



## Friends of Hospice Ottawa

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PEOPLES CHOICE AWARD FOR COMMUNITY SUPPORT/NON PROFIT – GOULBOURN  
2011, 2010, 2009, 2008, 2007--KANATA CHAMBER OF COMMERCE

SERVICE CLUB/NON PROFIT ORGANIZATION OF THE YEAR AWARD – THE GREATER  
NEPEAN CHAMBER OF COMMERCE

# Bereavement Directory

for the Ottawa Region



Last Updated: December 2011









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**Friends of Hospice Ottawa** is a registered charity dedicated to providing coordinated community-based hospice palliative care programs. Hospice palliative care aims to relieve suffering and improve the quality of living and dying.

**Friends of Hospice Ottawa is committed to:**

-  **Providing compassionate professional and volunteer care** to people facing life threatening illness and to their families
-  Offering services that are integrated with our community services
-  Connecting clients to the full range of support that they need
-  Educating clients and the public about the issues and choices regarding community based palliative care
-  Advocating on behalf of clients for increased public and government awareness of hospice palliative care services and unmet needs
-  Ensuring that Friends of Hospice Ottawa is welcoming and accessible to all the diverse communities within our area of service

*"While we cannot add days to your life, we can add life to your days"*

[www.miriamottawa.org/index-en.htm](http://www.miriamottawa.org/index-en.htm)

Miriam Centre—For those who have lost an infant or had a miscarriage.

[www.robertspress.ca](http://www.robertspress.ca)

Good books for children and adults going through palliative care and/or loss.

[www.spiritualityinhealthcare.net](http://www.spiritualityinhealthcare.net)

Network of people involved in health care.

[www3.sympatico.ca/phtaylor/TCF/Ottawa.htm](http://www3.sympatico.ca/phtaylor/TCF/Ottawa.htm)

Compassionate Friends website for those dealing with child loss.

[www.virtualhospice.ca](http://www.virtualhospice.ca)

Hospice online.

## Bereavement Support Program

**Friends of Hospice Ottawa** provides support for the family after the death of a loved one. Our Supportive Care Nurse, who has specialized training in Grief and Bereavement, oversees a group of dedicated volunteers who bring understanding, listening skills and help family members to find comfort and peace even during grief. These caring individuals recognize that loss involves more than death, and may include anticipatory grief, as well as less tangible losses such as loss of purpose, loss of roles and/or functions and loss of hope.

Sometimes it is hard to find a place where you can openly express all of your feelings. Often, as time passes, family and friends may appear less understanding and supportive, and they want to “move on”. However you may find you are unable to simply carry on.

Let Friends of Hospice Ottawa support you on your grieving journey. You do not have to do it alone.

Some of our services include:

- ✎ One-on-one bereavement support visits
- ✎ Telephone support
- ✎ Referrals to specialized professionals
- ✎ Referrals to group support
- ✎ A lending library with many books to support people who are grieving
- ✎ A bi-weekly Care & Share grief walk & coffee takes place in the community
- ✎ An annual Memorial service
- ✎ An annual Bereavement Retreat

Anyone who is experiencing grief may use this service—your loved one did not have to be a Hospice client.

All services are provided without charge. Your donations are welcomed to help fund and expand our programs.

## Bereavement Support Agencies & Groups

\$ - Indicates Fee for Service

▼ - Indicates Bereavement Group Available

① - One on One Counselling

*F* - French

### Anglican Diocese of Ottawa—Ottawa Pastoral Counselling Centre \$①

Provides one-on-one bereavement support within a Christian context for individuals, couples or families.

The Bronson Centre, 211 Bronson Ave, Suite 209, Ottawa, ON  
613-235-2516      ottawa-pastoral@@ottawa.anglican.ca

[www.ottawapastoralcounselling.org](http://www.ottawapastoralcounselling.org)

### Bereaved Families of Ontario, Ottawa Office (Deb Krogan) ▼

This is a peer support agency for individuals of all ages learning to cope with grief after the death of a loved one. Small peer groups are held and facilitated by trained volunteer persons who have had similar losses. One-on-one phone support, professional consultation and grief education workshops for associations also provided.

PEER PROGRAMS: Loss of Spouse, Loss of Parent/Sibling/Friend, Loss of Child, Perinatal Loss, Loss by Suicide.

YOUTH PROGRAMS: Art Therapy for 6-12 yrs and Teens.

