



Mourning, Grief and Bereavement Resources

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Mourning, Grief and
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Reactions and
Responses to Death

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MOURNING, GRIEF, AND BEREAVEMENT RESOURCES

The journey with mourning, grief and bereavement is very individual. The experience of a profound loss of a loved one, our own future dreams of life, the ideal of who we are, and our own assumptive world view will have lasting and changing effects on who we are as a person. Dependent on our place in life whether it be our age, community, relationship role or culture there are different ways a person can experience and be supported to walk in the journey of mourning, grief, and bereavement. Below I will list different support opportunities which can include groups, individual activities, books, videos, and activities that can give the individual the support they may be needing for their grief. There is no right prescription to how to mourn, grieve or handle bereavement there is only what you find to give you solace and calm for yourself.

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INTRODUCTION TO MOURNING AND GRIEF

What is Grief? What is Mourning? Are they different? What defines them? How do people react to mourning and grief? These are some resources that can help you to have clarity to these questions.

Videos

Understanding Grief And The Grieving Process - YouTube

<https://www.youtube.com/watch?v=JXyfgUnK1Us>

This short video gives a well-spoken preview of couple of the theories of Grief along with a clear definition of what grief is and what can cause grief.

<https://www.funeralbasics.org/5-powerful-ted-talks-about-grief-end-life-concerns/>

This site has links to 5 different videos that speak to Grief and Mourning by a variation of speakers. All are about 15min and worth your time to watch.

Books

Grief and Loss: Theories and Skills for the Helping Professions

By Katherine Walsh

This is an educational style book of case examples and theories applied to them including the diversities of culture, age, spirituality, and community. It is based more for a student, volunteer, healthcare worker, etc. looking to advance their use and skills in Grief and Mourning.

Developmental Psychology: A Canadian Perspective

By Dinesh Ramoo

<https://pressbooks.openedmb.ca/lifespandevelopment/chapter/10-10-grief-bereavement-and-mourning/>

An online readable book from Open Education Manitoba with a chapter that breaks down the definition of Grief and Mourning and the emotions that can come with either. Along with a clarification on different types of grief like anticipatory, disenfranchised, and complicated grief.

Websites

<https://www.funeralguide.net/blog/the-grieving-process>

A site that gives a simple and clear overview of the different theories defining grief and mourning. This information can give clarity and control of understanding in times of uncontrol for those experiencing a loss or looking for understanding of how, why and meaning of the grief experience.

Pamphlets

This is a link which is from my local community that gives a brief outline of bereavement and 10 easy steps for those who are grieving.

http://www.rockyvictimservices.ca/pdfs/coping_with_bereavement.pdf

DEATH AND THE CHILD

Videos

Ted Talk

https://www.ted.com/talks/kate_atwood_it_s_time_we_reframe_grief_for_children?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

This is an excellent talk that speaks of the impacts of a childhood grief and see how it effects the whole life of an individual from the eyes of someone who has experienced it. Speaking of the stigmas of grief and the impacts along with the powerful peer relationships that can improve an individual's life.

Books

The Elephant in the Room: A Childrens Book for Grief and Loss

By Amanda Edwards, Leslie Ponciano · 2014

A fun storybook that covers many types of loss (death, foster care, pet, etc) and gives ideas of coping strategies for young children in early childhood.

Websites

Talk Death

<https://www.talkdeath.com/talking-to-children-about-death-guide-resources/>

A simple easy to read and navigate site that includes Why start the conversation about death early and openly with children, different options to start the conversation and how children come to understand death. There is lots of other relevant grief and death information on the website for Canada and USA.

National Alliance for Childrens Grief

<https://nacg.org/>

This is a website that is ran by a alliance based out of the USA that is raising awareness of grief for children and teenagers. There are resources and links for families to other options to help support their child or teen in grief. Practical and easy to use website.

Sick Kids

<https://www.sickkids.ca/en/care-services/support-services/grief-bereavement-resources/griefwords-library/>

This site had a great list of documents for the family of a child or sibling dealing with death of themselves or another family member. Canadian content

Camps

Spirit of the Horse

<https://www.spiritofthehorse.ca/>

This is a summer or day camp opportunity that allows children and adults to learn they are not alone and become present with their grief while using a complementary therapy of animals ie. Horses. It is located just outside of my home community of Rocky Mountain House, AB.

