to clients who request them.
- Memory Tree, St Vital Centre, annually in December
- Palliative Manitoba staff and experienced bereavement volunteers provide support at Grief Seminars hosted by Funeral Homes. *There is no cost to attend these seminars and they are open to the general public.*
- Maintain a listing of bereavement services available and are able to help link you to help.
- Grief support groups for young people: **Kids Grieve Too (KG2)** ages 9-12 and **Teens Grieve Too (TG2)** ages 13-17. Each group runs for 6 weeks. Participants take part in various interactive, reflective and age-appropriate activities. Parents and guardians are also offered support in a group setting. The adult group meets in a different room in the same facility at the same time.

Canadian Virtual Hospice

Website: www.virtualhospice.ca

- Offers online information articles and resources on grief and loss
- Provides a set of free online grief modules to work through at your own pace at: www.mygrief.ca