

## *Table of Contents*

Welcome to our Directory	Inside Cover
Agencies and Groups	2-5
Private Practice Counsellors	6-7
Guidelines for Selecting a Counsellor	8-9
Other Resources (books, websites, and videos)	9-15
Speakers Bureau	16
Our Sponsor	Back Cover



## AGENCIES AND GROUPS

### **Bereaved Families of Ontario**

Monthly support meetings for bereaved parents, one on one support, lending library, speakers bureau, miscarriage support. Also offers *Children's Grief Support* groups for children ages 7 to14, and *Sharing Together & Remembering (STAR)* a Teen Grief Support Workshop for youth ages 15 to 23 who have experienced the death of a sibling or parent. *No fees.* 519-686-1573 — [bfo.london.on.ca](http://bfo.london.on.ca)

### **Bereavement Resource Council of Elgin**

Bereavement support for children, teens, and adults residing in Elgin County. Group support with individual support also available. Educational resources. *No fees.* 519-633-2149 — [brce.ca](http://brce.ca)

### **Canadian Mental Health Association, London-Middlesex Branch**

Offers support to adults who have lost a friend or relative to suicide. Limited individual support/information/referral. The *Survivors of Suicide* group is a professionally facilitated group offered twice annually for 8 weekly sessions to people who are 6 months or more from their loss. Intake required. *No fees.* 519-434-9191 — [london.cmha.ca](http://london.cmha.ca)

### **Canadian Sudden Arrhythmia Death Syndromes Fndn.**

Provides support, educational resources, research, and genealogy information for parents and siblings of children/young adults who are genetically predisposed to sudden death due to cardiac arrhythmia. 905-826-6303 (1-877-525-5995) — [sads.ca](http://sads.ca)

### **Daya Counselling Centre**

Daya has a number of counsellors specializing in grief and loss for individuals and couples. Daya honors an individual's human and spiritual nature. *Sliding scale.* 519-434-0077 x392 — [dayacounselling.on.ca](http://dayacounselling.on.ca)

### **Family Service Thames Valley**

Provides bereavement counselling on a sliding scale to residents of London and Middlesex. 519-433-0183 — [familyservicethamesvalley.com](http://familyservicethamesvalley.com)

**Good Grief Resource Centre**

Provides individualized support, specialized groups and community education. *Parents and their Children Healing* is an interactive grief group for children (2.5 to 7 yrs) and their families. *Bridges* is a support group for partner loss. 519-697-4541 — [patchforkids.ca](http://patchforkids.ca)

**Healing Heart Group**

Support group for adults, general bereavement. Fees. 519-686-1946

**Hospice of London**

Provides support programs for people grieving the loss of a loved one. Programs include: peer support walking groups, art therapy for children ages 6-12, and complementary therapies to help with the grieving process. *No fees.* 519-438-2102 — [hospiceoflondon.com](http://hospiceoflondon.com)

**Journey through Loss**

An on-going support group for adults, general bereavement. Intake is done over the phone. 519-782-5515 — [journeythroughloss.ca](http://journeythroughloss.ca)

**London and District Distress Centre & Seniors Help Line**

24 hour, 7 days a week help lines for confidential support for people who may need a supportive listener/crisis intervention. 519-667-6711 (Distress Centre); 519-667-6600 (Seniors Line) — [londondistresscentre.com](http://londondistresscentre.com)

**London Health Sciences Centre, Child and Adolescent Mental Health Care Program**

Individual counselling for children and adolescents age 15 or younger. Special interest in areas of post trauma and complicated grief. 519-667-6640 — [lhsc.on.ca](http://lhsc.on.ca)



## **AGENCIES AND GROUPS — Continued**

### **London Regional Cancer Program**

Individual grief counselling is provided by social workers to family members whose loved one was a patient at the Centre.