The Bronson Centre, 211 Bronson Ave, Suite 308, Ottawa, ON  
613-567-4278      office@bfo-ottawa.org

[www.bfo-ottawa.org](http://www.bfo-ottawa.org)

## Internet Resources

[www.bereavementselfhelp.victoria.bc.ca](http://www.bereavementselfhelp.victoria.bc.ca)

Bereavement site by a bereaved individual.

[www.bfo-ottawa.org](http://www.bfo-ottawa.org)

Bereaved Families of Ontario website. They have a list of groups and their director can tell you about other bereavement groups in the area.

[www.centerforloss.com](http://www.centerforloss.com)

Centre for loss, grief education and free publications.

[www.chpca.net](http://www.chpca.net)

Canadian Hospice Palliative Care directory of services in Canada.

[www.grievingchildren.com](http://www.grievingchildren.com)

Website of a centre in Toronto for grieving children that contains good resources for children.

[www.griefjourney.com](http://www.griefjourney.com)

Dr. Bill Webster has a wealth of information a resources available to those who are grieving, as well as for family and friends.

[www.griefnet.org](http://www.griefnet.org)

A safe and monitored site to chat with others and get resources.

[www.hospicenet.org/html/teenager.html](http://www.hospicenet.org/html/teenager.html)

Hospice Net—Helping Teenagers Cope with Grief.

[www.journeyofhearts.org](http://www.journeyofhearts.org)

Online healing place for grieving a loss.

[org.kidshelpphone.ca/en](http://org.kidshelpphone.ca/en)

Kids Help Phone—1-800-668-6868—Allows teens to post questions if they are not ready to talk to someone and there are links to help with grief.

**Patrick M. Doyle, M.P.Th., M.A., CCC** \$ ① *ℱ*

Patrick has worked with people facing major life issues ranging from addictions through trauma and terminal illness. He is qualified in the latest modern therapy techniques as well as ancient practices like meditation, and he brings both into his clinical work. He offers counselling and support, not treatment, as well as bereavement and loss counselling.

**136 Bridge Street, Carleton Place, ON**

**613-853-6070**

**therapy@patrickmdoyle.com**

**www.patrickmdoyle.com**

**Rene Vandenberg, M.A., CCC** \$ ① *ℱ*

Rene specializes in individuals and couples, coping with chronic illness, loss and bereavement: encountering loss throughout different stages of the life cycle, anxiety and depression, person's living with developmental delays, men and relationship coaching. One-on-one sessions are \$113 per hour with receipts given for insurance and tax purposes. Rates are flexible for those who are not covered by Insurance.

**39 Robertson Road, Suite 260, Ottawa, ON**

**613-850-1012**

**rene@rvcounselling.ca**

**www.rvcounselling.ca**

**Sheelagh Teitelbaum, M.A. (Pastoral Counselling), CCC** \$ ①

Sheelagh specializes in grief, bereavement, loss and life transitions.

**280 Sunnyside Avenue, Ottawa, ON**

**613-523-3784 ext. 107**

**shee@rogers.com**

**Bereavement Support & Education-Ottawa** \$ ▼ ①

We offer grief support groups and one-on-one bereavement support to individuals, families and organizations. A series of grief education workshops are offered and facilitated by a certified grief educator. Labyrinth grief walks are scheduled regularly to meet the needs of the bereavement community. These walks are facilitated by professionally trained, certified labyrinth educators.

**613-858-3113**

**ian@griefsupportottawa.ca**

**http://griefsupportottawa.ca/index.htm**

**Catholic Family Services** \$ ▼ ① *ℱ*

Offers individual, couple and family counselling to children, teens and adults. In partnership with Bereaved Families of Ontario we also offer children and teen groups for bereaved families. We have counsellors who work with special needs clients. Open Tuesday to Thursday with fees geared to income.

**310 Olmstead Street, Vanier, ON**

**613-233-8478**

**info@cfsottawa.ca**

**www.cfsottawa.ca**

**Centre de Services Guigues** ▼ *ℱ*

CSG Offers bereavement support groups in French

**159 Murray Street, Ottawa, ON**

**613-241-1266 ext. 248** **pperiard@centresg.ca**

**www.centresg.ca**

\*\*Please check with the individual counsellors regarding their level of education and certification in Grief & Bereavement Counselling

### **Christian Counselling Ottawa \$ ①**

They offer professional counselling and group services to people in the Ottawa/Outaouais area, incorporating faith into the process as appropriate and requested by clients. People can call and make arrangements on an individual, couple or family basis.

