

Resources for Grief Support

Scarborough Centre for Healthy Communities
416-642-9445

COSTI Programs for Bereavement
(416) 244 0724

Family Counselling Service
(416) 789 7925

Islamic Foundation Toronto
(416) 876-3000 / (416) 321-0909

Bereaved Families of Ontario
(416) 440-0290

AIDS Bereavement Project of Ontario
(416) 205-9888

Arab Community Centre of Toronto
(416) 231-7746

Armenian Community Centre
(416) 491-2900

Greek Community of Metropolitan Toronto Inc.
(416) 469-2495

Virtual Hospice
www.virtualhospice.ca

Andrea Warnick Consulting (Children's Greif)
andrewarnick.com

SPA LTC
spaltc.ca

Notes:

Contact us:

SHN Bryan and Bette Rowntree Palliative Care Clinical Centre Program
416-284-8131 ext 5035

Outpatient Palliative Care Clinic
416-284-8131 ext 5035

After a Loved One Dies

Grief and Bereavement

SHN BRYAN AND BETTE ROWNTREE PALLIATIVE CARE CLINICAL CENTRE PROGRAM



Birchmount Hospital
3030 Birchmount Road
Scarborough, ON M1W 3W3
416-495-2400

Centenary Hospital
2867 Ellesmere Road
Scarborough, ON M1E 4B9
416-284-8131

General Hospital
3050 Lawrence Avenue East
Scarborough, ON M1P 2V5
416-438-2911

 @SHNcares

 shn.ca

Grief can feel like an unbearable experience. Grief is a good, normal and common response after losing someone.

The death of someone can be a very painful experience that every human will face in their life. It is a natural part of life.

Grieving has no limits. Everyone's reaction to loss is very personal. It is important to attend to your own needs during this time.

Examples of taking care of your needs are:

- Getting enough rest
- Accepting support from those who offer it
- Sharing stories about the person you lost
- During the first year, try to make major life decisions only when absolutely



Common Responses to Grief

Physical Reactions

- Low appetite
- Poor sleep
- Difficulty focusing
- Low energy
- Seeing or hearing the person who has died

Emotional Reactions

- Anger
- Intense sadness
- Numbness
- Anxiety
- Relief

Social Reactions

- Social withdrawal
- Lack of enjoyment
- Longing for the person who has died

**Information retrieved from SPA-LTC*

Loss is personal, take the time you need to work through each emotion. Speak to your healthcare team for additional resources and support as needed. Sometimes there are questions but no answers. Remember that grief is part of loving and knowing someone. Allow yourself to feel each emotion. Some things may trigger sudden outburst of emotion – this is a normal response to grief.

Grief can feel significant for up to two years. Sometimes feelings of grief can give us trouble in our daily lives. If after 6 months you experience any of the below, you may want to seek help:

- your interests in life have not returned
- you see no hope in the future
- you are pre-occupied with anger and/or guilt
- you are unable to return to work or school

Children and Grief

If a child is old enough to love, a child is old enough to grieve. It is important for children to be a part of the grieving process, and to remember that they want to be part of the process. You can do this by:

- Encouraging them to share their feelings
- Answering questions, clearly and honestly
- Encouraging them to feel each emotion they feel, including happiness.

