

**BEREAVEMENT SUPPORT
PROGRAMS**



Helping you live today.

Community Resource List

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Name: **Aboriginal Health and Wellness Centre of Winnipeg**

Address: 214 & 215-181 Higgins Ave.
Winnipeg MB R3B 3G1

Phone/ Fax Number: Phone: (204) 925-3700 Fax: (204) 925-3709

Email/ Website: info@abcentre.org www.abcentre.org/health.html

Services: “The Aboriginal Health & Wellness Centre provides access to those resources which will enable an enhancement of the lifestyles and living conditions of the urban Aboriginal people and facilitate the creation of a healthy self-determining community centre where healing is holistic, culture-based and accessible to all Aboriginal people regardless of beliefs and backgrounds.”

- Elders/Teachers/Healers providing guidance through spiritual direction and ceremonies. By appointment.
- Women’s/Men’s/Children’s healing programs
- Wellness Centre
- Indian Residential School Program

There are no specific bereavement support programs.

The nurse or community health worker will refer.

No fees

Name: **Age & Opportunity**

Address: 2nd Floor, 280 Smith Street
Winnipeg, MB R3C 1K2

Phone/ Fax Number: Phone: (204) 956-6440 Fax: (204) 946-5667

Email/ Website: info@ageopportunity.mb.ca www.ageopportunity.mb.ca

Services:

- Non-denominational, for persons 55 years of age and over
- Admission through interview; admission criteria apply
- Individual bereavement counseling by appointment
- If a client wants support call the intake line.
- *Bereavement Support Groups are offered at various times throughout the year.*

No fees

Name: Aurora Family Therapy Centre

Address: Sparling Hall, Second floor, Room 2S03
University of Winnipeg
515 Portage Avenue
Winnipeg, MB R3B 2E9

Phone/ Fax Number: Phone: (204) 786-9251 Fax: (204) 772-2547

Email/ Website: j.smyth@uwinnipeg.ca www.aurora.uwinnipeg.ca

Contact: John Smyth,
Executive Director

- Services:**
- To educate family therapists and provide therapy services to the community.
 - Individual and family grief counselling services by appointment.
 - Personal referral
 - Victim services offered once a year, for victims of homicide.
 - Fee: sliding scale based on ability to pay.
 - Waiting list

Name: The Beginning Experience

Address: c/o Archdiocese of St. Boniface
151 avenue de la Cathedrale
Winnipeg, MB R2H 0H6

Phone/ Fax Number: Phone: (204) 275-3090 (information line)

Email/ Website: <http://beginningexperiencewinnipeg.ca/>

- Services:**
- Weekly Support Programs – up to 6 concurrent weekly programs to accommodate whatever stage of grieving a person maybe at – 10 week Support Programs are held 3 times per year - Annually, the weekly sessions start the second Wednesday of January, second Wednesday of April and second Wednesday of September.
Fee: \$80.00
 - The Beginning Experience Weekend for adults at St Benedict's Retreat Centre helps grieving single-again persons move into the future following a loss due to divorce, separation, or death – held 2 times a year (Spring-Fall)
Fee: \$275.00
 - Call information line for dates
 - *Note: Support groups for single/divorced/widowed; not specific to bereavement*

Name: CancerCare Manitoba

Address: MacCharles Unit St. Boniface Unit Western Manitoba Cancer
675 McDermot O Block, 409 Tache Care Center
Winnipeg, Winnipeg, 300 McTavish Ave
MB R3E 0V9 MB R2H 2A6 East Brandon, MB
R7A 2B6

Phone/ Fax Number: Phone: (204)787-2109 Phone: (204)235-3394 Phone: (204)578-2222
Fax: (204) 786-0623 Fax: (204) 237-6048 Fax: (204)578-4991
(MacCharles) (St. Boniface) (Brandon)

Email/ Website: www.cancercare.mb.ca

Contact: Psychosocial Oncology & Supportive Care
(204) 787-2109 (MacCharles)
(204) 235-3394 (St. Boniface)
(204)578-2222 (Brandon, MB)

