

**Grief Support Services in Red Deer & Central Alberta** (as of July 8 2019)

Agency Name	Key Contact Information	Grief Support Services Offered	Description	Target Population	Cost
<b>Red Deer Hospice Society</b>	Margot Krulicki & Lola French, Bereavement Support Coordinators Ph. 403.309.4344 ext. 105	Good Grief Support Group	Eight-week facilitated series offered spring/fall/winter for supporting individuals through the death of someone important to them.	Individuals who have experienced a loss through death. Open to community.	Free or by donation
	Margot Krulicki & Lola French, Bereavement Support Coordinators Ph. 403.309.4344 ext. 105	Bridging	One on one support for individuals dealing with grief and loss through death.	Individuals who have experienced a loss through death. Open to community.	Free or by donation
	Margot Krulicki & Lola French, Bereavement Support Coordinators Ph. 403.309.4344 ext. 105	Loss Lectures	Workshops offered to support those who have suffered a loss; eg; "Coping with the Holidays".	Individuals who have experienced a loss through death. Open to community.	Free or by donation
	Bereavement Support Coordinators (Margot & Lola), Nurse Manager (Cheri). Ph. 403-309.4344	Community Connections	Provide presentations to organizations/educational facilities on grief and loss.	Students; community agencies or groups;	Free or by donation
<b>Volunteer Resources - Alberta Health Services</b>	Erin Poissant, Coordinator - Volunteer Resources 403-343-4715 ext2	Bereavement Group	Eight-week facilitated series offered spring/fall for supporting individuals through the death of someone important to them.	Individuals who have experienced a loss through death. Open to community.	Free
	Dawne Adkins, RSW, Certified Grief Recovery Specialist Ph. 403-342-4966	The Grief Recovery Method®	An 8 week program offered 3 times a year in small group settings (2-6 people) for anyone who has experienced ANY type of loss (death, divorce, health, job etc) Loss does NOT have to be related to suicide in any way. Participants are asked to complete weekly reading and homework assignments	Adults	\$295/person (some benefit programs may cover the cost; no one is turned away due to finances)

<b>Suicide Information &amp; Education Services</b>	Dawne Adkins, RSW, Certified Grief Recovery Specialist Ph. 403-342-4966	The Grief Recovery Method®	A 7 week program available any time for anyone who has experienced ANY type of loss (death, divorce, health, job etc)and prefers to work one on one. Loss does NOT have to be related to suicide in any way. Participants are asked to complete weekly reading and homework assignments	Adults	\$455/person (some benefit programs may cover the cost; no one is turned away due to finances)
	Dawne Adkins, RSW, Certified Grief Recovery Specialist Ph. 403-342-4966	Grief Information Sessions	Presentations regarding the Grief Recovery Method/grief are offered twice/year. Also available to speak to groups or at conferences on request	Adults	Dependent upon length and location
	Dawne Adkins, RSW, Certified Grief Recovery Specialist Ph. 403-342-4966	Helping Children Grieve®	A 4 week program for parents, guardians, teachers to learn to support the grieving children in their lives. Grief may include (but is not limited to) divorce, moving, changes in friends etc. Participants are asked to complete weekly reading and homework assignments	Adults	\$150/person (some benefit programs may cover the cost; no one is turned away due to finances)
	Dawne Adkins, RSW, Certified Grief Recovery Specialist Ph. 403-342-4966	Living Beyond Suicide Loss	A 12 week program offered 3 times a year for anyone who has lost someone to suicide	Adults	Free
<b>Crossroads Church</b>	Derek Tarling - GriefShare Ministry Lead: 403.896.8946 or tp_fc@yahoo.ca	Grief Recovery Ministry	GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Each trained facilitator has experienced a loss themselves.	Any adult who has experienced the death of a loved one.	Free. Workbooks are \$25.

<p><b>Red Deer Primary Care Network</b></p>	<p>Julia Vallance, Program Manager Ph. 403.406.4119</p>	<p>Journeying Through Grief</p>	<p>Workshop 2 hrs weekly for 8 weeks. For people who have experienced a loss (e.g. death of a loved one, divorce, job loss, death of a pet etc.) and would like to work through it in safe and supportive group environment. Participants will learn skills to cope more effectively with loss. Explore their grief needs, deepen their emotional healing and begin to reinvest in life.</p>	<p>Anyone over the age of 18 that is currently grieving or has compound grief</p>	<p>\$20.00 material fee for book. If fee a barrier, it will be waived.</p>
<p><b>Shalom Counselling Centre</b></p>	<p>Call reception (403 342-0339) or visit <a href="http://www.shalomcounselling.com">www.shalomcounselling.com</a> for information on how to apply.</p>	<p>Therapeutic Counselling</p>	<p>Non crisis counselling for individuals, couples, or families recovering from loss and grief.</p>	<p>Those struggling to find resolution and recovery from significant loss.</p>	<p>Fees charged are based on gross family income.</p>
<p><b>Vantage Community</b></p>	<p><a href="http://vantagecommunityservices.ca">vantagecommunityservices.ca</a> or Ph. 403.340.8995</p>	<p>Children's Grief Process Group 8 – 11 years</p>	<p>Participants interact with others on a variety of emotional levels. Creative, age appropriate exercises help children understand the impact of their personal trauma. Children learn to recognize, acknowledge and replace their unhealthy responses. 8 x 90 min sessions.</p>	<p>Children, 8-11 years</p>	<p>Subsidy available.</p>
	<p><a href="http://vantagecommunityservices.ca">vantagecommunityservices.ca</a> or Ph. 403.340.8996</p>	<p>Children's Grief Process Group 12 – 15 years</p>	<p>Participants interact with others on a variety of emotional levels. Creative, age appropriate exercises help children understand the impact of their personal trauma. Children learn to recognize, acknowledge and replace their unhealthy responses. 8 x 90 min sessions.</p>	<p>Children, 12-15 years</p>	<p>Subsidy available.</p>

<b>vantage Community Services</b>	vantagecommunityservices.ca or Ph. 403.340.8997	Adult Grief Process Group	In this supportive environment clients learn to understand the impact historical trauma has on their relationships. Participants interact with others on a variety of emotional levels and learn to recognize, acknowledge and replace their unhealthy responses. 8 x 90 min sessions.	Adults	Subsidy available.
	vantagecommunityservices.ca or Ph. 403.340.8998	Walk-in Clinic	Free, single session counselling for individual, couples or families with experienced therapists on a first come first served basis.	Individuals, couples or families	Free
	vantagecommunityservices.ca or Ph. 403.340.8999	Focused Counselling	Appointment based therapy service intended to assist clients meet their goals.		The charge for this service is based on a sliding scale and ability to pay.
<b>Canadian Mental Health Association</b>	Angela Reeves - 403-342-2266	Crisis Counsellor	Providing single session crisis counselling to individuals and working with client to refer to additional supports as set forth by the client.	Adults	Free
<b>Alzheimer Society</b>	<a href="mailto:lgrande@alzheimer.ab.ca">lgrande@alzheimer.ab.ca</a>	Educational Series, Support groups	Monthly Support Groups for Care Partners which encourage Care Partners to process their ambiguous loss and grief which is characteristic of caring someone with Dementia. Additionally an 18 part Education Series that provides 4 modules covering the Early, Middle, Late, and End of Life stages of dementia. Each module has several sessions with activities and presenters from the community to address specific issues related to each stage. The End of Life Module directly addresses grief and moving forward.	Individuals who are caring for someone who has a dementia.	Free of Charge