**151 Holland Ave, Suite 200, Ottawa, ON**

**613-729-8454                      ccooffice@rogers.com**

**www.christiancounsellingottawa.ca**

### **The Compassionate Friend Ottawa/Outaouais Chapter ▼**

A support group offering friendship, understanding, grief education and hope for the future of families who have suffered the death of a child at any age.

**31 Maplehill Way, Nepean, ON K2C 3H1**

**613-692-4521                      tcfottawa@rogers.com**

**www.tcfottawa.net**

### **Candlelighters Childhood Cancer Support Programs Inc. ▼**

This is a volunteer organization that provides bereavement support for member families and enriches the lives of children and their families who are coping with childhood cancer.

**311 Richmond Road, Suite 201, Ottawa, ON**

**613-715-9157                      information@candlelighters.net**

**www.candlelighters.net**

### **Centre for Counselling and Pastoral Services \$ ① ☎**

They offer bilingual counseling for individuals and couples by supervised counsellors in training. Fees are negotiable.

**St. Paul's University, 223 Main Street, Ottawa, ON**

**613-782-3022                      counselling@ustpaul.ca**

**web.ustpaul.ca/counselling/index\_e.asp**

### **Linda Hay, RN, BScN, CH Certified Hypnotist \$ ① ▼**

Linda is a Grief Educator who provides one on one sessions, workshops and teaching sessions to community groups on grief and one on one sessions on hypnosis and grief. She charges \$100 for a 1 ½ hour session. She carries insurance coverage and uses a sliding scale when needed.

**613-836-5796**

**lindahay@rogers.com**

**www.lindahay.vpweb.ca**

### **Marie Robertson, Counsellor \$ ① ▼**

Marie offers Private Practice counselling and group therapy with a specialty in grief and bereavement, HIV/AIDS, cancer and palliative care.

**23 George Street West, Ottawa K1S 3J1**

**613-231-4347**

**marie@talktomarie.com**

**www.talktomarie.com**

### **Michelle Bentley, MA, BEd, CCC \$ ①**

Michelle can support individuals coping with depression, grief & loss, decision making, children & teens, parenting & family challenges, play therapy, spiritual questions and elderly & caregiving. Extended health benefit coverage.

**LifeSource Medical Centre, 130 Robertson Road, Bells Corners**

**613-601-1475**

**mbentley@lifesourcehc.com**

### **Nicole M. Richard Counselling & Spirituality \$ ① ☎**

Nicole offers support with depression, anxiety, burnout, grief/loss, spiritual distress. Helping you find growth and healing through your trials!

**613-809-3015**

**nrmcounselling@ymail.com**

**Joanne Doucette, M.S.W., RSW** \$ ①▼

Joanne has 13 years of clinical experience supporting individuals with depression, anxiety, physical illness, interpersonal problems and grief and bereavement.

**Queensview Professional Services**

**2725 Queensview Drive, Suite 600, Ottawa K2B 0A1**

**613-596-2000 ext.352**      **DoucetteTherapy@gmail.com**

**<http://qps-on.ca>**

**Joanne R. Moore, B.A., M.A. MEd.** \$ ①▼

Joanne specializes in spousal, same sex partner, child grief as well as anticipatory grief. She has many clients dealing with the stress associated with a major illness or accident. She offers bereavement groups, depending on the need. One on One sessions are \$90 for one hour.

**Client area—Perth to Orleans, Smiths Falls to Arnprior**

**613-831-1628**      **moorej@sympatico.ca**

**Kim Maillet, MA, BEd, CCC** \$ ①

Kim can support individuals coping with depression, grief & loss, decision making, children & teens, family challenges, spiritual questions and elderly & caregiving.

**LifeSource Medical Centre, 130 Robertson Road, Bells Corners**

**613-265-2206**      **kmaillet@lifesourcehc.com**

**Centretown Community Health Centre** ①

They offer support for personal challenges and issues provided by professional counsellors for no fee. By appointment or walk-in.

