



Grief Groups and Grief Counsellors: Nova Scotia

Updated: June 2023

IWK updates this list annually.

Please contact IWK Bereavement Coordinator for an updated listing:
902-470-8942

This information is provided by the IWK's Pediatric Advanced Care Team as a resource for members of the community to assess applicability for their families. It is a compilation of selected resources and should not be considered a comprehensive listing.

This list was compiled using information from reputable websites and other resources. Other grief support groups and counsellors may be available in addition to what is listed here. Please continue to explore other options in your community.

This resource list does not constitute an endorsement or recommendation for any organizations or businesses listed.

Grief Support Groups

LOCATION	GROUP NAME	CONTACT INFORMATION
Amherst	Grieving Hearts <i>10 Week Closed Group Runs in Fall & Winter Mixed loss</i>	Sheryl York (902) 667-9126 amherstwc@eastlink.ca www.amherstwesleyan.com
Amherst	The Listening Room: Bereavement Support Program <i>8 Week Closed Group Runs in Spring & Fall Mixed loss</i>	Campbell's Funeral Home (902) 667-9906 Call for more information www.arbormemorial.ca/en/campbel ls
Amherst (Cumberland County)	Healing and Hope Grief Support Group <i>(Inactive as of May 17, 2023 – but call for update)</i>	Cumberland County Palliative Care Program Sharon Skinner (902) 667-5400 ext. 6344
Antigonish	Antigonish Community Grief Support Group <i>8 Week Closed Group Runs 2x/year Adults</i>	Gladys MacDougall (902) 863-1375 (902) 870-4885 macdougallgladys@gmail.com
Berwick (& Bridgetown, Kentville)	Friends in Bereavement <i>1st & 3rd Tuesdays of the month Mixed loss</i>	Jennifer Longley (902) 681-8239 friendsinbereavement@gmail.com Grief Recovery Model certified
Bridgetown (& Berwick, Kentville)	Friends in Bereavement <i>2nd & 4th Tuesdays of the month Mixed loss</i>	Jennifer Longley (902) 681-8239 friendsinbereavement@gmail.com Grief Recovery Model certified

Bridgewater (& Halifax & Dartmouth)	<p>NSH Palliative Care Grief Support Groups</p> <p><i>Multiple locations</i> <i>For families/friends of NSH Palliative Care program patients</i></p>	Jocelyne Tranquilla (902) 473-1622
Canada-wide (Virtual)	<p>The Compassionate Friends: Virtual Support for Bereaved Parents & Caregivers (Based in Ottawa, ON)</p> <p><i>Monthly</i> <i>Sharing circle format</i></p>	<p>www.tcfottawa.net www.tcfcanada.net/2022/virtual-support tcfottawa@gmail.com</p>
Canada-wide (Virtual)	<p>Healing Hearts: Canada Siblings Virtual Support Group</p> <p><i>Death due to substance use related harms</i> <i>18+</i> <i>Peer-led groups</i></p>	<p>healingheartssiblings@gmail.com www.healingheartscanada.org</p>

<p>Canada-wide (Virtual)</p>	<p>Pregnancy & Infant Loss Support Centre (Based in Calgary, AB)</p> <p><i>Initial Grief</i></p> <p><i>TFMR Support Groups</i></p> <p><i>Trying to Conceive</i></p> <p><i>Pregnant After Loss</i></p> <p><i>Parenting Living Children Through Loss</i></p> <p><i>Partners in Loss</i></p> <p><i>SIDS/SUDC Loss</i></p> <p><i>Inclusive Groups</i></p> <p><i>Specialized Groups</i></p> <p><i>Social Connection Groups</i></p>	<p>1-825-205-7918 info@pilsc.org www.pilsc.org</p>
<p>Canada-wide (Virtual)</p>	<p>Return to Zero: H.O.P.E. (Based in California, U.S.)</p> <p><i>Pregnancy & Infant Loss</i></p> <p><i>Recurrent Loss & Infertility</i></p> <p><i>Ending a Wanted Pregnancy (Birthing Parents &/OR Couples)</i></p> <p><i>People of Colour Pregnancy & Infant Loss</i></p> <p><i>LGBTQ+ Affirming Space for Pregnancy & Infant Loss</i></p> <p><i>Early Pregnancy Loss</i></p> <p><i>Pregnancy After Loss</i></p> <p><i>Parenting After Loss</i></p> <p><i>At cost & free options available</i> <i>Offered based on PST and EST time zones</i> <i>Options for birthing parents, non-birthing parents, &/or couples</i></p>	<p>www.rtzhope.org</p>

