

*B.C.
Bereavement
Helpline*



Help is only a phone call away...

Lower Mainland:

604-738-9950

Throughout BC:

1-877-779-2223

www.bcbereavementhelpline.com

E-mail: bcbh@telus.net

**GUIDE TO
PROVINCIAL
BEREAVEMENT
SERVICES**

2006-2007

Symptoms of grief...

When someone you love dies, allowing yourself to mourn is a natural way to express your grief. In other words, mourning brings healing. But healing also requires the support and understanding of others as you embrace the pain of your loss.

If you have suffered a loss through death in your lifetime and are experiencing more than one of the following symptoms, perhaps the most compassionate thing you can do for yourself at this difficult time, is to call the *BC Bereavement Helpline*.

- Overwhelming sadness
- Inability to sleep
- Lack of appetite
- Cry easily
- Lack of desire to do anything
- Confusion
- Feeling like you are going "crazy"
- Forgetfulness
- Depressed
- Irritable
- Inability to concentrate

It is important to understand that these symptoms are not unusual for someone who is grieving and the *Helpline* is ideally suited to help you find the most appropriate resource to meet your needs.

- Bereavement support groups provide information about grief and are led by trained facilitators and encourage individuals to speak about their loss – only as they feel comfortable. Groups are usually small and provide a safe nurturing environment for participants to share and support each other in their grief.
- Grief counselling is often appropriate when there may be other factors surrounding the loss or the relationship with the person who has died which necessitate assistance being provided by a professionally trained grief counsellor.

By calling our *Helpline* we can assure you of our understanding and our desire to be of help. We shall make every effort to put you in touch with the most appropriate resource in or adjacent to the area in which you live.

Who we are ...

The *BC Bereavement Helpline* is a charitable, non-profit organization. Our purpose is to provide immediate telephone support to the bereaved and to refer them to a support group or agency best suited to their needs. We are also a central hub for caregivers to enable them to obtain timely access to information and resources.


What we do ...

SERVICE

(No fee, but donations gratefully acknowledged)

Helpline 604-738-9950

Toll-free 1-877-779-2223

- Telephone support and referral for the bereaved
- Information and resources for caregivers
- Loss - specific packages for bereaved or caregivers
- Educational events
- Interactive website
- Promote **Bereavement Day** activities in BC - **November 14th** and encourage the wearing of a **Black Ribbon Pin**, the symbol of Bereavement Day. 
- Produce a comprehensive *Resource Directory* of bereavement support groups throughout the province.

EDUCATION

The *BCBH* is committed to increasing public understanding of bereavement as a normal life process through education, advocacy, networking, and dissemination of information.

NEWSLETTER

The *BCBH* offers a quarterly newsletter which we encourage our members to use as a means of information exchange; for being informed of Coming Events, and for grief and loss articles.

REFERRALS

The *BCBH* provides information on groups that offer support services at no cost or by donation. Certain bereavement counselling agencies which offer group support and/or community education, may also be listed.

Membership.....

Individual membership: \$15.00/yr.

Group membership: \$30.00/yr.

Members receive our quarterly newsletter (as per above.) Qualifying Group members are listed in the Brochure. All known non-profit bereavement support groups and agencies are listed in the *BCBH Resource Directory*. Two versions available: \$10 or \$15 (plus shipping).

The annual year for the *BCBH* is

July 1st - June 30th.

Mission Statement

To facilitate the provision of care and support to the bereaved of British Columbia, and to ensure that their interests are publicly safeguarded.

Bereavement Support

The following organizations are *BCBH* members offering grief and bereavement services. Updated annually.

Death of a Child

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| Canuck Place Children's Hospice – Van. | 604-731-4847 |
| Compassionate Friends – Kamloops..... | 250-374-6030 |
| Compassionate Friends – Kelowna | 250-764-8445 |
| Compassionate Friends – Nanaimo | 250-753-5022 |
| Compassionate Friends – North Shore..... | 604-926-6513 |
| Fraser Valley Pregnancy Society – Aldergrove ... | 604-856-9151 |
| Griefworks BC – Vancouver | 604-875-2741 |
| Mourning Mothers – Cloverdale | 604-575-0313 |
| Post Abortion Community Services – Burnaby..... | 604-525-0999 |

Suicide

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| Chimo Crisis Services – Richmond | 604-279-7077 |
| S.A.F.E.R. – Vancouver | 604-879-9251 |

