

## Grief and Bereavement Resources

Residents are eligible to take a bereavement leave following the death of a member of their immediate family or someone with a close relationship to the resident. Details on leaves are summarized in the [PGME leaves policy document](#).

Resident Affairs wellness counsellors and directors are available to meet with residents and fellows who are experiencing grief and loss. Appointments can be booked online via our online Jane booking platform: [Select a Location | MD Student & Resident Affairs](#)

Below are some additional resources which may be helpful to you. Please let us know if you discover others which would be helpful to add ([pgaffair@mcmaster.ca](mailto:pgaffair@mcmaster.ca))

<b>Private Counsellors</b>	
<p><b>Cara Grosset, MSW</b> Address: 86 Homewood Ave Hamilton, L8P 2M4 Email: <a href="mailto:cgrosset@wlu.ca">cgrosset@wlu.ca</a> Phone: (905) 577-0605</p>	<p>Doing PhD in social work and has practice in Hamilton, specializes in grief</p>
<p><b>Andrea Warnick, RN MA RP</b> Website: <a href="https://andreawarnick.com/">https://andreawarnick.com/</a> Email: <a href="mailto:intake@andreawarnick.com">intake@andreawarnick.com</a></p>	<p>Recommended by trusted counselling colleague, Andrea does counselling and education around grief, does work with youth and adults</p>
<p><b>Ontario-Wide Psychology Clinic</b> Email: <a href="mailto:admin@ontariopsychologyclinic.ca">admin@ontariopsychologyclinic.ca</a> Website : <a href="#">Warm and Experienced Online Therapists — Ontario-Wide Psychology Clinic (ontariopsychologyclinic.ca)</a></p>	<p>Exclusively online Does not accept OHIP</p>
<p><b>Physician Health Program</b> 1-800-851-6606 <a href="mailto:php@oma.org">php@oma.org</a></p>	<p>The PHP provides anonymous and confidential support and education to students, residents, MDs, and their families, helping them connect with relevant resources like therapists.</p>

## Community Resources

<p><b>McMaster Chaplaincy Centre</b> Website: <a href="#">McMaster Chaplaincy Centre</a> Email: chaplain@mcmaster.ca Phone: 905-525-9140 ext. 24207 McMaster University, MUSC 231</p>	<p>The Chaplaincy Centre offers spiritual guidance from three Christian Orientations: Ecumenical, Christian Reformed, and Catholic. However, they are available to anyone whether part of a religious community or not.</p>
<p><b>Chaplains:</b> <i>For many who have experienced the sudden death of a loved one, chaplains can be exceptionally supportive during times of grief. Despite often having a distant connection with formal religion, chaplains are skilled in exploring the spiritual dimensions of grief and helping</i></p>	
<p><b>Bereaved Families of Ontario – South Central Region</b> <a href="#">Website</a> Other locations: <a href="https://bereavedfamilies.net/affiliates/">https://bereavedfamilies.net/affiliates/</a></p>	<p>Offer one-on-one and group peer support for grief in the Hamilton area. Virtual and in-person options.</p>
<p><b>Dr. Bob Kemp Hospice Foundation Inc</b> <a href="#">Website</a> Email: <a href="mailto:kemp.hospice@kemphospice.org">kemp.hospice@kemphospice.org</a> Phone: 905-387-2448277 Address: Stone Church Rd E, Hamilton, ON</p>	<p><i>Offer free individual counselling, support groups, and chat lines, and have resources on their website.</i></p>
<p><b>Gilda Club Greater Toronto,</b> <a href="#">Website</a> Email: <a href="mailto:info@gildasclubtoronto.org">info@gildasclubtoronto.org</a> Phone: 416-214-9898 Address: 70570 - 2938 Dundas St W, Toronto, ON M6P 1Y0</p>	<p>Gilda’s Club Toronto offers a range of supportive programs for people affected by cancer, including: Support Groups, Educational Workshops, Social Activities, Children and Family Programs, Creative Arts Programs, Bereavement Support</p> <p>These programs aim to help individuals and families navigate the emotional and practical challenges of living with cancer and coping with loss.</p>
<p><b>Lighthouse for Grieving Children and Families in Oakville</b> Website: <a href="#">Home - Lighthouse For Grieving Children (lighthousegriefsupport.org)</a> Email: <a href="mailto:info@lighthousegriefsupport.org">info@lighthousegriefsupport.org</a> Phone: 905-337-2333 Address: 2522 Rebecca Street, Oakville, ON</p>	<p>At Lighthouse, we offer free support for the entire family as each person navigates their unique journey through grief, loss, and change. Here you will find support, resources, and connections for each family member.</p>
<p><b>Navigate Clinic</b> <a href="#">Website</a> Email: <a href="mailto:info@navigateclinic.ca">info@navigateclinic.ca</a> Phone: (437)-833-8883 Address: 180 Bloor Street West, Suite 902. Toronto, ON M5S 2V6</p>	<p>We are a team of hospital trained Clinical Psychologists and Health Psychologists providing clients with evidence-based, compassionate care.</p>