<p>Cape Breton</p> <p>(Sydney, Sydney Mines, Island-wide and provincewide via virtual)</p>	<p>Bereaved Families of Cape Breton</p> <p><i>6 Week Programs, offered seasonally (Dual Mode: In-Person & Virtual)</i></p> <p><i>Loss of a Spouse/Partner</i></p> <p><i>Group Loss of a Parent Group</i></p> <p><i>Loss of a Child Group</i></p> <p><i>Loss of a Pet Group</i></p> <p><i>General Grief</i></p> <p><i>Living With Grief</i></p> <p><i>Ongoing</i></p> <p><i>Support & Share Groups (Dual Mode)</i></p> <p><i>Healing through Movement and Music for Women Meditation</i></p> <p>...</p> <p><i>Adolescent Grief Program (partnership with Schools Plus)</i></p>	<p>(902) 564-6795</p> <p>infobfcb@gmail.com</p> <p>www.bfocb.ca</p> <p>Find us on Facebook too.</p> <p>...</p> <p>(902) 574-0001</p> <p>llatham@gnsps.ca</p>
<p>Cape Breton - New Waterford</p>	<p>Mothers of Angels</p> <p><i>Child loss</i></p>	<p>Shirley Kelley</p> <p>(902) 862-8460</p>
<p>Cape Breton- Port Hawkesbury</p>	<p>Grief Support Group Strait Area Women's Place</p> <p><i>6-8 Week Closed Group</i> <i>Runs on demand</i> <i>Mixed loss</i> <i>Additional 1-on-1 support available</i></p>	<p>Tammy Bennett</p> <p>(902) 625-1614</p> <p>straitareawomensplace@gmail.com</p> <p>www.leesidesociety.ca</p>

Cape Breton - Sydney (Westville & Halifax)	Survivors of Suicide Loss <i>Suicide loss only</i>	Fran Morrison (902) 565-7976 soscapedbreton@gmail.com www.soscapedbreton.ca
Colchester County (Truro)	Grief Groups Colchester East Hants Hospice Society <i>8 Week Closed Group</i> <i>6 Week Social Group</i> <i>1-on-1 Grief Support</i> <i>Children, teens, young adults, & their families</i>	(902) 893-3265
Cumberland County (Amherst)	Healing and Hope Grief Support Group (Inactive as of May 17, 2023 – but call for update)	Cumberland County Palliative Care Program Sharon Skinner (902) 667-5400 ext. 6344
Dartmouth	St. Clement Bereavement Group <i>8 Week Closed Group</i> <i>Runs in Spring & Fall</i> <i>No need to be parish-affiliated</i>	Susan Duggan (902) 446-9599
Dartmouth	Water Bugs and Dragon Flies Bereaved Parent Support Group <i>All types of pregnancy, infant, child, and adult child loss welcome</i>	Vince MacDonald (902) 462-4050 vincemacdonald210@gmail.com Louise Smith (902) 404-1555 louisesmith_27@hotmail.ca
Dartmouth, Halifax, & Bridgewater	Palliative Care Grief Support Groups <i>Multiple Locations</i> <i>Families & friends</i> <i>of NSH palliative care</i> <i>program patients</i>	Jocelyne Tranquilla (902) 473-1622

