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RESOURCES FOR WORKPLACES



Information and support on advanced illness, palliative care and grief.

MyGrief.ca, an initiative of the Canadian Virtual Hospice, offers modules that help you to understand and work through your grief.

[Click here.](#)



Pallium Canada's Compassionate Workplace Campaign is designed to help companies improve their 'care culture' by proactively supporting those among us who are caregiving, grieving, or living with a serious illness.

[Click here.](#)



"COVID-19 & Bereavement: Here's How Employers Can Help"

This 2020 article by Supriya Sharma offers tips to employers about how to support and assist employees as they navigate through grief and bereavement.

[Click here.](#)



Loss, Grief and Healing

This resource from the Centre for Addiction and Mental Health (CAMH) describes how the pandemic causes experiences of loss and grief, and how to move forward in the face of uncertainty.

[Click here.](#)



"Grieving in the Workplace: Cope With Loss"

This resource from alis Alberta talks about the ways that grief can affect us on the job and offers tips that may be helpful for when you return to work.

[Click here.](#)



Helping Health Care Workers Cope with COVID-19-Related Trauma

This resource from Anxiety Canada offers information about mental health concerns that healthcare workers may be facing, as well as coping strategies for workers and recommendations for leaders.

[Click here.](#)

Compassionate Ottawa



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