

# GRIEF COUNSELLING

**Available at no cost to Manitobans who have experienced a loss during COVID-19**



## Why grief counselling?

COVID-19 has dramatically changed the way we are able to respond to death and dying. The restrictions on social contact and on gatherings and funerals leave us more vulnerable to experiencing complications to our grieving process.

## We're here for you

Manitoba Blue Cross is providing up to three counselling sessions at no cost to Manitobans who have experienced a loss during COVID-19. Sessions are provided through qualified clinicians from our Employee Assistance Program, including Clinical Psychologists, MSW Clinicians, Registered Psychiatric Nurses, Marriage and Family Therapists and Master of Divinity Clinicians.

## To access this support, please call us:



Directly at **204.786.8880**  
Toll Free **1.800.590.5553**  
TTY **204.775.0586**