Fall River	<p>Mothers Of Angels Support Group</p> <p><i>Does not run in July/August</i> <i>Specific to mothers</i></p>	<p>Nancy Weatherhead (902) 632-2539 nancyweatherhead@hotmail.ca</p>
Halifax (St. Margaret's Bay)	<p>Estabrooks Community Centre Grief Group for Children and Adults</p> <p><i>Concurrent groups: one for 16+ and one for 5-15-year-olds</i> <i>Does not run in July/August</i></p>	<p>Lorna Zinck-Gordon (902) 989-3217 estabrookscommunityhall@gmail.com www.estabrookscommunityhall.ca</p>
Halifax (Clayton Park)	<p>Saint Benedict Grief Group</p> <p><i>Catholic faith is shared, all welcome</i> <i>Monthly, Sept-June</i></p>	<p>Judy Rae (902) 443-0725 griefsupport@saintbenedict.ca</p>
Halifax (& Province-wide)	<p>Hospice Halifax Grief & Bereavement Programs</p> <p><i>Bereavement Education Groups</i></p> <p><i>In-Person Bereavement Support Groups</i></p> <p><i>6-Week Closed Counselling Group</i></p> <p><i>On-the-Go Grief Group</i></p> <p><i>One-one-One Grief Counselling</i> ...</p> <p><i>Children & Youth Grief Support Music Therapy</i></p>	<p>Louise Jones (902) 446-0929 l.jones@hospicehalifax.ca www.hospicehalifax.ca/programs</p> <p>...</p> <p>Kristi Anderson (902) 446-0929 k.anderson@hospicehalifax.ca</p>

Halifax, Dartmouth, & Bridgewater	Palliative Care Grief Support Groups <i>Multiple Locations Families & friends of NSH palliative care program patients</i>	Jocelyne Tranquilla (902) 473-1622
Halifax (Sydney & Westville)	Survivors of Suicide <i>Suicide loss only</i>	George Tomie (902) 445-0860 george.tomie@gmail.com Margaret Tousignant (902) 826-2658 www.sosnovascotia.com
Halifax	Widowed in Self-Help (WISH) <i>Bi-weekly, Virtual via Zoom Spousal loss All genders & orientations Contact for status update</i>	(902) 700-7803 ext. 3370 1-844-333-3692 ext. 3370 Widowedinselfhelp.halifax@gmail.com
Hatchet Lake	Grief Share Support Group <i>Runs on demand, call if interested Adults & late teens</i>	Cheryl Rafuse (902) 225-8305 griefsharegroup@gmail.com
Kentville (& Berwick, Bridgetown)	Friends in Bereavement <i>1st & 3rd Tuesdays of the month Mixed loss</i>	Jennifer Longley (902) 681-8239 friendsinbereavement@gmail.com Grief Recovery Model certified
Kentville (& Kingston if needed)	Grief Share Support Group New Hope Wesleyan Church <i>Christian-based, all welcome 13 Week Closed Group, Spring & Fall</i>	Bernadine Gerrits (902) 670-9288

Lunenburg	<p>Second Story Women's Centre Grief Support Group</p> <p><i>6 Week Group</i> <i>Women & gender-oppressed people</i></p>	<p>Christine (902) 397-1625 christine@secondstory.ca www.secondstory.ca</p>
<p>Musquodoboit Harbour Musquodoboit Valley Sheet Harbour & surrounding area</p>	<p>Healing and Hope</p>	<p>Jan Rowlings (902) 229-0391 janrowlings@gmail.com</p>
Province-wide	<p>Mom's of Children Past Peer-to-Peer and Group Support</p> <p><i>Unable to confirm status, contact for update</i></p>	<p>Sherry Bigelow (902) 365-5210 Sh3rry_15@hotmail.com</p>
Province-wide (Virtual)	<p>Atlantic Fertility Support Group</p> <p><i>For those faced with fertility challenges including those who are trying to conceive after a loss Monthly Via Zoom</i></p>	<p>Stacie Loverin FMC-HRM@fertilitymatters.ca https://fertilitymatters.ca/find-asupport-group/</p>
Sackville	<p>Silver and Gold Grief Support Group Sackville Seniors Advisory Council</p> <p><i>Weekly</i> <i>Spousal Loss (some exceptions apply)</i></p>	<p>Tom LeBlanc (902) 404-6882</p>
Sackville	<p>St. John Vianney Church Grief Support Group</p> <p><i>Non-denominational</i> <i>Monthly</i> <i>Mixed loss (no suicide)</i></p>	<p>Judy Fraser (902) 864-2778</p>