**420 Cooper Street, Ottawa, ON**

**613-233-4443**      **info@centretownchc.org**

**[www.centretownchc.org](http://www.centretownchc.org)**

**Entraide-deuil de l'Outaouais (Andre Raymond)** \$ ▼①ℱ

This is a French organization that offers meetings for listening and sharing in. This is not a religious organization. One-on-one counseling is available as a temporary assistance before a Support Group (4 months after the death to be integrated into a group). A fee for services is suggested.

**115, boulevard Sacre-Coeur, Suite 202, Gatineau, QC**

**819-770-4814**      **direction@entraide-deuil.qc.ca**

**[www.entraide-deuil.qc.ca](http://www.entraide-deuil.qc.ca)**

**Family Services Centre of Ottawa-Carleton** \$ ▼①ℱ

The counselors are registered social workers and psychologists who will work with the family in a variety of ways to help with a variety of issues.

**312 Parkdale Ave, Ottawa, ON**

**613-725-3601**      **fsfo@familyservicesottawa.org**

**[www.familyservicesottawa.org](http://www.familyservicesottawa.org)**

### Friends of Hospice Ottawa (Holly Watson) ▼ ①

Bereavement support for clients affected by life threatening illnesses or loss is provided by nurses and caring volunteers.

- 🕊 One-on-one bereavement support visits
- 🕊 Telephone support
- 🕊 Referrals to specialized professionals
- 🕊 Referrals to group support
- 🕊 A lending library with many books to support people who are grieving
- 🕊 A bi-weekly grief walk & coffee takes place in the community
- 🕊 Vital Transportation
- 🕊 Annual Memorial service and Bereavement Retreat

**555 Legget Drive, Suite 109-Tower A, Kanata, ON**

**613-591-6002 ext.23      hollywatson@friendsofhospiceottawa.ca**

**www.friendsofhospiceottawa.ca**

### The Counselling Group

**A Program of Jewish Family Services of Ottawa    \$ ▼ ① ℳ**

Counselling is offered to all denominations on a broad range of issues. The fees may be covered by most health care plans and counselling is done on an individual, couple, family or group basis.

**2255 Carling Avenue, Suite 301, Ottawa, ON**

**613-722-2225      info@jfsottawa.com**

**www.jfsottawa.com**

### Kelly Funeral Homes ▼

Kelly Funeral Homes offers Coping with a Loss, a self help bereavement support group that meets Wednesday nights from 6:30-8:00 for 8 weeks. Everyone is welcome at no cost. Kelly Funeral Homes also has many library resources available. Call Linda Robillard for more information.

**Barrhaven Chapel, 3000 Woodroffe Avenue, Nepean, ON**

**613-823-4747      lrobillard@kellyfh.ca**

**www.kellyfh.ca**

## Grief and Bereavement Counsellors

**\$ - Indicates Fee for Service**

**▼ - Indicates Bereavement Group Available**

**① - One on One Counselling**

**ℳ - French**

### Anne Kealey, Psy.D.-Psychology    \$ ①

Anne works with depression, loss & grief, trauma, anger problems, relationships difficulties, low self-esteem, addiction and stress. She does not do any in-home work with clients or bereavement groups.

**267 O'Connor Street, Ottawa, ON**

**613-233-7395**

**akealey@rogers.com**

### Community Mental Health Centre Prescott Russell ①

Community Mental Health Centre Prescott Russell offers one on one counselling at no cost to residents of Prescott Russell. The counsellors are experienced in grief and bereavement. Contact is Diane Peladeau.

**2741 Chamberland Street, Room 206 Rockland, ON**

**613-446-5139**

### Joanna Williams Olsen, M.A Psych, Certified Counsellor, CCPA \$ ①

Joanna is trained in grief and bereavement. She has years of experience working with loss, bereavement, anticipatory grief and death of a loved one. Her practice is situated in downtown Ottawa. Her fees are \$125 for a 50 minute session.

**180 Metcalfe, Suite 600, Ottawa, ON**

**613-794-0877**

**jwilliamsolsen@rogers.com**

**www.centretownpsychotherapy.ca**

### **Woodvale Pentecostal Church ▼**

A variety of support groups are offered, including Grief Share, a Christian based group for people who suffer the pain of losing a loved one. This program offers support and comfort as you grieve and teaches methods of coping with the loss. Groups are held on Mondays, 7-9pm at the church.