519-685-8600 x58622 — [lhsc.on.ca/About\\_Us/LRCP/](http://lhsc.on.ca/About_Us/LRCP/)

### **Memorial Society of London**

A non-profit, volunteer, consumer advocacy organization that promotes the planning of funerals with an emphasis on simplicity, dignity and moderate cost. Memberships welcome. Speakers. 519-649-1014 — [memsoclondon.com](http://memsoclondon.com)

### **Mother's Against Drunk Driving (MADD)**

Provides victim support to anyone who has lost a loved one or been injured due to an impaired driving crash. Offers non-professional grief counselling and comprehensive information about the judicial process as it relates to impaired driving. No fees. 519-645-1350 — [maddlondon.com](http://maddlondon.com)

### **Perinatal Bereavement Service Ontario**

Offers support to parents who have suffered a miscarriage, ectopic pregnancy, medical termination, stillbirth or newborn death. Support groups now serving Woodstock. 1-888-301-7276 — [pbso.ca](http://pbso.ca)

### **Serenity House Hospice, St. Thomas**

Provides quality end of life care, all ages. Support services are not just for the person experiencing end of life challenges, but support for the caregiver, family and after care as well. 519-637-3034 — [serenityhousehospice.ca](http://serenityhousehospice.ca)

### **Suicide Bereavement Support Group**

This on-going peer support group meets each 2nd Tuesday of the month at 7 pm. Registration is not required. Location: Canadian Mental Health Association, 648 Huron Street, London. 519-434-9191 (CMHA, Information/Referral)

**St. Joseph's Health Care,  
Parkwood Hospital Palliative Care Unit**

Provides individual bereavement counselling to family members who have had a loved one die on the Palliative Care Unit.  
519-685-4292 x42506 (Andrew Feron)

**Third Age Outreach Program**

Offers Widows and Widowers an educational and social group for bereaved seniors (age 60+). 519-661-1621

**University of Western Ontario**

Individual and group counselling addressing bereavement and loss for UWO students.

519-661-3771— [shs.uwo.ca/counselling](http://shs.uwo.ca/counselling)

519-661-3031— [sdc.uwo.ca/psych/](http://sdc.uwo.ca/psych/)

**VON, Middlesex County**

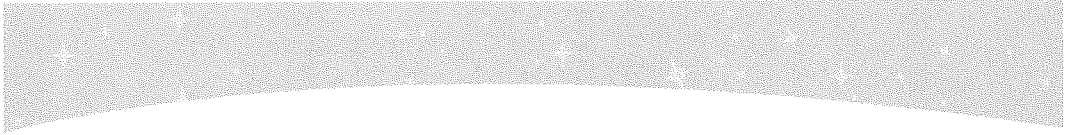
Provides volunteers to support individuals and their families who are facing a life threatening/life altering condition, or who have lost a loved one. Also, individual or group bereavement support.

519-245-3170 or 1-800-265-7058 — [von.ca](http://von.ca)

**Wellspring London and Region Cancer Support Centre**

Offers an 8-week support group to individuals who have lost a loved one to cancer. Call to register. Also provides a resource/lending library.

519-438-7379 — [wellspringlondon.ca](http://wellspringlondon.ca)



**FEE-FOR-SERVICE  
PRIVATE PRACTICE COUNSELLING**

Fees for private practice counselling vary depending upon the experience and/or credentials of the counsellor/therapist. Some counsellors do offer a sliding scale, so be sure to ask. Psychiatrists and physicians are the only professionals covered by OHIP to provide therapy as they are medical doctors.

You may qualify for workplace benefits that would cover all or some of the cost. The main ways in which workplace coverage may be accessed are:

Employee Assistance Programs either at your workplace or that of your spouse/partner. Check availability through the human resources department of the company/organization. There is no fee for this service, and although the provision is for short-term counselling, which generally ranges from three to eight sessions, it is often possible to continue the counselling on a fee-for-service basis.

Your workplace may have an extended health care insurance plan that includes counselling as one of the benefits or may provide a sum of money that you can draw upon. Be sure to check the types of counsellor qualifications the plan covers. Some specify that they will only pay for counselling by a registered psychologist, whereas others will include registered social workers, and counsellors with other types of training.