Services

- Individual / family grief counselling for family members of CancerCare clients who have died.
- No fees
- Staff assigned by disease site

Name: Centre Renaissance Centre

Address: 844 Autumnwood Drive
Winnipeg, MB R2J 1C1

Phone/ Fax Number: Phone: (204) 256-6750 Fax: (204) 256-5504

Email/ Website: <http://www.renaissancecentre.ca/> renais@mts.net

Services

- Individual, group, and family counselling, in French or English
- Support groups organized if demand warrants
- Men's groups (English)
- Body work series (French)

*Note: There are no specific bereavement support programs.
Sliding-scale fees based on ability to pay*

Name: Centre de Renouveau/ Aulneau Renewal Centre Inc.

Address: 228 Hamel Ave
Winnipeg, MB R2H 0K6

Phone/ Fax Number: Phone: (204) 987-7090 Fax: (204) 987-8880

Email/ Website: Admin@Aulneau.com www.aulneau.com

Contact: Irmie Nickle, Tracey Nickle,
Executive Director *Administration*

Services

- A bilingual, non-profit organization founded by the Missionary Oblate Sisters.
- Individual and group counselling in French or English.
- Offers counselling to adults on a one-to-one basis.
- *Sliding-scale fees based on ability to pay*

Name: Centre Youville Centre

Address: 6-845 Dakota St.
Winnipeg MB R2M 5M3

Phone/ Fax Number: Phone: (204)255-4840 Fax: (204) 255-4903

Email/ Website: www.youville.ca

Contact: Patrick Griffith,
Executive Director

- Services**
- “Taking Steps” Bereavement Group in partnership with Hospice & Palliative Care Manitoba – 8 week group
 - Registration required
 - **Individual counselling by appointment for residents of St. Vital who do not have coverage for counselling.**
 - Bereavement support and counselling. Assessment and referrals given.

No fees

Name: Childhood Cancer Foundation - Candlelighters Manitoba

Address: *No address*

Phone/ Fax Number: Phone: (204) 737-2684

Email/ Website: http://www.manitobacandlelighters.ca Support@manitobacandlelighters.ca

Contact: Denis Foidart, Chris Lytwyn,
Chairperson *Co-Chair*
Phone: (204) 737-2684 Phone: (204) 256-0473

- Services** Manitoba chapter of Childhood Cancer Foundation Candlelighters Canada, which supports parents of children who are living with or have died of cancer.
- Supportive and social evenings: monthly coffee night; annual family camp; special events approximately every two months
 - Access to resource material through Candlelighters Canada national library
 - Quarterly newsletter
 - Information meetings
 - Parent to Parent Visitations

No fees

Name: Circle of Life/ Thunderbird House

Address: 715 Main St.
Winnipeg, MB R3B 3N7

Phone/ Fax Number: Phone: (204) 940-4240 Fax: (204) 940-4243

Email/ Website: www.thunderbirdhouse.com

Services A community development organization that offers spiritual and social support, particularly to members of the Aboriginal community.

- Men's & Women's Healing Sessions (held separately)
- Individual or family general counselling with Resident Elder (drop-in or by appointment)
- *No fees*

Note: Groups are established according to needs expressed by the community, so grief/loss may be offered in future

Name: The Compassionate Friends - Winnipeg Chapter

Address: 685 William Avenue
Winnipeg, MB R3E 0Z2

Phone/ Fax Number: Phone: (204) 787-4896
(Volunteer Self-Help)

Email/ Website: smtaylor@hsc.mb.ca www.tcfwinnipeg.org

Contact: Dolores Belot

- Services**
- For persons who have experienced the death of a child of any age
 - Group meetings third Thursday of every month at 7:30 pm.
 - "Telephone Friends"
 - Drop-in program Mondays 1-3 pm except statutory holidays (In building next door, 105-671 William Avenue)
 - Extensive library
 - Newsletter published six times per year
 - Communication with professionals involved with bereaved parents

No fees

Name: Deaf Population Services

- Process:**
- Contact ECCOE. (204) 926-3271 or candy@eccoe.com.
 - ECCOE. will hire an interpreter *only*
 - When interpreters are used for bereavement counselling the cost can be covered under medical care.

