

Bereavement Support Services

Bereaved Families of Ontario – Toronto Chapter

250 Merton St, Suite 202, Toronto, ON; www.bfotoronto.ca

Ph: 416-440-0290 Email: info@bfotoronto.ca

Offers both drop-in and closed groups for different age groups and types of loss. Also provides immediate support if waiting for a closed group to begin.
Call Monday to Thursday between 10am and 4:30pm to inquire.

Jewish Family and Child

Ph: 416-638-7800; www.jfandcs.com/bereavement

Locations: Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford

Offer various bereavement groups, which deal with a number of Jewish and spiritual aspects; however, they welcome all people regardless of cultural, religious and/or racial background or affiliation.

Fees are available on a sliding scale. Typically groups cost \$100 for 6 sessions.

Woodgreen Community Services

Ph: 416-572-3575; www.woodgreen.org

Location: 840 Coxwell Ave (Danforth/Coxwell)

Bereavement support group for adults (55+) or caregiver of a senior who has lost a loved one.

Toronto Distress Centre-Traumatic Loss Survivor Support Program

www.distresscentre.com/suicide-loss

Offers support groups for those who have lost a loved one to suicide or homicide.

Call 416-595-1716 or e-mail alex@torontodistresscentre.com to self-refer.

GRASP (Grief After a Substance Passing)-Toronto Chapter

www.grasphelp.org/toronto-chapter/

Support group for those who have lost a loved one to substance use.

Phone 647-274-3224 or e-mail: grasptoronto@gmail.com to self-refer

Pregnancy and Infant Loss Network

Offers group and individual peer support for parents who have lost an infant

Phone 888-303-7245 or e-mail painnetwork@sunnybrook.ca to self-refer

Dr. Jay Children's Grief Centre

250 Davisville, Suite 405, Toronto;

Ph: 416-360-1111; www.dryjaychildrengriefcentre.org

Offers grief counseling for children, youth and their families. *Currently closed to new referrals*

GriefShare

This website will connect you to a bereavement support group in your area

www.griefshare.org

Canadian Virtual Hospice

Information and support on palliative and end-of-life care, loss, and grief/bereavement

Provides a list of palliative care, hospice, and bereavement services across Ontario and Canada.

www.virtualhospice.ca

You may also be able to access bereavement support through religious/spiritual organizations, funeral homes in your neighbourhood, organizations that offer support related to a specific illness (e.g., Wellspring Cancer Support Network or Gilda's Club for losses due to cancer), or hospice programs.

You can also search the **OTN Health Services Directory**: <https://directory-prelogin.otn.ca/#/>

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.