

## Referral Resources (Live Document Version – Updated September 2021)

### Grief

- ALSBC
  - Psychological Treatment/Support Programs
    - Offers psychological support for clients living with ALS or their primary caregiver (spouse or family member)
    - Interested clients need to be (or their family members) registered with the ALS Society of BC to obtain services.
    - For more information, please call 604-278-2257 or Email: [info@alsbc.ca](mailto:info@alsbc.ca)
  - Support for Caregivers
    - Group provides an open, friendly and safe environment for caregivers to discuss issues related to ALS, self-care and stress management.
    - It is currently being provided online.
    - Meetings are held on the 3rd Thursday of the month from 10:30 am-12:30 pm
    - For more information or to register, please reach out to Support Group Facilitator – Louise Adderley E at [louiseadderley50@gmail.com](mailto:louiseadderley50@gmail.com) or contact Alexandra at [alexandra@alsbc.ca](mailto:alexandra@alsbc.ca) to register on ZOOM
  - Camp Alohi Lani
    - Offered from March 17 -20, 2022, this camp is a free event for youth (8-17) who have a parent (or Grandparent in a significant role) living with ALS).
    - The location will be Camp Jubilee Retreat, Port Moody
    - To register, send an email to [alexandra@alsbc.ca](mailto:alexandra@alsbc.ca) with the full name of the camper(s) and age as of March 17th, 2022. Please indicate if they have attended the camp before. Space is limited to 30 campers, so preference will be given to youth who have not previously participated in the camp. You will be mailed a registration package which must be completed and received at our office before the deadline. Confirmation of registration will be sent out the first week of February.
  - <https://www.alsbc.ca/programs-services/>
- BC Cancer Agency
  - Offer Individual, couples and family sessions in-person or over the Phone for families coping with a cancer-focused challenge.
  - Offer Counsellor Led Support group over zoom – Please see the website for the specific groups offered in your area (<http://www.bccancer.bc.ca/our-services/services/support-programs>)
  - Please see the website for the number of the agency in your immediate area (<http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling>)
    - Abbotsford 604-851-4733; Kelowna 250-712-3963; Prince George 250-645-7330; **Surrey 604-930-4000**; Vancouver 604-877-6000; Victoria 250-519-5525
- SAFER (**VANCOUVER**)
  - Offers suicide bereavement groups free of cost for Vancouver residents only.
  - Call the Access and Assessment Centre at 604-675-3700 to connect with S.A.F.E.R.
  - [http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res\\_id=474](http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474)

- Options Community Services (**Surrey**)
  - Family Counselling Project Parent
    - "Our professional therapists provide assessment, short-term counselling, and support to individuals and families in Surrey."
    - "For families with children (18 and under) living in Surrey looking for free, short-term counselling and support."
    - Requires referral from the MCFD – contact the centralized intake number at 604.660.4927
    - For any other inquiries regarding family counselling, call 604.584.5811 at ext. 11301
    - <https://www.options.bc.ca/program/family-counselling>

## Grief

- BCBH
  - Suicide Grief Support
    - It offers a grief group for suicide survivors to come together to heal from their unique loss.
    - There is a cost (\$120.00), but subsidies are available
    - In eight sessions, clients must be able to commit to all sessions
    - Offered on evenings and at the current moment over Zoom.
    - Phone 604-738-9950; Toll free 1(877) 779-2223
    - Email: [contact@bcbh.ca](mailto:contact@bcbh.ca).
    - <https://www.bcbh.ca/pages.php?PID=13>
- Crisis Center
  - The BC Bereavement Helpline and the Crisis Centre host a grief support group for those bereaved by suicide. The group offers individuals to be present with others who have experienced a similar loss to help reduce isolation, increase coping skills, and create long-term networks of support. This group is led by two skilled, experienced and caring facilitators.
  - Eight-week group.
  - To register, please email [contact@bcbh.ca](mailto:contact@bcbh.ca) or call 604-738-9950.
- Lumara Greif And Bereavement Care (Children)
  - Counselling Service
    - Currently, sessions are offered online
    - The fee is \$130; however, a lower rate can be offered for those in need of financial assistance.
    - To make an appointment or consult with the administrative coordinator, please either
      - Call 604-553-4663
      - Or visit their website at <https://lumarasociety.org/counselling>

- Living Through Loss Counselling Society of BC
  - <https://livingthroughloss.ca/support-groups/>
  - 604.873.5013
  - [info@livingthroughloss.ca](mailto:info@livingthroughloss.ca)
  - Loss through Death Group
    - Six Week Group is designed to support grievors through the loss of their loved one within a group setting to normalize and promote hope for the future.
    - Closed support group over zoom
    - Fee = \$245.00
  - Transitions: From Caregiver to Griever
    - 6 Week closed group designed to support "individuals who have supported and provided care to a loved one suffering with Alzheimer's or Dementia related disease, and now after the death are looking for support and understanding in how to adjust to the death."
    - Fee= \$125.00

### For Grief

- BC Bereavement Helpline
  - Open Monday to Friday, 9 am to 5 pm, barring statutory holidays.
  - Provide a space for grievors to share their stories and experience.
  - (604) 738-9950
- Center for Loss (Information Resource)
  - Support Children - <https://www.centerforloss.com/2016/11/finding-right-words-guidelines-talk-grieving-children-death/>
- Dougy Center (Information Resource)
  - Resources for Parents - <https://www.dougy.org/resources/audience/parents-caregivers?how=self-care&who=&type=>
  - Self-Care for Parents when a child is grieving - <https://www.dougy.org/assets/uploads/Self-Care-Planning.pdf>
- Family Caregiver Support Groups
  - Caregivers Connect: BC's Virtual Support Group
    - "brings people together from across British Columbia twice per month who share a mutual experience of caregiving for a family member or friend. This is a time for reassurance, where caregivers can realize they are not alone."
    - For Dates and times or to register for the group, please visit <https://www.familycaregiversbc.ca/family-caregiver-support-groups>
  - BC Men's Virtual Caregiver Support Group
    - It offers "a space for men across British Columbia to come together to connect, receive support and share experiences as caregivers."
    - For Dates and times or to register for the group, please visit <https://www.familycaregiversbc.ca/family-caregiver-support-groups>

- Healing Hearts Peer Support Groups
  - Healing Hearts is a free peer-facilitated bereavement support group for individuals, families, and friends who have lost loved ones to an overdose or substance-use-related harm.
    - For more information or to find a group in your area, please visit their website at <https://www.healingheartscanada.org/>
- Leukemia and Lymphoma Society of Canada
  - One-on-One Personalized Support
    - Provides support through their Community Services Managers with different topics such as; Pointing you to information specific to your type of blood cancer or treatment; Helping you get organized to manage and take charge of your care; Identify services that would be beneficial for you
    - <https://www.bloodcancers.ca/i-have-blood-cancer/how-we-can-help/access-one-one-personalized-support>
    - Call 1 833 222-4884 for additional support.
  - First Connection Caregiver Support Program
    - Offers support by matching the caller with "a trained volunteer (peer) who has firsthand experience caring for someone with blood cancer. Your match can be determined by age, type of diagnosis, gender (if requested) or the issue that is most concerning to you. Anyone caring for someone with blood cancer can connect with a peer who's been there."
    - To register, please visit their website at <https://www.bloodcancers.ca/i-care-someone-blood-cancer/how-we-can-help/first-connection-caregiver-support-program>
- Soaring Spirits (Peer Support)
  - Offer various resources and opportunities for widowed grievers to connect with other widowers.
  - <https://soaringspirits.org/>