Sheet Harbour (& Musquodoboit Harbour, Musquodoboit Valley)	Healing and Hope	Jan Rowlings (902) 229-0391 janrowlings@gmail.com
Truro (Colchester County)	Grief Groups Colchester East Hants Hospice Society <i>8 Week Closed Group</i> <i>6 Week Social Group</i> <i>1-on-1 Grief Support</i> <i>Children, teens, young adults, & their families</i>	(902) 893-3265 https://cehhospice.org/grief-support/
Yarmouth	Community Support Grief Group (Yarmouth Wesleyan Church) <i>6 Week Closed Group</i> <i>(Ongoing)</i> <i>Mixed loss</i> <i>1-on-1 Volunteer Peer Support also available</i>	Bertha Brannen (902) 740-2146 Call or Text
Yarmouth	Surviving Christmas <i>Unable to confirm status, contact for update</i>	Brenda Martin (902) 266-9821
Westville (Halifax & Sydney)	Survivors of Suicide <i>Suicide loss only</i>	Lori Miller (902) 396-3000
Wolfville	Valley Circle of Friends Pregnancy and Infant Loss Support Group <i>Monthly</i> <i>For Parents & Their</i> <i>Support Persons</i>	Lesley Hopkins (902) 681-5846 (902) 690-5361 valleycircleoffriends@gmail.com

Grief Counsellors

These practitioners' services are not necessarily covered by MSI. Check with your employee assistance plan or insurance company to see if a practitioner's services are covered. If you do not have private insurance, please note that some counsellors are willing to negotiate an affordable cost for counseling in specific situations.

LOCATION	NAME	AGES SERVED	CONTACT INFORMATION
Amherst	April Munro-Wood Registered Social Worker	Adult Teen	(902) 200-6645 www.aprilmunro-wood.com
Amherst	Gaelene E Parsons Registered Social Worker	Adult	(902) 708-0244
Annapolis Royal	Amy Rubin Registered Counselling Therapist <i>Sliding scale options available 2SLGTBQIA+ affirming</i>	Adult	(902) 907-3006 info@amyrubin.ca
Annapolis Valley (Gaspereau)	Heather Gray Registered Counselling Therapist <i>Grief & trauma counselling specialty Art-based therapies</i>	Adult Teen Child	(902) 580-2425 info@heathergraycounselling.ca www.heathergraycounselling.ca
Antigonish	Family Service of Eastern Nova Scotia Multiple practitioners <i>Free & low-cost options available Short-term</i>	Adult Teen Child (6+)	1-866-330-5952 www.ensfamilyservice.ca
Bedford	Aimee Poole Marriage & Family Therapist <i>Additional training in grief recovery & complicated grief</i>	Adult	(902) 906-2829 splashcounselling@gmail.com

Bedford	<p>Cynthia Manley Registered Counselling Therapist Certified Play Therapist</p> <p><i>Sliding scale options available</i></p>	Child	<p>(902) 759-5761 cmanley@shiftingtidesplaytherapy.com www.shiftingtidesplaytherapy.com</p>
Bedford	<p>Ken Osbourne Registered Social Worker</p> <p><i>Grief & trauma specialty</i></p>	Adult Teen Child	<p>(902) 222-6020 ken@kenosbournetherapy.com www.kenosbournetherapy.com</p>
Bedford	<p>Anxiety & Trauma Clinic Multiple Practitioners</p> <p>Hannah Bennett Registered Counselling Therapist</p> <p>Krystle Annand Registered Counselling Therapist</p> <p>Nikolina Rikert Registered Clinical Therapist</p>	<p>Adult Teen Child (12+)</p> <p>Adult Teen (16+)</p> <p>Adult Teen Child (12+)</p>	<p>(902) 412-1557 admin@atclinic.ca www.halifaxanxietytrauma.ca</p>
Bedford (& Dartmouth)	<p>ML Family Counselling</p> <p><i>Various practitioners Works with families & couples too Sliding scale available</i></p>	Adult Teen Child	<p>(519) 949-1458 www.mlfamilycounselling.com intake@MLfamilycounselling.com</p>
Bridgewater	<p>Annette Mira McLellan Registered Counselling Therapist</p>	Adult	<p>(902) 518-0088 therapy@interflexions.ca www.interflexions.ca</p>
Bridgewater	<p>Patricia Wentzell Registered Counselling Therapist</p>	Adult Teen Child	<p>(902) 527-8939 pwentzellcounselling@gmail.com www.patriciawentzellcounselling.ca</p>