Coloured Tears Summer Camp

<https://pilgrimshospice.com/event/coloured-tears-summer-camp/>

This is a summer day camp for children who are anticipating a death or experienced a death between the ages of 6-12. It is put on by a Edmonton, AB group called Pilgrim Hospice. This group also supports families and adults in their grieving journey with support groups and alternative complementary therapies.

Counselling

Burden Bearers Counselling Centre

403-804-8589

Sundre and Rocky Mountain House, AB

This is a group that deals with grief and loss and other counseling for youth, teens, and adults in my community of Rocky Mountain House, AB

Support Groups /Online Communities

Calgary Hospice

<https://www.hospicecalgary.ca/childrensgriefcentre/groups/>

There is different options for differing age groups of children dealing with a death. The groups work to reduce isolation and improve resiliency and build community.

Teens Thrive

<https://cornerstoneofhope.ca/programs/teens-thrive/>

Available for teens 13+ a 12-week program provided in Calgary, AB to help to build positive resilient life tools after a significant loss that is peer based and based in games activities and conversation.

Pamphlets

National Association of Loss and Grief (NALAG) Australia

<https://ccpatientinfo.org.au/patientinfo/Childrens%20Grief%20Brochure%20HNE.pdf>

This pamphlet is concise and gives those dealing with youth who are grieving behaviors to look for and actions of how to help the youth in their grieving.

DEATH AND THE ADULT

Videos

Joanne Fink Spiritual Journey Interview

https://youtu.be/u05e_JE8ezo

This is a wife, mother, daughter, creator and a kind educator who speaks of her own profound loss and how she was able to make meaning in her life while discovering her new identity and what would have made more of an impact for her in her grief journey soon after her husband's death. She creates books that are an option in alternative therapy in a spiritual journey through words and art.

Ted Talk

<https://youtu.be/irvSnfYNquc>

A frank talk on the experience of a father losing his only son. He talks to societal norms and the actuality of how grief affected him, Grief Continuum.

Books

Lost & Found

By Kathryn Schultz

This is part memoir and part guidebook on the actuality of living in a world full of wonder and wretchedness. A world that demands gratitude and grief. Written by a grieving daughter after the loss of her father.

Designed for Mature Teens and Adults

When You Lose Someone You Love

By Joanne Fink

It is a book that can be a gift to someone you know who has had a profound loss. It gives the reader some beautifully illustrated pages filled with life-affirming insight, expressive sentiments, and cathartic thoughts.

Designed for Adults & Seniors, Those who lose a Spouse, family member or close friend.

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

By Megan Devine

Written through the eyes of an adult who has experienced traumatic death and the wisdom of a therapist, there is a large amount of practical relatable information. I loved it.

Designed for anyone who is in their grieving journey.

Websites

Healing Hearts

<https://www.healingheartscommunity.com/>

This is a community that provides resources online and in person for families who lose a child due to a pregnancy or infant loss. There is info presented through the eyes of grieving fathers, mother, and siblings.

What's your Grief - Abortion

<https://whatsyourgrief.com/grief-abortion-healing-unspoken-loss/>

This Article speaks to all the emotions a person will or can go through after a abortion along with many personal stories that are shared in the comments. It gives validation to those who feel their grief is not seen by society.

My Health Alberta

<https://myhealth.alberta.ca/palliative-care/resources/grief-bereavement>

A list of what to expect as a adult in grief, with links to support across the province along with indigenous information regarding grief and links for more ways to honor your grief in your culture within Alberta.

The Sisterhood of Widows

<https://sisterhoodofwidows.com/>

An online support for the women who lose their significant others and community to lean into and lists of resources that can be helpful.

Sunnybrook Pregnancy and Infant Loss Network

<https://pailnetwork.sunnybrook.ca/resources-for-families/>

This page gives great link to the support relevant to your province or US state. There are also guides that give simple info on what to expect and actions to help with the journey of grief in pregnancy and infant loss.

Groups

Treaty 8 Urban

<https://www.treaty8urban.ca/resources/child-first-initiative-3/grief-loss-8/>

This is a workshop that gives the tools to help walk in grief in a culturally appropriate context, in the Edmonton Area.

H.E.A.R.T.S. (Helping Empty Arms Recover Through Sharing)

Meetings are at 5:30pm on the second Thursday of every month, located at Red Deer Primary Care Network (5120 47 Street). Contact 403-343-9100 or visit hearts@rdpcn.com for more details. Red Deer, AB

Compassionate Care Hospice Society

8-week Free Bereavement Support Group

Located at Compassionate Care Hospice Society Office (5010 B 50th Ave) Rocky Mountain House, AB 403 895 4030

Facilitated by Trained Volunteers for any adult dealing with a death in their life.

