GRIEF & BEREAVEMENT - COMMUNITY-BASED SUPPORTS & SERVICES IN THUNDER BAY

For comments or questions about this listing, please contact cerah@lakeheadu.ca

This listing is organized in the following categories to help you quickly find suitable support:

General services, support	Indigenous Culture, Practices, Approaches to Care	Services for Existing Clients, Patients of Health Care Clinics, Centres, Facilities	Services for Children, Youth, Students	Services for Age 55+	Services for Special Populations	Services for Crisis, Trauma, Complex Grief

Service Category	Organization	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Cost	Referral	Wait Time	Support/Service Info Including Cultural Relevancy/Language
General Services, Support	**Catholic Family Development Centre** 345-7323 catholicfamilycentre.ca/site/contact catholicfamilycentre.ca	Counselling: One-to-one Couples Family Group	Generalist counsellors with much experience recognizing/supporting those affected by grief and loss.	None	No or Low Cost (income adjusted)	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client	3-4 weeks	Service is open to anyone (do not have to be of Catholic faith). They run sessions for groups at 55 plus, Our Kids Count, Crossroads, John Howard, NorWEst Community Health Centre. The Centre will develop new support groups as needs arise (currently, they run caregiver groups and grief support groups). Covid: flexible with cost, no waiting, offering service via phone and virtual counselling.
	Hospice Northwest 626-5570 Visit website for email options hospicenorthwest.ca	Peer Support: one to one		None	No Cost	Self	1 to 5 working days	Service offered by staff, volunteers with some grief training and support.
	Hospice Northwest 626-5570 Visit website for email options hospicenorthwest.ca	Group Support: Hearts & Hope	Yes: Staff, volunteers have grief and bereavement training	None	$10	Self	None when a group is running	Must register for a spot. Service offered by staff, volunteers with specialized training.
	Hospice Northwest 626-5570 Visit website for email options hospicenorthwest.ca	Group Support: Circle of Friends		None	No Cost	Self	None when a group is running	May join after completing Hearts & Hope. Must register for a spot.
	Palliative Carelink - NorWest Community Health Centre 626-7873 norwestchc.org	Support: Referral to grief and bereavement services through the Palliative Carelink program	Yes	Family members of Palliative Carelink Clients	No cost	Self, Doctor/Caregiver/Agency/Self may initiate referral to Palliative Carelink while client still alive	1 to 5 working days	The program is a referral service directing clients to suitable support and services. Referrals may be made by anyone and are encouraged very early in the diagnosis of a life-limiting illness. Referral to PCLink should take place for the client with the life-limiting illness while they are still living with their illness. Clients are accepted at ANY stage of their journey. Families/caregivers of registered clients may receive services through the grief and bereavement stages. All attempts will be made to provide services in a culturally relevant manner for clients and their families/caregivers.

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	Thunder Bay Counselling Centre 684-1880 community@tbaycounselling.com tbaycounselling.com	Counselling: One-to-one Phone	Yes	None	No cost if qualify for subsidized services	Self	Wait times may apply, dependent on service (e.g. walk in service is dame day, but may wait 1 - 5 working days for other services).	Some services available from grief and bereavement specialists. Walk In and appointment-based counselling. Quick-access Non-Insured Health Benefit counselling. Fees for services are subsidized for those eligible, and may be covered by EAP. Currently offering virtual and in person service.
Indigenous Culture, Practices, Approaches to Care	**Anishnawbe Mushkiki** 623-0383 info@mushkiki.com mushkiki.com	Please contact for service information.						
	Beendigen 344-9579 Ext. 1600 beendigen.com	Support: Referral for Grief Counselling Group support		Women age 16 and over	No cost	Self	1 - 5 working days	Weekly education and support group and circle provided with this service. Services provided by elder who utilizes holistic aboriginal healing approach to counselling. Elders , Culture, and Residential School Experience is discussed in grief for Aboriginal women still grieving their losses.
	Dilico Anishinabek Family Care 623-8511 dilico.com	Social Work & Cultural Services: one to one phone virtual		None	No cost	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client	1 to 5 working days	Some services available in client's language. Contact Dilico Anishinawbek Family Care for more information.
	Ontario Native Women's Association – Mental Health & Addiction Program 623-3442 1-800-667-0816 reception@onwa.ca onwa.ca	Counselling, Support: - Land-Based Therapy - Traditional counselling - Access to Elders & Healers - Traditional Healing & Ceremony - Sharing/Healing circles - Grief Services - Addictions - Referrals to internal/external supports and services	Yes	Clients of ONWA, Familiy Members of Clients, Members of General Public of Indigenous Ancestry (regardless of status or locality)	No cost	Self, Agency or organization referral may initiate service request on behalf of client	1 to 5 working days	The Mental Health & Addiction program provides access to culture and ceremony through land-based therapy, traditional practices and teachings, and Elders and Traditional Healers. Trauma-informed, holistic approach using wrap around services in the delivery of mental health, addiction, aftercare, case management, and counselling services. Services offered to Indigenous women and their families regardless of their status or locality. Support is provided a variety of ways: through workshops, healing camps, groups, one-to-one, etc. Approaches may vary.