The following counsellors provide bereavement counselling. Additional information for each may be found at [www.dayacounselling.on.ca](http://www.dayacounselling.on.ca)

- Alexander, Susan, MSW . . . . . 519-200-5763
- Arnold, Carrie, M.Ed, RSW, CCC . . . . . 519-435-0256
- Bates, Dr. Kirk, Ph.D. (Psychology) . . . . . 519-679-6179
- Bradford, Linda or Bruce, MSW . . . . . 519-858-1616
- Breaton, Lee Anne, MSW, RSW . . . . . 519-663-9524
- Desun, Dr. Lisa M., Ph.D. (Psychology) . . . . . 519-670-6188
- Dwyer, Maureen, BA, Cert. Palliative Care & Than . . . . . 519-680-1245
- Enns, Tara, HBSc Psych., CPC, ACC . . . . . 519-641-2721
- Fernando, Dr. M, M.D., FRCPC (Psychiatry) . . . . . 519-472-1081
- Foster, Sandra, M.A. . . . . 519-671-5051
- Freedy, Jenifer, M.Ed., RSW, CCC . . . . . 519-936-5542



Gorodzinsky, Adela, M.Ed. . . . .	519-642-1966
Gough, Mindy, BSW, Cert. Palliative Care & Than. . . . .	519-275-3770
Grant, Linda, MSW, RSW . . . . .	519-471-0067
Grenier, Dr. Guy, Ph.D. (Psychology) . . . . .	519-438-7131
Hammond, Sallie, B.A. . . . .	519-473-1542
Harris, Darcy, M.Ed., RSW . . . . .	519-858-0669
Harvey, Marlene, M.Div. . . . .	519-858-3922
Heinrichs, Doris, BSc.N., M.Ed. . . . .	519-472-7700
Herscovitch, Dr. Joel, Ph.D. (Psychology) . . . . .	519-679-3331
Hunter, Brad, BA, CHt . . . . .	519-777-3471
Jaco, Dr. Rose Marie, Ph.D. (Social Work), RSW . . . . .	519-439-1272
Jones-Warrick, Barbara, M.Ed., Cert. Play Therapist . . . . .	519-936-0108
Karn, Kathy, M.Ed. . . . .	519-657-7762
Kravalis, Gunar, M.Div., M.Th. . . . .	519-453-2256
Liebau, Paul, M.Div. . . . .	519-645-4053
Machado, Rebecca, M.Ed., CCC . . . . .	226-374-4988
Marti, Carmen, M.Ed., CCC . . . . .	519-439-5789
Massel, Tom, MSW, RSW, CTS . . . . .	519-432-1821
McIntosh & Associates, MSW, RSW . . . . .	519-319-3186
McGill, Marg, M.Ed., RSW . . . . .	519-660-0217
McKenzie, Dr. Sandra, Ph.D. (Psychology). . . . .	519-432-6200
Mendis-Mogenson, Rita, MSW, RSW . . . . .	519-657-4878
Misurak, Leslie, B.A., Cert. Palliative Care &Thanatology . . . . .	519-782-5515
Mogenson, Greg, M.A., Dipl. Analyt. Psych. . . . .	519-657-4878
Moir, Randa, MSW, RSW, RMFT . . . . .	519-663-9524 x810
Newby, Anne, M.A.. . . . .	519-679-3517
Nielsen, Gail, M.A. . . . .	519-289-1040
Oliver, Terri-Lynn, M.Ed., CCC.. . . .	519-200-5987
O'Neil, Trish, M.Div.. . . . .	519-614-6814
Rattenbury, Dr. Christine, Ph.D. (Psychology) . . . . .	519-457-4705
Scott, Derek, RSW . . . . .	519-438-6777
Sheskin, Rena, M.Ed., RSW, CCC . . . . .	519-432-6676
Shook, Lorie, BA, Dipl. A.T., A.T.I. . . . .	519-472-8716
Stewart, Cheryl, M.Ed., CCC . . . . .	519-636-6179
Stirling, Judy, MSW, RSW . . . . .	519-663-9524 x 816
Tallman, Grace, RN, BScN, Certif. Grief & Bereavement . . . . .	519-433-0981
Unger, Dr. Robert S., Ph.D. (Psychology) . . . . .	519-660-4811
VanderSchaaf, Nancy, M.Ed. . . . .	519-318-4656
Van Reenen, Patricia, MSW, RSW . . . . .	519-451-6837
Ware, Mike, MSW, RSW . . . . .	519-637-9956
Webb, Larissa, MSW . . . . .	519-642-1920
Wood, Karen . . . . .	519-471-7016
Woodson, Anna, MSW . . . . .	519-858-2493
Yepez-Millon, Morella, M.Ed., RSW . . . . .	519-936-2168



