

Grief Support Community Resources

Dear Friends:

One of the biggest changes in life comes when someone we cherish leaves us through death. Grief is a reaction to losing someone. We all have experienced those losses throughout our lives. We all know grief, in our unique, personal way. Yet grief is something that connects us, as we all experience it. It is neither bad nor immoral, and cannot be processed by someone else.

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.
(Henri Nouwen, *Out of Solitude*)

We need to acknowledge that our grief has exacted its toll on us, but also appreciate what we have learned; understand that we can, and that those who cared about us want us to, move on.

PRAYER

And Jesus Wept

An All Souls Remembrance

Loving Jesus,
Compassionate Friend and
Comforter of Those Who Mourn,
please remember all of my departed
loved ones today, especially <N>.
Raise them up to eternal life and hold them in the palm of your hand.
Comfort me, O Lord,



Photo credit: @Natalia Bilynskyy

And grant that I may have
Strength when I am in despair
Courage when I am weak
Trust when I am afraid
Faith when I am in doubt and
Love when I need it the most.
Fill me, O Lord,
with joyful hope in the knowledge that for
all our faithful departed, life has changed,
not ended.
And bring us all into the peace and joy of
Your presence for ever and ever.

AMEN.

Prayer Credit: St. Anthony Shrine, Boston, MA, 2009.

Dealing With Grief

(Adopted from Canadian Cancer Society, www.cancer.ca)

Grieving can be a very painful and long process. Given time and support, you will begin to heal, accept the loss and adjust. There is no set time period for grieving. Most people find that their emotions and physical symptoms of grief start to lessen between 6 months and 2 years after their loved one has died.

To cope with grief, you can:

- Let yourself cry as often as you need. It is part of the healing process, not a sign of weakness.
- Allow yourself to feel sadness, pain, anger and any other emotions. Don't let others tell you what you should be feeling.
- Take care of yourself by eating well and exercising. Limit the amount of alcohol or other drugs you use.
- Be gentle with yourself. Forgive yourself for all the things that you may have said or done, or didn't say or do.
- Talk to and get support from others who have experienced a loss.
- Prepare for the emotions that may come up on birthdays, anniversaries and holidays.
- Take a break from grief – you don't need to be focused on it all the time. Go to a movie or concert, take a hot bath, read or listen to music.

Tears are the silent language of grief.
(Voltaire)

You are not alone on your journey of grief. The healing process is enhanced through the friendships and connections that may be developed within your parish community or in support groups.

This brochure offers a list of available community resources that may be beneficial for you. Please consider approaching your Parish Priest, Deacon or Parish Life Director for suggestions and help.

For additional grief support resources or for assistance in developing the faith based grief support group in your parish please contact us in the Ministry of Presence to the Sick and Elderly:

Chair: Deacon Stepan Bilynskyy, bilynsky@msn.com) or leave a message at the Pastoral Centre with Agata Johns at 204-594-0271.

Blessed are those who mourn, for they will be comforted.
(Matthew 5:4)

Grief Support Community Resource List

Acknowledgements:

The list of community resources is acquired with permission from the Community Resource List developed by Palliative Manitoba. Sincere thank you to Georgette Dupuis, Community Facilitator, St. Boniface Health Centre.

Age & Opportunity

(204) 956-6440 www.ageopportunity.mb.ca

Non-denominational, for persons 55 years of age and over

- Individual bereavement counseling by appointment
- *Bereavement Support Groups are offered at various times throughout the year.*
- *No fees*

Aurora Family Therapy Centre

(204) 786-9251 www.aurora.uwinnipeg.ca

- Individual and family grief counselling services by appointment.
- Fee: sliding scale based on ability to pay.

Beginning Experience

(204) 275-3090 (info line) <http://beginningexperiencewinnipeg.ca/>

- Weekly Support Programs – up to 6 concurrent weekly programs to accommodate whatever stage of grieving
- Fee: \$80.00
- Call information line for dates
- *Note: Support groups for single/divorced/widowed; not specific to bereavement*

CancerCare Manitoba

(204) 235-3394 www.cancercare.mb.ca

- Individual / family grief counselling for family members of CancerCare clients who have died.
- No fees

Centre Renaissance Centre

(204) 256-6750 <http://www.renaissancecentre.ca/>

- Individual, group, and family counselling, in French or English
- Support groups organized if demand warrants
- *Note: There are no specific bereavement support programs.*
- *Sliding-scale fees based on ability to pay*

Centre de Renouveau/ Aulneau Renewal Centre Inc.

(204) 987-7090 www.aulneau.com

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*

Centre Youville Centre

(204) 255-4840 Fax : (204) 255-4903 www.youville.ca

- “Taking Steps” Bereavement Group
- Bereavement support and counselling
- *No fees*

God had one son on earth without sin, but never one without suffering.
(St. Augustine)

Circle of Life/ Thunderbird House

(204) 940-4240 www.thunderbirdhouse.com

- Offers spiritual and social support, particularly to members of the Aboriginal community.
- *No fees.*
- *Note: Groups are established according to needs expressed by the community, so grief/loss may be offered in future.*

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.

Family Dynamics

(204) 947-1401 www.familydynamics.ca

- Individual, couple, family, and group counselling
- *Note: There are no specific bereavement/grief support programs.*
- *Fees assessed on a case-by-case basis.*

Fort Garry Women’s Resource Centre

(204) 477-1123 www.fgwrc.ca

Programs and Services for Women Only

- Grief and Loss Group focusing on loss through death- once a year.
- One to one Bereavement Counselling is available.

Palliative Manitoba

889-8525 www.palliativemanitoba.ca

- One-on-One bereavement telephone support by volunteers
- Resource library
- 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.
- *No Fees, but donations are welcomed*

Pluri-elles Inc.

(204) 233-1735 www.pluri-elles.mb.ca

- Individual and group counselling in French for adults, adolescents, and children.
- Workshops available throughout the year and upon request.
- Resource library.
- *No fees.*

Good Neighbours Active Living Centre Bereavement Group (River East)

(204) 669-1710 www.gnalc.ca

- Taking Steps” Bereavement Group
- Friendship group, caring members send cards to members in need
- *No fees*

GriefShare

- A 12-week support series based in Christian values for those struggling through the loss of a loved one, as well as those offering support who suffered loss in the past. It is a video and discussion series with take home material in the workbook. For more information on the material: www.griefshare.org/about
- Cost: \$20 (optional - workbook)
- Registration: Pastor Eric Friesen – 204-985-6050 x.22 or eric@nkmb.org

St. Bernadette Parish

255-1951 ext. 10 stbernadette.shawbiz.ca

- Ongoing peer support groups
- *Free will offering*

St. John Brebeuf Church

(204) 488-4467 www.sjbcommunity.ca

- Informal bereavement support group held most Thursday mornings following the 9:15 am Mass- meetings when needed.
- Christian-based
- *No fee.*

The heart of grief, its most difficult challenge is not “letting go” of those who have died but instead making the transition from loving in presence to loving in separation. (Thomas Attig)