Cape Breton (Sydney)	Kelly O'Brien Registered Counselling Therapist	Adult	(902) 371-3018 kobriencounselling@gmail.com www.obriencounselling.com
Cape Breton (Sydney, Port Hawkesbury, Glace Bay, & Inverness)	Family Service of Eastern Nova Scotia: Multiple practitioners <i>Free & low-cost options available</i> <i>Short-term</i>	Adult Teen Child (6+)	1-866-330-5952 www.ensfamilyservice.ca
Coldbrook	Yvonne Tieu Registered Psychologist	Adult	(902) 300-1890
Dartmouth	Carleen Hall Psychological Services: Multiple practitioners	Adult Teen Child	(902) 406-7413 carleenhall@eastlnk.ca
Dartmouth	Couch of H.O.P.E: Multiple practitioners <i>Free mental health counselling</i>	Adult Teen Child (10+)	(902) 707-4414 intake@couchofhope.com www.couchofhope.com
Dartmouth	Dartmouth Psychological Services: Multiple Practitioners	Adults Teens	902-461-8133 admin@dartmouthpsychological.ca www.dartmouthpsychological.ca
Dartmouth	Jacqueline Milner Clinical Psychologist <i>Trauma Informed Yoga Teacher</i>	Adult Teen Child	(902) 499-0089 jacqueline@jmcpsychology.com www.breathermindfulness.ca

Dartmouth	Dr. Kiran Pure Registered Clinical Psychologist <i>Services available in English & Punjabi</i>	Child Teen	(902)444-3669 drpure@drpureandassociates.com www.drpureandassociates.com
Dartmouth	Kyla Friel Registered Counselling Therapist <i>Grief & bereavement specialty</i>	Adult	(902) 403-1767 www.kylafrielcounselling.com
Dartmouth (& Bedford)	ML Family Counselling Multiple practitioners <i>Works with families & couples too Sliding scale available</i>	Adult Child Teen	(519) 949-1458 www.mlfamilycounselling.com intake@MLfamilycounselling.com
Dartmouth	Sweetgrass & Sage Counselling & Assessment Services: Multiple Practitioners	Adult	(902) 830-2254 Sweetgrasssage@eastlink.ca www.sweetgrasssagecounselling.ca
Halifax	Acuity Counselling and Therapy: Multiple practitioners	Adult Child Teen	(902) 406-3400 noha@acuitytherapy.ca www.acuitytherapy.ca
Halifax	Albert Lee Marriage & Family Therapist <i>Experience in grief work Services available in English, Mandarin, Cantonese. Hokkien & Taiwanese Sliding scale options available</i>	Adult	lifebuilderinstitution@gmail.com www.lifebuilderinstitution.com
Halifax	Alex Ozon Counselling Psychologist <i>Focus on grief & acceptance & commitment therapy 2SLGBTQIA+ affirming Sliding scale options available</i>	Adult Teen	(902) 702-2797 alexozontherapy@gmail.com

Halifax	<p>Amy Mackenzie Registered Counselling Therapist Art Therapist</p> <p><i>Some lower-cost options available</i></p>	Adult Teen Child	<p>(902) 473-9391 Amymackenziecounselling@gmail.com www.amymackenziecounselling.com</p>
Halifax (Truro & Wolfville)	<p>Andrew Blackbird Counselling Diploma</p> <p><i>Specializes in grief & addiction</i></p>	Adult Teen	<p>(902) 800-1809 recovery@blackandgrayaddictionsupport.com</p>
Halifax	<p>Barry Nahirnak Registered Counselling Therapist</p>	Adult Teen Child	<p>(902) 229-9598 barry@halifaxcounsellingtherapist.ca www.halifaxcounsellingtherapist.com</p>
Halifax	<p>Creating Your Balance Counselling Therapy</p> <p>Neal Henderson, CCC Registered Counseling Therapist – Candidate</p> <p><i>Limited low-cost sessions available 11-week family skills workshop also available</i></p>	Adult Teen Child	<p>(902) 420-6934 admin@creatingyourbalancecounselingtherapy.com www.creatingyourbalancecounselingtherapy.com</p>
Halifax (Tantallon)	<p>Cornerstone Psychological Services Brad Peters Registered Psychologist</p>	Adult Teen Child	<p>(902) 407-4455 info@cornerstoneclinic.ca www.cornerstoneclinic.ca</p>
Halifax	<p>Crossroads Counselling & Psychological Services Inc.</p> <p>Amy Wiens, MA Registered Psychologist</p> <p><i>Limited availability of sliding scale & low-cost options</i></p>	Adult Teen (15+)	<p>(902) 702-3656 Info@crossroadscpc.ca www.crossroadscpc.ca</p>