Name: Family Dynamics

Address: 401-393 Portage Avenue (Portage Place)
Winnipeg, MB R3B 3H6

Phone/ Fax Number: Phone: (204) 947-1401 Fax: (204) 947-2128

Email/ Website: info@familydynamics.ca <http://www.familydynamics.ca>

Contact: Rhonda Chegus

- Services**
- Individual, couple, family, and group counselling.
 - In-home family support including respite when a family member is ill or disabled or where there are special needs.
 - Anger management for men.

*Note: There are no specific bereavement/grief support programs.
Fees assessed on a case-by-case basis.*

Name: Fort Garry Women's Resource Centre

Address: 1150-A Waverley St.
Winnipeg, MB R3T 0P4

Phone/ Fax Number: Phone: (204) 477-1123 Fax: (204) 475-9127

Email/ Website: www.fgwrc.ca info@fgwrc.ca

Contact: Shileen Smith

Services * Programs and Services for Women Only (including same sex relationships):

- One to one counselling service is available (bereavement counselling included).

The following programs are offered on an annual basis:

- Grief and Loss Group focusing on loss through death- once a year.
- Silent Witness Program
- One to one Bereavement Counselling is available.
- Children's Counselling Program

Name: Grant Memorial Baptist Church Grief and Loss Support Group

Address: 877 Wilkes Avenue
Winnipeg, MB R3P 1B8

Phone/ Fax Number: Phone: (204) 989-6740 Fax: (204) 488-6952

Email/ Website: <http://grantmemorial.ca/contact-us/> www.grantmemorial.mb.ca

Contact: Glenn Miller Phone: (204) 989-6763
Director, Community care

- Services** Support group *Dealing with Grief and*, based on demand.
- Fee: cost of book
 - Evangelical Christian-based.

Name: Hope Centre Health Care Inc. (A non-profit program funded by WRHA)

Address: Counselling Unit
240 Powers Street
Winnipeg, MB R2W 5L

Phone/ Fax Number: Phone: (204) 589-8354 Fax: (204) 586-4260

Email/Website: http://pointdouglas.cimnet.ca/cim/54C225_326T15012T325T13270.dhtm

Services Christian Based counselling.

- Individual/group and family, grief/loss counselling.
- Serves mainly North End Winnipeg community (Pt. Douglas)
- By appointment, Monday to Friday 9-5 pm
- Women's grief support group (tentative- has not been offered in quite some time).

Note: There are no specific bereavement support programs.
No Fee.

Name: **Palliative Manitoba**

Address: 2109 Portage Avenue
Winnipeg, MB R3J 0L3

Phone/ Fax Number: Phone: (204) 889-8525 Fax: (204) 888-8874

Email/ Website: www.palliativemanitoba.ca

Contact: Ian Scott,
Program Services Coordinator iscott@manitobahospice.mb.ca

Services

- One-on-One bereavement telephone support by volunteers
- Resource library
- Memory Tree in St. Vital Centre, December
No Fees, but donations are welcomed
- Information to link clients with appropriate community services.
- Bereavement Taking Steps Programs, in partnership with: Centre Youville Centre, Jewish Child and Family Service, Good Neighbours Senior Centre.
- Educational Grief Seminars in partnership with funeral homes.
- Monthly bereavement letter

Name: **Jewish Child and Family Services**

Address: C-200-123 Doncaster
Winnipeg, MB R3N 2B2

Phone/ Fax Number: Phone: 477-7430 Phone: (204) 477-7510
(Rady Centre; for registration)

Email/ Website: www.jcfswinnipeg.org

Contact: Al Benarroch, Shelley Levit,
Executive Director *Social Worker*

Services Non-profit organization whose services are available to all, regardless of ethnic, cultural, or religious background or affiliation.