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	Ontario Native Women's Association – Mental Health & Addiction Program 623-3442 1-800-667-0816 reception@onwa.ca onwa.ca	Counselling, Support: - Land-Based Therapy - Traditional counselling - Access to Elders & Healers - Traditional Healing & Ceremony - Sharing/Healing circles - Grief Services - Addictions - Referrals to internal/external supports and services	Yes	Clients of ONWA, Familiy Members of Clients, Members of General Public of Indigenous ancestry regardless of status or locality	No cost	Self, Agency or organization referral may initiate service request on behalf of client	1 to 5 working days	The Missing and Murdered Indigenous Women and Family Support program provides access to culture and ceremony through land-based therapy, traditional practices and teachings, and Elders and Traditional Healers. Trauma-informed, holistic approach using wrap around services in the delivery of mental health, addiction, aftercare, case management, and counselling services. Services offered to Indigenous women and their families regardless of their status or locality. Support is provided a variety of ways: through workshops, healing camps, groups, one-to-one, etc. Approaches may vary.
	Talk 4 Healing 1-855-554-HEAL talk4healing.com	Please contact for service information.						
	Thunder Bay Indigenous Friendship Centre Victim Advocate Caseworker Program 345-5840, ext. 9095 tbifc.ca	Group Support: Healing Our Hearts Program	Yes	None	No cost	Self, Crowns, Defence Counsel, Duty Counsel, Police, and internal and external service providers may make a referral on behalf of client.	Wait time depends on start up of the next session.	Program is group work with an Indigenous cultural component. 6 to 8 sessions. Grief and loss groups run 3 to 4 times a year. Call for information on the next session. Can provide one-to-one peer support for those who have experienced grief/loss due to trauma, abandonment, failed relationships, victims of violence, domestic violence and of crime. Will make referrals for professional services. Traditional healing or cultural teachings can be available upon request.
	Thunder Bay Indigenous Friendship Centre Victim Advocate Caseworker Program 345-5840, ext. 9095 Visit website for email contact method tbifc.ca	Support: One-to-one peer support	Yes	None	No cost	Self, Crowns, Defence Counsel, Duty Counsel, and internal and external service providers may make a referral on behalf of client	1 to 2 working days. Immediate if in a crisis.	Can provide one-to-one peer support counselling for those who have experienced grief/loss due to trauma, abandonment, failed relationships, victims of violence, domestic violence and of crime. Will make referrals for professional services. Traditional healing or cultural teachings can be available upon request.