<p><b>The Coping Centre in Cambridge</b> <a href="#">Website</a> Email: <a href="mailto:coping@copingcentre.com">coping@copingcentre.com</a> Phone: 1-877-554-4498 Address: 1740 Blair Rd, Cambridge, ON</p>	<p>Offers closed group support programs (8-10 weeks) for all ages.</p>
<p><b>Sick Kids Pathways Grief Support Program</b> <a href="#">Website</a> Email: <a href="mailto:grief.support@sickkids.ca">grief.support@sickkids.ca</a></p>	<p>All bereaved families who have experienced the death of a child who was cared for at SickKids are offered the opportunity to receive services and support from Pathways.</p>
<p><b>Canadian Alliance for Grieving Children and Youth</b> <a href="#">Website</a> Email: <a href="mailto:info@grievingchildrencanada.org">info@grievingchildrencanada.org</a> Phone: 905-337-2333</p>	<p>Our Mission is to ensure that grief and bereavement support and information is accessible to all grieving children and their families and the professionals that support them across Canada.</p>
<p><b>Sunnybrook Pregnancy and Infant Loss</b> <a href="https://pailnetwork.sunnybrook.ca/">https://pailnetwork.sunnybrook.ca/</a></p>	<p>They provide online peer support groups, 1:1 support, and in-person support circles for individuals/families facing various perinatal/infant loss. Also have information for healthcare providers in terms of how to support patients and families encountering such loss.</p>
<p><b>Hospice waterloo</b> <a href="https://www.hospicewaterloo.ca/are-you-grieving/">https://www.hospicewaterloo.ca/are-you-grieving/</a></p>	<p>hospice waterloo offers free services for grief support. walking groups, counselling, bereavement support</p>

## Other Resources

<b>Grief Websites</b>	
<p>David Kessler Website: <a href="#">David Kessler</a> <a href="#">Free workshop series on suicide</a> Podcast: <a href="#">Grief and Finding Meaning by David Kessler</a></p>	<p>Offers valuable perspectives on grief through their discussions and frameworks. Notable works in this area include "Finding Meaning: The Sixth Stage of Grief" and "Vision Trips and Crowded Rooms," which provides insightful approaches to understanding and navigating the grieving process.</p>
<p><a href="#">Grief.com</a></p>	
<p>Refuge in Grief ("Grief support that doesn't suck") <a href="#">Link</a></p>	<p>It's OK that You're Not OK Get resources and trainings to help you find support &amp; connection - no matter what life brings.</p>

What's Your Grief <a href="#">Link</a>	What's Your Grief is a place for sharing, support, resources, & more.
Dougy Center <a href="#">Link</a>	A compilation of grief resources
American Foundation for Suicide Prevention – I've Lost Someone <a href="#">Link</a>	
Open to Hope <a href="#">Link</a>	Open to Hope is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion
Mygrief.ca ( <a href="https://mygrief.ca/">https://mygrief.ca/</a> )	Online and free self-directed modules to support coping with grief
Kidsgrief.ca ( <a href="https://kidsgrief.ca/">https://kidsgrief.ca/</a> )	Online resource offering grief support for adults supporting kids/teens who have experienced loss

## Mindfulness Meditation:

Mindfulness meditation and other mindfulness practices can be valuable tools during challenging times. These practices share similarities with prayer and other contemplative and reflective traditions across various cultures and religions. The work of Kristin Neff and Christopher Germer, with its emphasis on mindfulness and self-compassion, offers strategies that some may find particularly beneficial. One key idea is to approach oneself with grace and understanding, especially in moments of suffering or when one is not at their best. Asking oneself what is needed in times of pain and making an effort to address that need can be a helpful approach.

Attached here some meditations on Neff's website: ([Link](#))

Also, in general, the sites below have a lot of good material on mindfulness and meditation:

- 10 Percent Happier Podcasts and Meditations ([Link](#))
- Insight Timer App ([Link](#))
- Headspace App

## Books

Option B: Facing Adversity, Building Resilience, and Finding Joy (Sheryl Sandberg)
The Five Invitations: Discovering What Death Can Teach Us About Living Fully (Frank Ostaseski)
The Year of Magical Thinking (Joan Didion)
Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber (Ken Wilbur)
When Breath Becomes Air (Paul Kalanithi)
When Bad Things Happen to Good People (Harold Kushner)
Finding Meaning: The Sixth Stage of Grief, David Kessler
The Needs of the Dying: A guide for bringing hope, comfort, and love to life's final chapter, David Kessler
When Things Fall Apart, Pema Chödrön
The Reality Slap: Finding Peace and Fulfillment When Life Hurts, Dr. Russ Harris
Dear Life: A Doctor's Story of Love and Loss (Rachel Clarke) - Written by a palliative care physician who also experienced the death of her father

## Poetry

Poetry, such as that by Mary Oliver and Rumi, can be deeply impactful for many individuals. However, the experience of poetry is often highly personal and varies from person to person.

## Podcasts/ Videos

All There Is with Anderson Cooper <a href="#">Link</a>
David Kessler – Grief & Finding Meaning <a href="#">link</a>
White Coat, Black Art <a href="#">website</a>
A Slight Change of Plans
Terrible, Thanks for Asking
Happiness Lab
Ted Talk: Nora McInerny: <a href="#">Nora McInerny: We don't "move on" from grief. We move forward with it   TED Talk</a>
Ted Talk: Jason B. Rosenthal: <a href="#">Jason B. Rosenthal: The journey through loss and grief   TED Talk</a>
Ted Talk: Lucy Kalanithi: <a href="#">Lucy Kalanithi: What makes life worth living in the face of death   TED Talk</a>