- Individual, couple, and family counselling by appointment
- Fee: Sliding scale based on ability to pay
- Seniors' Counselling- Regular visits in office or in client's home-available to all.
- "Taking Steps" Bereavement Walking Group – in partnership with Hospice & Palliative Care Manitoba
- Registration required

Name: **Klinik Community Health Centre - Crisis Counselling Services**

Address: 870 Portage Avenue
Winnipeg, MB R3G 0P1

Phone Number: Crisis Line:
(204) 784-8686 or
1-888-322-3019

Deaf Access counselling:
(204) 784-4097

Manitoba Farm & Rural
support services (Brandon
Office):
1-866-367-3276

Drop-in: (204) 784-4067

Website: • www.klinik.mb.ca

Services: • **Drop-In counselling**

- For individuals experiencing crisis related to grief and bereavement, including suicide bereavement
- Call (204)784-4067 for times and locations

- **SPEAK(Suicide Prevention Education Awareness Knowledge)**
 - SPEAK offers a monthly drop in support group for adults bereaved by suicide. Meetings are generally held on the last Monday of each month from 7:00 – 8:30 pm. If you are thinking about attending, please call SPEAK at (204) 784-4064.
 - Klinik offers counselling for adults bereaved by suicide. Call Klinik intake at (204) 784-4059.
 - SPEAK also serves as a resource centre on issues related to suicide bereavement. Please see Klinik website or call SPEAK to access these resources.

Name: **Manitoba Organization of Victim Assistance (MOVA)**

Address: Suite 20-226 Osborne Street, North
Winnipeg, MB R2M 5M3

Phone/ Fax Number: Phone: (204) 831-8950 Fax: (204) 831-8956
1-877-596-0095

Email/ Website: help@mova.ca www.mova.ca

Services

- Resource library for victims and victim workers
- Crisis and long-term emotional support via one-on-one and group contact
- Support group outreach to survivors of victims of homicide and their friends and family
- Information line for victims in distress or in need of support.
- Assistance with court procedures

No fees

Name: Men's Resource Centre

Address: 115 Pulford Street
Winnipeg, MB R3L 1X8

Phone/ Fax Number: Phone: (204)415-6797 ext. 250 Toll Free: 1-855-648-6787

Email/ Website: mrc@mens-resource-centre.ca <http://www.mens-resource-centre.ca/>

Contact: Steve Sutherland, Administration Suhad Bisharat,
Executive Director

- Services**
- Drop in counselling/referral service, everyone Monday 1pm-7pm (except holidays)
 - Individual & Group counselling; encouraged to attend drop in counselling initially and the individual will be referred to other services.
 - Short-term counselling (up to 8 sessions) for situational stressors.
 - Long-term counselling (up to 1 year) is intended to assist with childhood sexual abuse trauma.
 - Group for male survivors of sexual abuse; referred by their MRC therapist.

*No fees
Referral by MRC therapist
May be waitlist*

Name: North End Women's Centre

Address: 394 Selkirk Avenue
Winnipeg, MB R2W 2M2

Phone/ Fax Number: Phone: (204) 589-7347 Fax: (204) 586-9476

Email/ Website: info@newcenter.org <http://www.newcentre.org/>

- Services**
- Individual counselling by appointment
 - The grief and loss program is for women who have experienced loss. We ask that women wait six months after a loss has occurred before participating in the program. The program provides an opportunity to explore grief and loss issues within a confidential, supportive environment. We assist women in developing healthy ways to deal with emotions that accompany the grief process.
 - The grief and loss program is a ten week closed group, which runs 1-2 times annually. Sessions included: exploring the stages of grieving, honour each other losses, discussion, imagery, sharing, journaling, art therapy.

No Fees

Name: **Good Neighbours Active Living Centre Bereavement Group**

Address: Good Neighbours Active Living Centre
720 Henderson Hwy.
Winnipeg , MB R2G 0Z5

Phone/ Fax Number: Phone: (204) 669-1710 Fax: (204) 661-0750

Email/ Website: <http://www.gnalc.ca> admin@gnalc.ca

Contact: Susan Sader,
Executive Director

- Services**
- “Taking Steps” Bereavement Group in partnership with Good Neighbours Active Living Centre, W.R.H.A. River East Access Centre and Palliative Manitoba
 - Registration required
 - Offered spring and fall
 - Friendship group, caring members send cards to members in need and make follow-up phone calls.