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Services for Existing Clients, Patients of Health Care Clinics, Centres, Facilities	**Family Health Team - Fort William** 626-1233 fortwilliamfhn.ca	Counselling: one to one		Clients of FWFHT	No cost	Doctor	6 - 8 weeks	
	Family Health Team – Harbourview Clinic: Mental Health Team 346-1240 info@hfht.ca hfht.ca	Social work support: Grief Recovery Method (one to one, group) SUSPENDED DURING COVID 19 RESTRICTIONS. Please call for updates on services.	Yes: Grief Recovery Method	Clients of HFHT	No cost	Doctor or Nurse Practitioner of clinic	more than 10 working days	This grief support is not available during Covid outbreak/restrictions. At this time, social workers will only provide short term, brief intervention for grief/bereavement and direct clients to other appropriate services in the community once they have assessed the client. Please contact clinic for updates on the resumption of regular grief support services using the Grief Recovery Method.
	Family Health Team - Port Arthur 346-1000	Social work/therapist support.		Clients of PAFHT	No cost	Doctor or Nurse Practitioner of clinic	1 to 5 (approx. 5 working days but sooner depending on urgency)	Social work/therapy support offered to clients of clinic who are referred by the clinic's physician or nurse practitioner. Services are offered through a partnership with Norwest Health Centre (Team Care).
	St. Joseph's Hospital: **Hospice Unit** 343-2431 (must request 4th floor hospice unit social worker) speard@tbh.net (Deborah Spear, current 4th floor hospice unit social worker) sjcg.net	Grief Counselling	Yes	Anyone who has had a loved one die on the 4th floor of St. Joseph's Hospital	No Cost	Self: Must directly contact hospice unit social worker to determine eligibility for the grief counselling service	1 to 10 working days	Grief counselling for anyone who had a family member die on the 4th floor of St. Joseph's Hospital. Individuals must directly contact the 4th floor hospice unit social worker to make arrangements to access this service. Services to support cultural and language needs available upon request.
	St. Joseph's Hospital: Spiritual Care 343-2431 (ask for spiritual care, ext. 2638) sjcg@tbh.net sjcg.net	Counselling/Grief Support: One-to-one (in person or on the phone)	Yes	SJCG Patients, Family Members of SJCG's Patients	No Cost	Self, Doctor, SJCG staff, family may initiate service request on behalf of SJCG client	1 to 5 working days	Translator can be requested for language needs.

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	St. Joseph's Care Group: Mental Health Outpatient Program (Vicville site) 624-3400 sjcg.net	Complex Grief Support, Counselling: One-to-one Group	Yes	Adult Patients (16+ years)	No Cost	Doctor (using Access Point Northwest)	More than 10 working days (approx. 6 months)	Group support through an 8 week treatment group for clients who may be dealing with atypical or prolonged grief (e.g., grief to a suicide, persistent depression as a result of a loss). All clients must go through a welcome workshop before going on to complete a treatment plan. Only the client is able to access service (family services are not offered). This program also provides counselling on a case by case basis for trauma, depression, etc. that may be connected to a loss. Clients experiencing typical grief are referred to community organizations for support.
	Thunder Bay Regional Health Sciences Centre: Spiritual Care & Psychotherapy 684-6236 laitinel@tbh.net, tbrhsc@tbh.net tbrhsc.net	Counselling: One to one	Yes	Inpatients	No cost	Self, Doctor, Health Care Provider working in the hospital may initiate service request on behalf of client	1 to 5 working days	Patients may self refer, a physician may refer, or a health care professional within the hospital may initiate the referral process. Service available in Finnish (currently; June 2020) and an Indigenous Spiritual Care Provider is also available to provide culturally appropriate bereavement support for Indigenous patients.
	Thunder Bay Regional Health Sciences Centre: Cancer Clinic - Supportive Care 684-7200 tbrhsc@tbh.net tbrhsc.net	Supportive Care: one to one	Yes	Patients, Family Members of Patients Who have Recently Passed Away	No cost	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client	5 working days	Family member eligible to receive grief counselling up to 18 months following patient's death. Counselors are registered social workers with Master's Degrees in Social Work
Services for Children, Youth, Students	**Children's Centre Thunder Bay** 343-5000 Visit website for email contact method childrenscentre.ca	Counselling & Therapy: one to one phone virtual	Yes	Children Students Current or Existing Client	No cost	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client	10+ working days	Services provided by staff trained in grief/bereavement. The use of interpreters are often a part of service delivery.
	Confederation College Counselling Centre 475-6618 studentsuccess@confederationcollege.ca confederationcollege.ca/counselling-services	Counselling: one to one		Students	No cost	Self	1 to 5 working days	Indigenous services available.