## **GUIDELINES FOR SELECTING A COUNSELLOR**

Selecting a counsellor can be a challenging step in the grieving process. Taking care of yourself at this time is important. Remember to trust your instincts. If you receive a referral, you do not have to choose that counsellor if s/he does not meet your needs.

Phone first to get a feel for the counsellor. Prepare a list of questions before you make the call. They may include some of the following:

- + What is the counsellor's training and experience regarding your issues?
- + What type of therapy does the counsellor provide?
- + Would it be suitable for you?
- + Is there a fee? If so, how much? Is there coverage under your medical insurance plan? What is the billing procedure?
- + How long is the wait list? How often might the counsellor be able to see you?
- + Where is the counsellor's office located and what are the hours of work?
- + Does the counsellor consult with other professionals for peer or other supervision of the counsellors work?
- + Any other questions you feel are important.

After you have met with your counsellor a few times you may ask yourself:

- + Did you feel comfortable and understood?
- + Can you talk about the issues that are most important to you?
- + What are your goals in counselling? Are you working together toward common goals?



What if you are concerned about what is happening in your therapy?


- + Trust your instincts. If something does not seem right to you, talk it over with someone you trust. It is important not to stay with a counsellor who is not helping you or doing you harm.

Healing takes time and there may be periods where it is difficult to notice any progress, or you may feel setbacks and frustration. Progress is shown by improvement over time. You and your counsellor may be the best judges.

## **BOOKS**

### **General Bereavement**

- + *The Courage to Grieve.* Tatelbaum, Judy
- + *Grief: The Courageous Journey.* Lang & Caplan
- + *How to Go On Living When Someone You Love Dies.* Rando, Therese
- + *Life's Losses: Living Through Grief, Bereavement and Sudden Change.* Wylie, B.J.
- + *Living Beyond Loss: Death in the Family.* Walsh, F. & McGoldrick, M.
- + *Life After Loss.* Deits, Bob
- + *Living Through Mourning.* Sarnoff Schiff, Harriett
- + *The Mourning Handbook: A Complete Guide for the Bereaved.* Fitzgerald, H.
- + *Living When a Loved One has Died.* Grollman, Earl
- + *Understanding Grief: Helping Yourself Heal.* Wolfelt, Alan
- + *What Helped Me When My Loved One Died.* Grollman, Earl
- + *What Will Help Me? How Can I Help?* Miller, James
- + *When Bad Things Happen to Good People.* Kushner, Harold



## Bereaved Spouse

- + *Being a Widow.* Caine, Lynne
- + *Finding your Way After Your Spouse Dies.* Felber, Marta
- + *I Can't Stop Crying.* Martin & Ferris
- + *Surviving the Death of your Spouse.* Levinson, Deborah
- + *Widower: When Men are Left Alone.* Campbell & Silverman
- + *Widows Journey: A Return to the Loving Self.* Rose, Xenia
- + *Wife After Death.* Anderson, M.
- + *The Young Widow: Conflicts and Guidelines.* Ferguson et. al.