**205 Greenbank Road, Nepean, ON**

**613-829-2362**

**info@woodvale.on.ca**

**www.woodvale.on.ca**

### **Youth Services Bureau of Ottawa**

There is a 24/7 crisis line that provides immediate counseling (613-260-2360) or teens can call to book an appointment for ongoing counselling.

**2675 Queensview Drive, Ottawa, ON**

**613-729-1000**

**www.ysb.on.ca**

### **The Hospice at May Court –Family Program ▼ ⓘ**

The Hospice at May Court, Family Support Program (bereavement support) is offered by two Family Support Program counsellors to the families and loved ones of our residential patients, our Day Hospice participants and our Home Support patients of The Hospice at May Court. Our services for these individuals are offered in open and closed bereavement groups and as individual bereavement follow-up and family support for anticipatory grief. We have a tailored program for children and adolescents. An additional benefit of our Family Support Program is the contribution of our Hospice trained volunteers who offer reflexology, therapeutic touch, Reiki, and massage.

**114 Cameron Ave., Ottawa, ON**

**613-260-2960 ext. 228**

**info@hospicemaycourt.com**

**www.hospicemaycourt.com**

### **Perinatal Bereavement Services Ontario ▼**

Group support meetings for parents who have experienced a miscarriage, ectopic pregnancy, medical termination, stillbirth or neonatal death. The group meets the first and third Thursday of the month and is facilitated by Marie Bordeleau. Any families interested can contact the intake coordinator.

**905-472-1807** or toll free **1-888-301-7276**

**www.pbso.ca**

### **Planned Parenthood Ottawa ⓘ**

One-on-one counseling is offered for bereavement support for miscarriage and abortion.

**2197 Riverside Dr. #403, Ottawa, ON**

**613-226-3236**

**ppottawa@ppottawa.ca**

**www.ppottawa.ca**

### **Roger's House ▼**

Bereavement support groups are offered for parents and siblings of a child who has passed away. These groups are offered to all families in the community who have lost a child age 19 or under. The Parent Grief Support Group meets bi-weekly on Wednesdays from 6-7:30 and the Sibling Grief Support Group (age 4 and up) meets at the same time. Please contact Joanne Doucette for further information

**399 Smyth Road, Ottawa, ON**

**613-523-6300 ext. 622**

**[www.rogershouse.ca](http://www.rogershouse.ca)**

### **South-East Ottawa Community Health Centre, Social Services ▼**

Bereavement Support for Seniors: A community health centre that offers a 6 week support group in the Spring and Fall for seniors coping with personal loss (loss of a spouse, a child or other close family member). The support group is called Mourning After. Registration is required. A "Coping with the Holidays" event is also held every December.

**1355 Bank Street, Suite 600, Ottawa, ON**

**613-737-7195 ext. 2326      [lisab@seochc.on.ca](mailto:lisab@seochc.on.ca)**

**[www.seochc.on.ca](http://www.seochc.on.ca)**

### **Tubman Funeral Homes ▼**

Tubman Homes will help families beyond the funeral experience. All are welcome to attend a series of informational seminars and/or bereavement support sessions called Living with Grief and Holiday Help. Living with Grief is an ongoing seminar series lead by a grief educator, Barb Richardson and her key messages are different at each session. These sessions are held every third Tuesday of the month at our Garden Chapel. To register, please call 613-688-2857 or email [seminars@tubmanfuneralhomes.com](mailto:seminars@tubmanfuneralhomes.com). For self-help articles on grief or more information on different seminars as Help for the Executor and the Labyrinth Walks please visit the website.

**3440 Richmond Road, Nepean, ON**

**613-722-6559**

**[info@tubmanfuneralhomes.com](mailto:info@tubmanfuneralhomes.com)**

**[www.tubmanfuneralhomes.com](http://www.tubmanfuneralhomes.com)**

### **Western Ottawa Community Resource Centre *ℱ***

The Western Ottawa Community Resource Centre (WOCRC) partners with others to develop, provide and coordinate accessible community, health and social services for all members of our diverse communities. We are committed to ensuring access to permanent and quality French Language Services in our designated programs and services. The WOCRC's programs and services benefit individuals of all ages in the Goulbourn, Kanata and West Carleton area, and also extends its community support services to residents of Nepean.

**2 McNeil Court, Kanata, ON**

**613-591-3686**

**[info@wocrc.ca](mailto:info@wocrc.ca)**

**[www.wocrc.ca](http://www.wocrc.ca)**