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	Lakehead University Student Health & Wellness 343-8361 health@lakeheadu.ca lakeheadu.ca/students/wellness-recreation/student-health-and-wellness/counselling-services	Counselling: one to one		Students	No cost	Self	1 to 5 working days	Indigenous Initiatives has a counsellor (MSW) available for Indigenous students, along with other cultural services (elders, sweatlodge, etc.). Students covered by the Student Union health plan have access to realcampus.ca where they can be connected with a counsellor who speaks their preferred language.
	Our Kids Count 623-0292 info@ourkidscount.ca ourkidscount.ca	Please contact for service information.						
Services for Age 55+	**Lutheran Community Care Centre** 345-6062 main office 345-6062 Ext. 117 for Pastoral Care Worker info@lccctbay.org lccctbay.org	Pastoral Care Program: One to one Group Phone	Yes	Seniors in long term care facility with Lutheran affiliation	No cost	Self	1 to 5 working days	Services offered by worker with specialized training in grief and bereavement. Service available in Finnish and English.
	Thunder Bay 55 Plus Centre 684-3066 thunderbay.ca	Grief Support: One-to-one Grief	Yes	Age 55 and over	No cost	Self	None when a group is running	
Services for Special Populations	**Centre for Addiction & Mental Health (CAMH)**	No grief/bereavement services are offered.						
	Elevate 345-1516 info@elevatenwo.org elevatenwo.org	Support: one to one	Yes: Some case workers and outreach workers have grief and bereavement training	Clients	No cost	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client	1 to 5 working days	Referals to Elevate NWO are related to a person's HIV or Hep C status. Grief and bereavement support is integrated into the service provided to individuals based on need (i.e. there is no separate grief/bereavement programming). Most Elevate NWO services (besides doctor's appointments) are offered at the time of need or as close to the time of need as possible. An Ojibwe elder is on site 5 days a week to offer culturally-specific, harm reduction focused support.
	Lutheran Community Care Centre 345-6062 main office 474-9661 Street Chaplain info@lccctbay.org lccctbay.org	Support: Street Reach Ministries, one to one or by phone.	Yes	Street Involved Individuals	No cost	Self	1 to 5 working days	Street Reach Ministries provides compassionate listening by a theologically trained chaplain at our drop-in centre, by phone or by appointment.Street Chaplain strives to be respectful of an individual's spiritual/religious values.

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Services for Crisis, Trauma, Complex Grief	**Canadian Mental Health Association (CMHA)** 345-5564 (main office) 346-8282 (crisis response number) communications@cmha-tb.on.ca thunderbay.cmha.ca/programs-services/	Crisis Response Services: One-to-one phone support (to determine level of support/services needed)		None	No cost	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client	None	Service is a brief crisis service that includes: crisis assessment and intervention, providing support, referrals to appropriate community services, wellness planning and follow up (if agreed to). 24/7 phone line. Service is done over the phone by Thunder Bay CMHA staff. Mobile team will see people in crisis if necessary based on phone assessment (brief crisis services provided only by mobile team; will connect person to longer term resources). Translation and/or interpretation services utilized if required.
	Catholic Family Development Centre 345-7323 catholicfamilycentre.ca/site/contact catholicfamilycentre.ca	Counselling: PTSD group	Yes	Any person, parent or partner experiencing loss of loved one through suicide.	No or Low Cost (income adjusted)	Self, Doctor/Caregiver/Agency may initiate service request on behalf of client		Service is open to anyone (do not have to be of Catholic faith). Group is run from CFDC office typically (but virtually during COVID outbreak).
	St. Joseph's Care Group: Mental Health Outpatient Program (Vicville site) 624-3400 sjcg@tbh.net sjcg.net	Complex Grief Support, Counselling: One-to-one Group	Yes	Adult Patients (16+ years)	No Cost	Doctor (using Access Point Northwest)	More than 10 working days (approx. 6 months)	Group support through an 8 week treatment group for clients who may be dealing with atypical or prolonged grief (e.g., grief to a suicide, persistent depression as a result of a loss). All clients must go through a welcome workshop before going on to complete a treatment plan. Only the client is able to access service (family services are not offered). This program also provides counselling on a case by case basis for trauma, depression, etc. that may be connected to a loss. Clients experiencing typical grief are referred to community organizations for support.