Counselling

Primary Care Network – Alberta

Journey through Grief a in person or online 8-week counselling program that helps those 18+ develop a tool kit to cope more effectively with the loss of their loved one. You can self-refer by calling 403.314.3297, or a referral from your family doctor. There is a 20\$ cost.

Online Communities

Life after a Death

<https://www.facebook.com/people/Life-After-A-Death-A-Support-Group-For-Widows/100064525638885/>

This is a FAITH based open support group for widows all over the world who need a place to go and be.

DEATH AND THE SENIOR ADULT

Videos

Old(er) People Talk About Death

<https://youtu.be/KQluLa3FYKE>

A variety of cultures and voices of senior adults on their views of death, regret, acceptance, and life along with advice from them.

Books

Accepting Death, Embracing Life: How Death Teaches Us to Live

by Patricia Gulino Lansky

Adults of middle life and beyond or those studying life

Websites

Dying with Dignity

<https://www.dyingwithdignity.ca/education-resources/advance-care-planning-kit/>

A great set of videos regarding advance care planning, substitute decision makers, advanced directives and a downloaded able kit to work through.

Blue Moon Senior Counselling

<https://bluemoonseniorcounseling.com/stages-of-grief-in-seniors/>

A short read on what emotions a senior may experience when grieving and how to support them in their grief.

Death Talks

<https://www.talkdeath.com/death-friendly-communities-ease-fear-of-aging-and-dying/>

An interesting article on societies view of death, dying and aging and how the palliative care movement and compassionate communities may reduce the fear of death and aging. Within the article is an interesting video on Imagine Aging Project.

Groups

Men's Cooking Circle

Men's Cooking Circle is an opportunity to learn basic cooking skills, meet other men, cook, and eat together, and to engage in conversation with men who are experiencing grief.

Provided by Camrose Hospice in partnership with Alberta Health Services, Safeway/Sobeys, Camrose Association for Community Living, and community facilitators.

Programs

Nav Care – Compassionate Care Hospice Association

<https://www.cchs2016.com/nav-care>

This program helps to support and enhance the quality of life of seniors who are living in our community after a loss of a spouse or a life changing diagnosis. Trained volunteers help to encourage positive community and daily life interactions with visits, moral support, phone calls and advice or introductions to support programs or options within the community.

SUICIDE

Videos

You're still here -- Living after suicide

Amy Biancolli | TEDxAlbany

<https://youtu.be/R3FKQNSYoxw>

This video is from Amy who has lived through loss of suicide, she explains how it feels and the importance of the saying 'It is not your fault', and how hard the moments after since. It is a pure and open retelling of her life and understanding of how survivors carry guilt of this kind of loss.

Designed for Teens to Seniors and others who are affected by suicide.

Books

Figuring Shit Out: Love, Laughter, Suicide, and Survival

by Amy Biancolli | Oct 21, 2014

This is a memoir of a women's life and here multiple experiences of with grieving loss of suicides. It includes what she had to do to move through each moment and each day. This is on my must-read list.

Mature reader Teen to Senior

From Despair to Hope: Survival Guide for Bereaved Parents

by Linda Zelik

Written by a mother, with advice and ideas of what can help you as a parent for yourself and other children who are grieving this kind of loss.

Parents who have lost a child by suicide.

Websites

Suicide Call Back Service

<https://www.suicidecallbackservice.org.au/lost-someone-to-suicide/supporting-young-children-bereaved-by-suicide/>

This is a great resource for how to support a child who is bereaved by suicide from memories, how to deal with the school, rituals and their importance and so much more.

Canadian Mental Health Association Edmonton, AB

<https://edmonton.cmha.ca/brochure/suicide-bereavement-resources/>

This is a website full of resources from what to expect in the grieving process, how to write a obituary for a loss through suicide and different bereavement groups and times.

Groups

Living Beyond Suicide Loss

A support group for those looking to receive or give support after a loss of a loved one through suicide, it is provided in Red Deer, AB by the Outreach Centre once a week for 1.5hr.

<https://theoutreachcentre.org/grief-groups/>

Pamphlets/Booklet

Mental Health Commission of Canada

<https://mentalhealthcommission.ca/wp-content/uploads/2018/05/Toolkit-for-people-who-have-been-impacted-by-a-suicide-loss.pdf>

This is a simple to read toolkit for anyone who has been affected by suicide, including how to tell your story ‘make meaning’ and support someone who is affected by suicide.