Halifax	Erin Montgomery Registered Counseling Therapist Accredited Music Therapist Clinical Traumatologist <i>Sliding scale options available</i>	Adult	(902) 448-2138 info@erinmontgomery.com
Halifax	Fenwick Psychology and Wellness Associates <i>Sliding scale may be available after services have commenced Adult services in English, Arabic, & Farsi</i>	Adult Teen Child	Phone: 902-421-7514 Fax: 902-421-1292 hello@fenwickwellness.ca www.fenwickwellness.ca
Halifax	Heather Colquhoun Registered Counselling Therapist <i>Grief, infertility, & intimate partner violence specialty</i>	Adult	(782) 222-9027 heather@cctherapyns.com
Halifax (Provincewide virtual options)	Hospice Halifax Multiple Practitioners <i>1-on-1 Grief Counselling Music Therapy Grief Support for Children/Youth</i>	Adult Teen Child	(902) 446-0929 www.hospicehalifax.ca
Halifax	Dr. Hubley Carruthers & Associates	Adult Teen	(902) 407-1234 admin@hubleycarruthers.com www.hubleycarruthers.com
Halifax	Jessica Wine, MSW Registered Social Worker <i>Phone & Video Sessions Only Sliding scale available Specializes in pregnancy & infant loss</i>	Adult	(902) 880-2262 halifaxtherapist@gmail.com www.halifaxtherapist.com
Halifax	Megan Boyle Art Therapist	Adult Teen Child	902-210-8905 info@halifaxarttherapy.com www.halifaxarttherapy.com

Halifax	<p>Meagan Chaffey Registered Counselling Therapist</p> <p><i>Support for Indigenous & Black clients Add'l training in infant/pregnancy loss 2SLGBTQIA+ affirming</i></p>	Adult	<p>(782) 222-7013 www.meaganchaffey.com</p>
Halifax	<p>Dr. Nina Woulff Psychologist & Associates</p> <p><i>All therapists have 15+ years' experience</i></p>	Adult Teen (15+)	<p>(902) 492-1271 Ext. 1 nw@drnina.ca www.drnina.ca</p>
Halifax	<p>The People's Counselling Clinic Multiple Practitioners</p> <p><i>Trauma, abuse, & violence specialty Pro-bono mental health clinic</i></p>	Adult	<p>(902) 832-1593 thepeoplescounsellingclinic@gmail.com www.thepeoplescounsellingclinic.ca</p>
Halifax	<p>S. Gerald Hann Registered Psychologist</p>	Adult Teen Child	<p>(902) 453-8336 info@hannpsychologicalservices.com www.hannpsychologicalservices.com</p>
Halifax	<p>Spirit Psychological Sukanya Mukherjee, RCT, CCC, CCTP, CGCS Clinical Psychologist</p> <p><i>Services available in English, Hindi, Bengali & Spanish Certified in grief & trauma counselling 2SLGBTQIA+ affirming</i></p>	Adult Teen (15+)	<p>(613) 612-2308 sukanya@spiritpsychological.ca www.spiritpsychological.ca</p>
Halifax	<p>Tara Field Registered Counselling Therapist</p> <p><i>2SLGBTQIA+ affirming Grief & palliative care specialty</i></p>	Adult	<p>(902) 445-4100 goodgriefhalifax@gmail.com</p>

Kentville	Kim O'Connor Registered Psychologist	Adult Teen Child	(902) 679-7295 info@riverdalecentre.ca www.riverdalecentre.ca
Kentville	Robert Stathakis Registered Counseling Therapist	Adult	(902) 692-9696 robert@resolvect.ca www.resolvect.ca
Mahone Bay	Hilary Anne Scott, CGRF, CFF, PSC <i>Advanced Grief Recovery Specialist; Certified Peer Support Specialist 2SLGBTQIA+ affirming</i>	Adult (17+)	(902) 529-0021 hscott@healingtheloss.com www.healingtheloss.com Free 30 min consultation
Milton	Toni Campagnoni & Associates: Multiple Practitioners	Adult Teen Child	(902) 354-4660 familypsychology@eastlink.ca www.tcpsychologicalservices.ca
New Glasgow	Family Service of Eastern Nova Scotia Multiple practitioners <i>Free & low-cost options available Short-term</i>	Adult Teen Child (6+)	1-866-330-5952 www.ensfamilyservice.ca
Province-Wide (Virtual)	Breelove Counselling Multiple practitioners <i>Sliding scale and low-cost/free options available Open to NB, PEI, NFLD, and ON too</i>	Adult Teen (16+)	www.breelove.ca
Province-wide (Virtual)	Strength Counselling Services: Multiple practitioners <i>Sliding scale & low-cost options available</i>	Adult	1-866-295-0551 info@strengthcounselling.ca www.strengthcounselling.ca

