

For a listing of helpful book resources and  
websites, please visit: [www.WRSPC.ca](http://www.WRSPC.ca)

Here 24/7  
Call anytime to access  
Addictions,  
Mental Health and  
Crisis Services  
Waterloo-Wellington-Dufferin

1-844-437-3247



Waterloo Region  
Suicide Prevention Council  
[www.wrspc.ca](http://www.wrspc.ca)



# Grief after suicide...

## Support and Services



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# Someone is able to help you during this difficult time.

## Professional Counseling Services:

### Carizon Counselling and Family Services

519.743.6333 400 Queen St S, Kitchener N2G 1W7 [www.carizon.ca](http://www.carizon.ca)  
Individual, couple, family and group counseling. Offers fee for services on a sliding scale.

### Family Counselling Centre of Cambridge & North Dumfries

519-621-5090 [www.fcccnd.com](http://www.fcccnd.com) Follow us on Facebook.  
FCCCND has been providing counselling and support services to our communities for almost 75 years. We offer individual, couple and family counselling, with specialized programs for survivors and perpetrators of domestic violence, children who witness violence, those experiencing loss, depression and/or anxiety, as well as other issues such as past trauma. Areas of expertise include art therapy and TIP (Transition to Independence Process) for adolescents and young adults from 13 to 29.

### Interfaith Community Counselling Centre

519.662.3092 23B Church St. New Hamburg, N3A 1J1  
Individual, couple, family and group counseling. Offers fee for service on a sliding scale. Counsellors experienced in suicide bereavement.

### K-W Counselling Services

519.884.0000 480 Charles St E, Kitchener N2G 4K5 [www.kwcounselling.com](http://www.kwcounselling.com)  
Individual, couple and family counseling and parenting group. Offers fee for services on a sliding scale. Walk in Counselling Clinic, Thursdays, Noon - 6pm.

### KW Immigration Support

519.745.2531 ext. 145 [www.kwisupport.com](http://www.kwisupport.com) [info@kwisupport.com](mailto:info@kwisupport.com)  
Provides culturally sensitive counselling for immigrants and refugees in multiple languages.

### Lutherwood Family Counselling Services

519.622.1670 [www.lutherwood.ca](http://www.lutherwood.ca) Cambridge  
Lutherwood Family Counselling Services provide bereavement counselling. They are also a local provider of Employee Assistance Program (EAP) services are an accredited training centre for Pastoral Counselling Education.

### People Needing People - Erb & Good Family Funeral Home

519.745.2195 171 King St S, Waterloo N2J 1P7  
[denamitoso@erbgood.com](mailto:denamitoso@erbgood.com) [www.erbgood.com](http://www.erbgood.com)  
Bereavement Resource Centre of the Erb & Good Family Funeral Home. Grief counselling for individuals and families. Extensive resource library available.

### Shalom Counselling Services Waterloo

519.886.9690 9 Avondale Ave S, Waterloo N2L 2B5 [www.shalomcounselling.org](http://www.shalomcounselling.org)  
Experienced, credentialed counselling professionals provide individual, couple, family and group counselling for a broad range of concerns. Counsellors experienced in suicide bereavement. Sliding fee scale.

### Woolwich Counselling Centre

519.669.8651 65 Memorial Ave, Elmira N3B 2R9 [www.woolwichcounselling.org](http://www.woolwichcounselling.org)  
Bereavement support program including one-on-one counselling and groups for adults, children and teens.

## Why? Support After a suicide loss.

Nine week suicide bereavement group. Led by professional facilitators, this group provides a safe, confidential and non-judgmental place to share with others who understand. Four groups per year in Waterloo Region and Wellington County hosted by professional counselling services in partnership with the Waterloo Region Suicide Prevention Council. Check [www.wrspc.ca](http://www.wrspc.ca) for upcoming groups or call 519-884-1470 ext 2143 for the next starting times.

## Other Services:

### Bereaved Families of Ontario-Midwestern Region

519.603.0196 65 Hanson Ave. Ste. 2002, Kitchener N2C 2H6  
[support@bfomidwest.org](mailto:support@bfomidwest.org) [www.bfomidwest.org](http://www.bfomidwest.org)  
Peer support for adults who have been touched by the death of a child and grandparents who have experienced the loss of a grandchild. Open groups for any adult who has experienced the loss of a loved one. Professional support for bereaved preschoolers, Healing Little Hurts. Resource library available.

### Hospice of Waterloo Region

519.743.4114 298 Lawrence Avenue, Kitchener N2M 1Y4  
[hospice@hospicewaterloo.ca](mailto:hospice@hospicewaterloo.ca) [www.hospicewaterloo.ca](http://www.hospicewaterloo.ca)  
Bereavement walking group, one-on-one bereavement support, children and teen support groups and resource library.

### Hummingbird Centre for Hope

519-500-8535 65 Hanson Ave. Ste. 2001, Kitchener N2C 2H6  
[www.hummingbirdcentreforhope.com](http://www.hummingbirdcentreforhope.com)  
Peer support for those who have lost a spouse while dependent children are still in the home.

### New Beginnings (Rockway Centre)

519.741.2200 Ext. 5346 1405 King St E, Kitchener N2G 2N9  
Bereavement support for adults 50+ by trained volunteers who have experienced the grief journey.

### Self Help Alliance

519.570.4595 67 King St E Kitchener On N2G 2K4 [www.self-help-alliance.ca](http://www.self-help-alliance.ca)  
An open support group for individuals 18 years of age and over that have lost someone to suicide.

### Side by Side Support Group

519.662.3092 or e-mail [interfaith@golden.net](mailto:interfaith@golden.net) to register.  
This is a free monthly peer support group with other community members also bereaved by suicide. It takes place the fourth Wednesday of each month from 7:00pm - 8:30 pm in Kitchener.

### The Coping Centre

519.650.0852 1740 Blair Road Cambridge N3H 4R8  
[coping@copingcentre.com](mailto:coping@copingcentre.com) [www.copingcentre.com](http://www.copingcentre.com)  
Group grief support for the entire family done in a lovely and serene setting. Educational seminars are also offered.

### EAP (Employment Assistance Program)