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GRIEF & LOSS RESOURCES



Roger Neilson House meets the unique palliative care needs of newborns, children, youth and their families. They lead by advocating, by advancing clinical care and family support, and by learning through research and sharing knowledge.

[Click here.](#)



Bereaved Families of Ontario, Ottawa Chapter, offers grief peer support programs and memorial events for people in Ottawa who are experiencing grief that stems from many different types of losses.

[Click here.](#)



The Compassionate Friends - Ottawa Chapter

The Compassionate Friends is an international, non-profit, peer support organization, offering friendship, understanding, grief education and hope for the future to all families who have experienced the death of a child at any age, from any cause.

[Click here.](#)



Symptoms of Grief and Loss and What You Can Do To Help

An infographic by Jill Frampton, Grief Recovery Specialist, that describes the physical, emotional, and behaviour impacts that grief can have, as well as ways to help.

[Click here.](#)



4 Grief Definitions

A one-page infographic derived from the work of Elisabeth Kübler-Ross & David Kessler that highlights the fact that grief is ultimately a process.

[Click here.](#)



About Grieving

A two-page pamphlet from the Canadian Mental Health Association that describes what grief is, what can be done about it, and how you can help a loved one that is experiencing it.

[Click here.](#)

Compassionate Ottawa



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