No fees

Name: **Riverview Health Centre**

Address: 1 Morley Avenue Phone: (204) 938-5555 (Transcona)
Winnipeg, MB R3L 2P4

Phone/ Fax Number: Phone: (204) 452-3411 ext. 3230 Fax: (204) 478-6251

Email/ Website: rhcinfo@rhc.mb.ca www.riverviewhealthcentre.com

Contact: Al McBurney

- Services**
- Individual and group support – dates and times vary.

Name: **St. Bernadette Parish**

Address: 820 Cottonwood Road
Winnipeg, MBR2J 1G1

Phone/ Fax Number: Phone: 255-1951 ext. 10 Fax: 255-1083

Email/ Website: stbernpc@shawbiz.ca <http://stbernadette.shawbiz.ca>

Contact: Janice Schwab

- Services**
- **Ongoing peer support groups (call for intake)**
 - Yearly retreat
 - Non-religious
 - **Men’s Grief Support Group:**
Thursdays at 5 PM
To register or for more information-contact
Fr. Fred @ 204-255-1951 ext. 41
Free will offering

Name: St. John Brebeuf Church

Address: 1707 John Brebeuf Place
Winnipeg, MB R3N 2A2

Phone/ Fax Number: Phone: (204) 488-4467 Fax: (204) 489-6097

Email/ Website: parishoffice@sjbcommunity.ca www.sjbcommunity.ca

Contact: Debbie Dusanek,
Administrative assistant

Services

- Informal bereavement support group held most Thursday mornings following the 9:15 am mass- meetings when needed.
- Christian-based
- Calling ahead to confirm attendance suggested, but not required

No fee. Book used as a resource may be purchased, if desired.

Name: Women's Health Clinic

Address: 419 Graham Avenue –
3rd floor Unit A
Winnipeg, MB R3C 0M3

Phone/ Fax Number: Phone: (204) 947-1517 Fax: (204) 943-3844

Toll free: 1-866-947-1517

Email/ Website: whc@womenshealthclinic.org www.womenshealthclinic.org

Services Women's Health Clinic is a community health clinic that offers counselling, health education and medical services for women. Counselling services include:

- Free teen counselling for girls ages 13-19 which can be accessed by calling the clinic for an intake appointment.
- Low cost adult counselling at \$35.00 per session.

Free adult counselling which can be accessed by calling the clinic to place your name on a waiting list. The Clinic also maintains a resource centre and lending library on women's health issues.

Websites:

This list includes reputable websites which have been useful to PM staff. Descriptions come from the websites.

www.chpca.net Canadian Hospice Palliative Care Association is the national charitable association which provides leadership in hospice palliative care in Canada. Links to provincial associations and local resources may be found here.

www.cnpcc.ca Canadian Network for Palliative Care for Children site includes information on paediatric hospice palliative care in Canada.

www.virtualhospice.ca The Canadian Virtual Hospice is an interactive network for people dealing with life-threatening illness and loss.

www.hospicecare.com International Association for Hospice & Palliative Care

www.centerforloss.com Center for Loss publishes books, articles and other resources to help people who are grieving. We are also an educational and training center for bereavement caregivers. If you are grieving or want to help others in grief, we invite you to explore our website. (Dr. Alan Wolfelt's site)

www.growthhouse.org Growth House, Inc. provides this [award-winning](#) portal as your international gateway to resources for life-threatening illness and end of life care. Our primary mission is to improve the quality of compassionate care for people who are dying through public

education and global professional collaboration. Our [search engine](#) gives you access to the Internet's most comprehensive collection of reviewed resources for end-of-life care.

www.palliative.info

Palliative info strives to provide an organized collection of links to palliative care resources on the internet that are active and maintained, including some which were developed locally in Manitoba, Canada. (Dr. Mike Harlos' site)