

Not-for-Profit Agencies cont'd...

Waterloo Home Support Services 519-579-6930

Adult Recreation Centre
185 King Street South,
Waterloo N2J 4A8

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 NOB 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.

Waterloo Regional Suicide Prevention Council 519-745-2195

Support after a suicide loss.

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

Erb and Good Family Funeral Home 519-745-2195

171 King Street South, Waterloo N2J 1P7
Email: denamoitoso@erbgood.com
Website: www.erbgood.com

People Needing People 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 Walser Funeral Home 519-749-8467

507 Frederick Street, Kitchener N2B 2A5
Email: henry@walser.ca
Website: www.henrywalsers.com

Amongst Friends — Bereavement support
groups offered throughout the year.

T. Little Funeral Home and Cremation Centre 519-623-1290

223 main Street, Cambridge
Website: www.tlittlefuneralhome.com

Grief and Bereavement Resources available

*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 consult the Yellow Pages of your
phone book.

**For additional Grief and Loss
services/support, call 211 or refer to**
www.caredove.com/wwihpc and/or
www.wwhealthline.ca

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

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Grief & Loss 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

Unit 203-639 King St. W. Kitchener N2G 1C7

Email: support@acckwa.com

Website: www.ACCKWA.com

ACCKWA works towards the reduction of HIV stigma and discrimination in Waterloo Region, while providing care and support for those affected.

Bereaved Families of Ontario-Midwestern Region

519-603-0196

The Family Center

65 Hanson Avenue, Kitchener N2C 2H6

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.

Carizon Community Services

519-743-6333

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

Email: info@carizon.ca

Website: www.carizon.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.

Community Support Connections, Meals on Wheels and More

519-772-8787

61 Woolwich St. N., PO Box 29, Breslau
N0B 1M0

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

Email: coping@copingcentre.com

Website: www.copingcentre.com

Group grief support for the entire family and educational seminars

Downtown Community Centre

519-741-2916

35B Weber Street West, Kitchener N2H 3Z1

City of Kitchener Senior Day Program - Day programs for older adults with limited mobility or cognitive impairment and/or experience depression or social isolation. Provide caregiver respite.

Family Counselling Centre of Cambridge & North Dumfries

519-621-5090

18 Walnut Street, Cambridge N1R 2E7

Website: www.fccncd.com

Professional counselling in Grief, Loss & Coping.
Walk-in counselling on Thursdays from 1 – 7 p.m.

Holy Cross Lutheran Church

519-742-5812

322 East Avenue, Kitchener N2H 1Z5

Email: Anita Syens – rasyens@hotmail.com

Website: www.griefshare.org

GriefShare Program – a 13-week Christian-based open support group available to anyone.

Hospice of Waterloo Region

519-743-4114

298 Lawrence Avenue, Kitchener N2M 1Y4

Email: hospice@hospicewaterloo.ca

Website: www.hospicewaterloo.ca

Bereavement Walking Groups, 1:1 bereavement support, Children/Teen & Parent Bereavement Support groups, Rainbow Bereavement Support group, 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 and who have children living at home; helping them to rebuild a new sense of self as an only parent.

Interfaith 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.

New Beginnings (Rockway Centre)

519-741-2200 Ext 5346

1405 King Street East, Kitchener N2G 2N9

Email: Julie.Laderoute@kitchener.ca

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