



Not-for-Profit Agencies

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

519- 570-3687

Unit 203-639 King St. W. Kitchener N2G 1C7
Email: volunteer@acckwa.com

Emotional and practical support for persons living with HIV / AIDS.

Contact: Lynn Cashubec

Bereaved Families of Ontario-Midwestern Region
519-603-0196

The Family Center
65 Hanson Avenue, Kitchener N2C 2H6
Fax: 519-603-0198

Email: support@bfomidwest.org

Website: www.bfomidwest.org

Peer group support after the death of an infant, child grandchild, partner or other loved one. Professional support for bereaved preschoolers. Memorial events and Resource Library also available.

**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; Transportation program and practical help in the home also available. Fee for some services.

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 older adults with limited mobility or cognitive impairment and/or experience depression or social isolation. Provide caregiver respite.

Hospice of Waterloo Region **519- 743-4114**

298 Lawrence Avenue, Kitchener N2M 1Y4

Email: hospice@hospicewaterloo.ca

Website: www.hospicewaterloo.ca

Bereavement Walking Groups, one-to-one bereavement support, children/teen & parent support groups, professional individual & family counselling services and resource library.

Hummingbird Centre for Hope **519-500-8535**

Email: marny@hummingbirdcentreforhope.com

Website: www.hummingbirdcentreforhope.com

Provides peer-to-peer bereavement support to men and women after the death of their spouse or partner, helping to rebuild a new sense of self as an only parent.

Interfaith Community Counselling Centre **519-662-3092**

23B Church Street, New Hamburg N3A 1J1

Email: interfaith@golden.net

65 Hanson, Kitchener, ON, N2C 2H6

Bereavement counselling for individuals, families, groups. Side by side support groups for helping those who have experienced a loss by suicide.

kidsLINK, Early Intervention Services **519-741-1122**

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

Email: eiservices@kidslinkcares.com

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. Walk-in Counselling on Thursdays. No one is turned away based on the inability to pay. Subsidies available.

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.

Carizon Family & Community Services **519-743-6333**

400 Queen Street South, Kitchener N2G 1W7

Website: www.mosaiconline.ca

Individual, couple, family, and group counselling as well as trauma work with children who may have experienced a traumatic loss. Offers fee for services on a sliding scale.

New Beginnings (Rockway Centre)

519-741-2200 Ext 5346

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.

Waterloo Home Support Services

519-579-6930

Adult Recreation Centre

185 King Street South, Waterloo N2J 1P7

Supportive services include transportation, telephone assurance, meals program, and assistance in the home. Offered to seniors or adults with a disability who live independently in Waterloo.

Woolwich Hospice/Wellesley Hospice

519-664-3794 Ext 229

Woolwich Community Health Centre

10 Parkside Drive, St. Jacobs N0B 2N0

Website: www.wchc.on.ca

Bereavement follow-up and volunteer visits. One-to-one grief support.

Woolwich Counselling Centre

519-669-8651

65 Memorial Avenue, Elmira N3B 2R9

Website: www.woolwichcounselling.org

Individual, couple, family and group counselling, including "Christmas Grief for Kids" Program. Offers fee for service on a sliding scale.





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

People Needing People **519-745-2195**
 171 King Street South, Waterloo N2J 1P7
 Email: denamoitoso@erbgood.com
 Website: www.erbgood.com

People Needing People Bereavement Resource Centre is an outreach program of the Erb & Good Family Funeral Home. The Annual Memorial Service and our Lending Library are open to anyone in the community.

Henry Walsler Funeral Home **519-749-8467**
 507 Frederick Street, Kitchener N2B 2A5
 Website: www.henrywalsler.com

Amongst Friends — *Bereavement support groups offered throughout the year.*

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.

*** 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.**

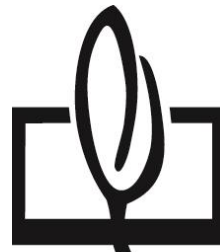
**Other Resources
for Bereavement Support**

- 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**

February 2014



**HOSPICE
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.