Stellarton	Barbara MacLean Psychological Services: Multiple practitioners	Adult Teen Child	www.macleanspsychology.com
Truro	C & D Therapy: Multiple Practitioners <i>2SLGBTQIA+ affirming</i>	Adult Teen	(902) 814-6052 (902) 536-1881 Cynthia.voegeli@gmail.com Frederick.voegeli@gmail.com www.cdtherapy.ca
Truro	ME Family Therapy & Resource Centre: Multiple Practitioners	Adult Teen Child	(902) 897-2880 www.mefamilytherapy.ca
Tusket	Daniel Clairmont Registered Social Worker <i>Services in English & French</i> <i>2SLGBTQIA+ affirming</i>	Adult	(902) 774-1701 https://daniel-clairmont-counsellingservices.business.site/ www.acadiantherapist.com
Tusket	Kelly Breau Registered Social Worker	Adult	(902) 904-5638 Kellybreaucounselling@gmail.com
Weymouth	Dawn Comeau Registered Psychologist	Adult	(902) 837-7833 dawn@savvy counselling solutions.com
Wolfville	Cate Archibald Registered Psychologist	Adult Teen	(902) 680-2877

Grief Care Referral Associations

LOCATION	NAME	CONTACT INFORMATION
Canada-wide	Canadian Alliance for Children's Grief	www.grievingchildrencanada.org
Canada-wide	Canadian Counseling and Psychotherapy Association	(877) 765-5565 www.ccpa-accp.ca
Canada-wide	Canadian Register of Health Service Providers in Psychology	www.crhsp.ca
Canada-wide	Canadian Virtual Hospice	www.virtualhospice.ca
Canada-wide	Children's Grief Foundation	www.childrensgrieffoundation.ca
Canada-wide	Psychology Today: Find a Therapist	www.psychologytoday.com/ca/therapists
Canada-wide	Professional Association of Christian Counselors and Psychotherapists	www.paccp.ca
Canada-wide	Theravive	www.theravive.com
Halifax Shearwater Sydney	Military Family Resource Centre	Halifax: (902) 427-7788 Shearwater: (902) 720-1885 Sydney: (902) 563-7100 www.halifaxmfr.ca
Province-wide	First Nations Health Authority	https://mha.nshealth.ca/en/topics/group-identity/first-nations-indigenous#info

Province-wide	Native Council of Nova Scotia	Toll Free: 1-800-565-4372 1-877-565-1752 www.ncns.ca
Province-wide	Nova Scotia College of Counselling Therapists	(902) 225-7531 www.nscct.ca
Province-wide	Nova Scotia College of Social Workers	(902) 429-7799 www.nscsw.org

Other ways to find support with grief include:

- Joining a community group that provides grief support.
- Contacting your local hospital's palliative care service, bereavement service, spiritual health or social work department for information and resources.
- Contacting a hospice society or family resource centre in your area for information and resources.
- Contacting your Employee Assistance Program (EAP).
- Contacting your faith community.
- Indigenous families may contact resources connected with your Friendship Centre, Band Council, or Tribal Council
- Finding a grief counsellor for yourself or your child/youth through one of the following methods:
 - ☐ Asking your family doctor to refer you to a counsellor
 - ☐ Contacting your provincial Child and Family Services for counseling options
 - ☐ Contacting your child/youth's school psychologist, social worker, or guidance counsellor
 - ☐ Contacting the IWK Central Referral Line 1.855.922.1122
 - ☐ Contacting your provincial Social Work Association, Psychologists' Association, or Counselling Therapists' Association
 - ☐ Contacting the adult public mental health system at your nearest hospital
 - ☐ Contacting the IWK Bereavement Coordinator 902.470.8942