Alberta Health Services

<https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf>

This is a booklet brought to life by the Joint Suicide Response Steering Committee and guidance and contributions of the City of Calgary’s Community and Neighborhood Services Aboriginal Services, the Distress Centre Calgary and Ii Paa Taa Pii (Calgary Urban Aboriginal Suicide Prevention Committee). It has advice from Elders from within the indigenous community and actions steps for right away and how to walk in your grief journey along with some practical matter advice.

DEATH AND TRAUMA

Videos

For Families: When Families Grieve

<https://youtu.be/XI4-8ZQ1PRE>

This is a partnership effort with Seame Street and the Defense Center of Excellence. It is designed for younger children who may loss a parent due to active duties in the military. It is a easy way to open a conversation with a young child who may be grieving.

Open to Hope

<https://youtu.be/2e8-Ie8yQcY>

Dr. Ken Doka & Dr Gloria C. Horsley; Disenfranchised Grief

A interview that gives a simple understanding of what is a disenfranchised grief and they types of grievers.

Designed for Teens - Seniors

Books

The Healing Power of Storytelling: Using Personal Narrative to Navigate Illness, Trauma and Loss

By Annie Brewster,MD with Rachel Zimmerman

This is a book written through the eyes of someone living with a progressive terminal illness and developed a guide to help you write your own story which she has found to be very healing to put into words what happens when you get a life limiting diagnosis.

Designed for those who are diagnosed or family members or those who have had a traumatic death experience.

Websites

Whats your Grief

<https://whatsyourgrief.com/types-of-grief/>

This site give a simple overview of the types of grief and mourning a person could experience and how to name which you are experiencing.

MADD Parkland

<https://maddchapters.ca/parkland/services-programs/victim-services/>

This website gives access to phone support for those who are the survivors of a loss due to drunk driving along with great links to how to survive through the justice system and the holidays. This chapter is in St Albert Alberta, but this organization is across the country.

Radio/Podcast

CBC Radio

<https://www.cbc.ca/radio/sunday/summer-reading-coalition-govt-essay-about-grief-aboriginal-women-stalin-s-daughter-blooper-reel-1.3126226/complicated-grief-disorder-1.3126290>

A very personal story told by someone who has experienced it and what can build to coping with complicated grief. Interesting way to hear someone's personal experience.

Groups

Healing Hearts Canada

<https://www.healingheartscanada.org/find-a-group>

Is a Canada wide support group program that brings those who have loss someone to substance use together to support and move through grief together. Also, to talk through the stigma they may feel.

Counselling / Support

Heal my Heart

<https://www.healmyheart.ca/>

This website gives an opportunity to find resources and to reach out for counselling in person or online due to the trauma of a loss or a traumatic death. There are options for the individual and the family. It is in Edmonton, AB

Government of Alberta

<https://www.alberta.ca/funeral-expense-and-grief-counselling-support.aspx>

There is support for the cost of funerals for a individual killed in a homicide and immediate counselling support for all those affected by the death in Alberta, this is provided by the government.

CONCULSION

As our society opens the discussion of death in the many factettes of our communities, cultural appropriateness and renewals of rituals, the education will need to continue for those who are supporting those who are grieving or in the process of dying. There will be a need for continued and more diverse styles and formats of research that go with the mourning and grieving styles and options for those in bereavement. Grief affects everything in a person's life from their emotional state, their physical state, cognitive abilities, coping strategies, daily routines, and their identity. All these items are slowly being identified and given appropriate research and options for dealing and support for the individual who has experience a profound loss in their lives. The rituals of mourning will continue to evolve into what the individuals needs and along with cultural diversity normalization of activities and the awareness of environmental impact or acceptance to different forms of burials, rituals, and interment processes.

We are seeing change currently in the acceptability of different interment options like:

<http://www.greenburialcanada.ca/>

<https://canadianbusiness.com/ideas/funeral-will-start-ups-funeral-industry/>

The acceptance of spreading of Cremated remains in Alberta Parks as of January 2023.

<https://www.albertaparks.ca/albertaparksca/about-parks/alberta-parks-partnerships/scattering-of-cremated-remains/>

Programs that are continuing education in death, dying, mourning and bereavement journey.

<https://www.kings.uwo.ca/academics/thanatology/>

<https://cereg.mohawkcollege.ca/certificate?certificateCode=CE0108> Mourning, Grief and Bereavement

<https://endoflifedoulaassociation.org/become-a-doula/>

<https://mygrief.ca/> Module style learning for different grief and mourning