## Men's Grief

- + *Swallowed by a Snake.* Golden, Tom
- + *When a Man Faces Grief/ When a Man You Know is Grieving.* Golden, T.
- + *When Men Grieve: Why Men Grieve Differently and How You Can Help.* Levang, E.

## Bereaved Parents

- + *A Broken Heart Still Beats.* McCracken, Anne
- + *After the Death of a Child.* Finkbeiner, Ann
- + *The Bereaved Parent.* Sarnoff Schiff, Harriet
- + *Beyond Endurance.* Knapp, Ronald
- + *Empty Cradle, Broken Heart.* Davis, Deborah
- + *How to Survive the Loss of a Child.* Sanders, C.
- + *Miscarriage: Women Sharing from the Heart.* Allen & Marks
- + *Recovering from the Loss of a Child.* Donnelly, K.
- + *What Forever Means after the Death of a Child.* Talbot, Kay

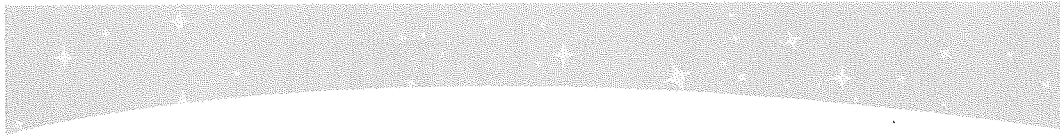
- + *When a Baby Dies: Answers to Comfort Grieving Parents.* Nash, R.
- + *When the Bough Breaks.* Bernstein, Judith
- + *When Goodbye is Forever.* Branblett, John
- + *The Worst Loss.* Rosof, Barbara

#### **Bereaved Children**

- + *150 Facts about Grieving Children.* Linn, Erin
- + *After Charlotte's Mom Died.* Spelman, Cornelia
- + *Fall of Freddie the Leaf.* Buscaglia, Leo
- + *Henry and Harriet.* MacArthur, Henriette
- + *Learning to Say Goodbye: When a Parent Dies.* LeShan, Eda
- + *Lifetimes: A Beautiful Way to Explain Death.* Mellonie, Byran
- + *On the Wings of a Butterfly: A Story About Life and Death.* Maple, M.
- + *Our Special Garden: Understanding Cremation: Learning to Cope with Loss and Transition.* Carney, Karen L.
- + *Saying Goodbye to Daddy.* Vigna, Judith
- + *Talking About Death: A Dialogue Between Parent and Child.* Grollman, Earl
- + *The Saddest Time.* Simon, Norma
- + *When Dinosaurs Die.* Krasky, Brown L.M.

#### **Bereaved Children Interactive/Activity books**

- + *Healing Your Grieving Heart for Kids.* Wolfelt, Alan
- + *Help Me Say Goodbye.* Silverman, Janis
- + *My Grieving Journey Book.* Shavatt, Donna
- + *When Someone Very Special Dies.* Heegard, Marge



### **Supporting Bereaved Children: Books for Adults**

- + *Bereaved Children and Teens.* Grollman, Earl
- + *Healing Children's Grief.* Hyslop Christ, Grace

### **Bereaved Teens**

- + *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love.* Grollman, Earl
- + *Teenagers Face to Face with Bereavement.* Gravelle, Karen
- + *All Rivers Flow to the Sea.* McGhee, Alison

### **Bereaved Teens Interactive/Workbooks**

- + *Death & Dying.* Peacock, Carol Antoinette
- + *Healing Your Grieving Heart for Teens.* Wolfelt, Alan
- + *A Teen's Simple Guide to Grief.* Cunningham, Alexis

### **Inspirational**

- + *A Time To Grieve.* Staudacher, C.
- + *How to Survive the Loss of a Loved One.* Colgrove, M.
- + *In the Midst of Winter.* Moffat, M.
- + *Life Prayers.* Roberts, E.
- + *The Prophet.* Gibran, K.
- + *Safe Passage.* Fumia, M.