Hospice Palliative Care

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| Abbotsford Hospice Society | 604-852-2456 |
| Alberni Valley Hospice Society – Port Alberni..... | 250-723-4478 |
| Bulkley Valley Hospice Society – Smithers | 250-877-7451 |
| Burnaby Hospice Society Bereavement Program | 604-520-5024 |
| Campbell River Hospice Society | 250-286-1121 |
| Central Cariboo Hospice PC Soc. –Williams Lk.... | 250-392-5430 |
| Central Okanagan Hospice Assoc. – Kelowna.... | 250-763-5511 |
| Chilliwack Hospice Society | 604-795-4660 |
| Comox Valley Hospice Society | 250-339-5533 |
| Cowichan Valley Hospice Society – Duncan..... | 250-701-4242 |
| Crossroads Hospice Society – Port Moody | 604-949-2274 |
| Delta Hospice Care Centre | 604-948-0660 |
| Fort Nelson Hospice Palliative Care | 250-774-8100 |
| Fort St. John & District Palliative Care Society ... | 250-787-2814 |
| Kamloops Hospice Association | 250-372-1336 |
| Kitimat Hospice PC Association..... | 250-632-2278 |
| Langley Hospice Society | 604-530-1115 |
| Mission Hospice Society | 604-826-2235 |
| Nanaimo Community Hospice Society | 250-758-8857 |
| Nelson and District Hospice Society | 250-352-2337 |
| Lions Gate Hospital / N. Shore Palliative Care ... | 604-988-3131 |
| Oceanside Hospice Society – Qualicum Beach ... | 250-752-6227 |
| Pacific Rim Hospice Society – Tofino/Ucluelet | 250-725-1240 |

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| Penticton District Hospice PC Program | 250-492-9071 |
| Powell River Hospice Palliative Care | 604-485-3310 |
| Prince George Hospice Society | 250-563-2551 |
| Quesnel and District Palliative Care Assoc. | 250-992-0695 |
| Ridge Meadows Hospice Society – Maple Ridge | 604-463-7722 |
| South Peace Hospice PC Soc. –Dawson Creek | 250-782-3261 |
| Sunshine Coast Hospice Society – Sechelt | 604-740-1360 |
| Surrey Hospice Society | 604-543-7006 |
| Trail & District Hospice Palliative Care | 250-364-6204 |
| Vancouver Home Hospice Program | 604-709-6447 |
| Vancouver Hospice Society | 604-731-8643 |
| Victoria Hospice Society | 250-370-8841 |
| White Rock Hospice Society | 604-531-7484 |

Community Grief Support Groups

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| Assman's Funeral Home – Prince George | 250-564-4431 |
| Bountyfull Counselling Society – Vancouver | 604-255-6626 |
| Bower's Funeral Service – Salmon Arm | 250-832-2223 |
| Chilliwack Bereavement Support..... | 604-793-7239 |
| Denis Boyd & Associates – Coquitlam | 604-931-7211 |
| Hornby & Denman Community Health Care Society – Hornby Island | 250-335-2885 |
| Jewish Family Service Agency – Vancouver..... | 604-257-5151 |
| Judy Ferris Counselling Associates – Langley ... | 604-513-3888 |
| Living Systems – North Vancouver..... | 604-926-5496 |
| Living Through Loss Counselling Soc. – Van. ... | 604-873-5013 |
| Logan Lk. Wellness, Health and Youth Society ... | 250-523-6229 |
| Lower Mainland Grief Recovery Society – Van. .. | 604-643-9637 |
| MADD Can., Greater Van. Chapter – New West.. | 604-515-9212 |
| Military Family Resource Centre Soc. – Van..... | 604-225-2535 |
| New Hope for Widowed – Vernon..... | 250-549-7273 |
| North Coast Victims Services – Prince Rupert ... | 250-627-7779 |
| N. Island Crisis & Counselling Ctr.Soc – Pt.Hardy | 250-949-8333 |
| Rebuilders – Surrey | 604-583-7403 |
| St. Edmund's Parish Bereavement Prog.–N.Van.. | 604-988-3211 |
| Valley View Funeral Home Bereavement Program – Surrey | 604-596-8866 |
| Vancouver Friends for Life Society | 604-682-5992 |
| West End Seniors' Network Society – Van. | 604-669-7339 |

Provincial Groups

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| B.C. Assoc. of Clinical Counsellors – Victoria | 250-595-4448 |
| B.C. Crisis Line – Vancouver | (Office) 604-872-1811 (Crisis) 604-872-3311 |