



Funeral Homes ~ *only those local funeral homes that offer grief support services free of charge are listed*

Barthel Funeral Home 519-653-3251
566 Queenston Road, Cambridge N3H 3J8
Living with Loss—Group support 1st Wednesday of every month.

People Needing People 519-745-2195
171 King Street South, Waterloo N2J 1P7
Email: denamoitoso@erbgood.com
Website: www.erbgood.com
Bereavement Resource Centre of the **Erb & Good Family Funeral Home**. Grief counselling for individuals and support groups available for adults, children and teens. Support after suicide and second stage groups are also available.

Henry Walsler Funeral Home 519-749-8467
507 Frederick Street, Kitchener N2B 2A5
Website: www.henrywalsler.com
Amongst Friends — Support groups offered bi-annually in the Fall and Spring.

Ratz-Bechtel, Schreiter-Sandrock & Westmount Funeral Homes 519-743-8900
Living with Loss—Group support 1st & 3rd Tuesday of every month at Ratz-Bechtel Family Centre, 621 King Street West, Kitchener

* *Several local "Fee for Service" providers of individual, group and family counselling services are also available. Please refer to the Yellow Pages of your Telephone Book.*

Other Resources for Bereavement Support

- Book Stores
- Cemetery Offices
- Faith Communities
- Family Physicians
- Libraries
- Schools
- Websites

Please feel free to reproduce
this brochure

Contact
**Hospice of Waterloo Region
for revisions or comments**
519-743-4114
hospice@hospicewaterloo.ca

April 2011



HOSPICE
— of —
WATERLOO
REGION

Bereavement Support Services in Waterloo Region



Grief is "the process of adjusting" to life after the death of someone special. It is a normal, natural process that varies greatly from person to person and from time to time.

Support, understanding and help from others — friends, family and professionals — makes our grief journey easier and less confusing. Remember, healing takes time and there may be periods where it is difficult to notice any progress.

This pamphlet lists not-for-profit resources that offer either individual or group bereavement support services. Some services are offered free of charge, while others are "fee for service" offered on a sliding scale. Please inquire when you call.



Not-for-Profit Agencies

**AIDS Committee of
Cambridge, Kitchener, Waterloo &
Area (ACCKWA)**

519- 570-3687

105-67 King St. East, Kitchener N2G 2K4

Email: volunteer@acckwa.com

Emotional support for persons living with HIV / AIDS.

Bereaved Families of Ontario-Midwestern Region

519-603-0196

678 Belmont Avenue West, Suite 103,
Kitchener, ON N2M 1N6

Email: support@bfomidwest.org

Website: www.bfomidwest.org

Peer support for adults who have been touched by the death of a child, or have lost a spouse while dependent children are still in the home. Professional support for bereaved preschoolers. Resource library available.

Mosaic Counselling and Family Services

519-743- 6333

400 Queen Street South, Kitchener N2G 1W7

Website: www.mosaiconline.ca

Individual, couple, family, and group counselling. Offers fee for services on a sliding scale.

**Community Support Connections,
Meals on Wheels and More**

519-772-8787

420 Weber Street North, Unit L, Waterloo N2L 4E7

Volunteer visiting program for seniors or adults with physical challenges living independently. Transportation program and practical help in the home also available.

The Coping Centre

519-650-0852

Toll Free 1-877-554-4498

1740 Blair Road, Cambridge N3H 4R8

Fax Toll Free: 1-866-756-7547

Email: coping@copingcentre.com

Website: www.copingcentre.com

Group grief support for the entire family and educational seminars.

Downtown Community Centre

519-741-2916

City of Kitchener Senior Day Program
35B Weber Street West, Kitchener N2H 3Z1
Day programs for frail or isolated seniors.

Hospice of Waterloo Region

519- 743-4114

298 Lawrence Avenue, Kitchener N2M 1Y4

Email: hospice@hospicewaterloo.ca

Website: www.hospicewaterloo.ca

Bereavement Walking Group, one-on-one bereavement support, children and teen support groups and resource library.

Interfaith Community Counselling Centre

519-662-3092

23B Church Street, New Hamburg N3A 1J1

Individual, couple, family and group counselling. Offers fee for service on a sliding scale.

kidsLINK, Early Intervention Services

519-741-1122

1770 King Street East, Suite 5, Kitchener N2G 2P1

Email: eiservices@ndsa.on.ca

Books & videos on grief for adults and children.

K-W Counselling Services

519-884-0000

480 Charles Street East, Kitchener N2G 4K5

Website: www.kwcounselling.com

Individual, couple and family counselling and parenting groups. Offers fee for services on a sliding scale.

K-W Salvation Army Community & Family Services

519-745-4215

1-300 Gage Avenue, Kitchener N2M 2C8

Practical help and counselling services.

Lutherwood Family Counselling Services

519-622-1670

35 Dickson Street, Cambridge N1R 7A6

Email: LFCS@lutherwood.ca

Individual, couple and family counselling. Offers fee for service on a sliding scale.

New Beginnings (Rockway Centre)

519-741-2576

1405 King Street East, Kitchener N2G 2N9
Bereavement support for adults 50+ by trained volunteers who have experienced the grief journey.

Shalom Counselling Services Waterloo

519-886-9690

9 Avondale Avenue South, Waterloo N2L 2B5

Experienced, credentialed counselling professionals provide individual, couple, family & group counselling for a broad range of concerns. Sliding fee scale.

Sociable Singles

519-579-6930

Adult Recreation Centre

185 King Street South, Waterloo N2J 1P7

A supportive social group for older widowed women on the first Sunday of every month. Integration counselling for bereaved/lonely older adults.

Woolwich Hospice

519-664-3794

Ext 229

Woolwich Community Health Centre

10 Parkside Drive, St. Jacobs N0B 2N0

Bereavement follow-up and volunteer visits.

Woolwich Counselling Centre

519-669-8651

65 Memorial Avenue, Elmira N3B 2R9

Bereavement support program including one-on-one counselling and groups for adults, children and teens.

Grief is one of life's greatest stresses and an experience from which none of us can escape. If you have concerns about your physical and/or mental health after the loss of a loved one, please contact your physician. For immediate assistance, call the Crisis Line at 519-744-1813 or Telecare Cambridge at 519-658-6805.