### Helping Professionals

- + *Creating Meaningful Funeral Ceremonies: A Guide for Caregivers.* Wolfelt, A.
- + *Death and Grief: A Guide for Clergy.* Wolfelt, A.
- + *Death and the Classroom: A Teacher's Guide to Assist Grieving Students.* Cassini, K.
- + *Funerals without God: A Practical Guide to Non Religious Funerals.* Wilson, J.
- + *In Memoriam: A Practical Guide to Planning a Memorial Service.* Bennett, A.

### Trauma

- + *After Suicide.* Hewlett, John
- + *Healing after the Suicide of a Loved One.* Smolin & Guinan
- + *No Time For Goodbyes.* Lord, Janice
- + *Recovering for the Loss of a Loved One to AIDS.* Donnelly, K.
- + *Suicide Survivors: A Guide for Those Left Behind.* Wrobleske, A.
- + *Surviving When Someone You Loved Was Murdered.* Redmond, L.
- + *Who Lives Happily Ever After? For Families Whose Child Has Died Violently.* Turnbull, S.
- + *Aftershock: Help, Hope, and Healing in the Wake of Suicide.* Cox, David



## WEBSITES

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

Help for parents and siblings who have lost a child. Links to resources.

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

Grief and healing discussion page, resources, men's grief.

[www.death-dying.com](http://www.death-dying.com)

General information, support for grief and loss.

[kings.uwo.ca/academics/academic-departments/department-of-interdisciplinary-programs/thanatology/](http://kings.uwo.ca/academics/academic-departments/department-of-interdisciplinary-programs/thanatology/)

Links to international work on death, dying and bereavement, study programs and courses.

[www.dayacounselling.on.ca](http://www.dayacounselling.on.ca)

Lists bereavement services and supports in the London-Middlesex area. Printable version of this booklet available.

[www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)

General and specific information on grief and loss, links to other resources.

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

General information for coping with loss, bereavement, grief.

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

Message samples for expressing words of sympathy.

## VIDEOS

A Cradle Song (1991). Canadian Learning Company.

Children Die Too (1990). Kinetic.

Surviving Death: Stories of Grief (1986). Canadian Learning Company.

To Touch a Grieving Heart (1995). McIntyre Media.

What Do I Say To My Children? (1989) Aquarius Productions.

Where's Pete? (1991) National Film Board of Canada.

**Saying Goodbye Series, TVO:**

A Promise Broken, A Grief Shared, The First Snowfall, A Home Alone,  
Thunder in my Head.

## MAINSTREAM VIDEOS

Beaches

City of Angels

The Fisher King

Ghost

Hanging Up

Life is a House

The Lion King

Lorenzo's Oil

Men Don't Leave

Meet Joe Black

Message in a Bottle

My Life

One True Thing

Ordinary People

Patch Adams

Shadowlands

Steel Magnolias

Stepmom

Sweet November

The Son's Room

To Dance with the White Dog

To Gillian on her 37th Birthday

What Dreams May Come



## **SPEAKERS BUREAU**

Grief is a universal experience. It often has been called the price we pay for loving and being connected to others around us. Everyone will experience grief at some point in their lives, yet each person's grief experience is unique. We grieve different losses, different ways. In addition, each individual will have different needs during bereavement.

Our speakers include individuals from our community who support individuals and families experiencing grief and bereavement. These speakers are professional counsellors, educators, health care workers, and family members. Together, they offer a wealth of both professional and personal experience in supporting people through a difficult process.

If you would like a speaker for your group, workplace, or school please contact us via e-mail at: [info@dayacounselling.on.ca](mailto:info@dayacounselling.on.ca) with your request and particulars (date, time, honorarium availability, topic, audience).

Your request for a speaker will be forwarded to our list of speakers via e-mail. We cannot guarantee that someone will be available for all requests. Also note that speakers may charge a fee.

If you would like to register as a speaker, please call us at 519-434-0077 x392.