



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

This information is provided by the IWK's Pediatric Advanced Care Team as a resource for adult 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.

## **Online Grief Support for Children and the Adults Who Care about Them Updated: August 2021**

**IWK updates this list yearly.**

**Please contact IWK Bereavement Coordinator for an updated listing.**

**902-470-8942**

Grief and Bereavement Online Resource	Web Address	Website Synopsis
<p>Andrea Warnick Consulting</p> <p>Webinars and e-newsletters to support grieving children</p>	<p><a href="http://www.andreawarnick.com">www.andreawarnick.com</a></p>	<p>“Andrea is a Registered Psychotherapist, Registered Nurse, and thanatologist. Her caring and unique approach to dying, death, grief and healing has helped thousands of people, from toddlers to the elderly, across North America and internationally. “</p>
<p>American Foundation for Suicide Prevention Free Online Booklet Children, Teens, and Suicide Loss</p>	<p><a href="https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/children-teens-suicide-loss/">https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/children-teens-suicide-loss/</a></p>	<p>“This booklet provides indispensable information about how young loss survivors understand and grieve a suicide death, guidance on age-appropriate language to use when speaking about the loss, and how best to provide support for them.”</p>
<p>Camp Erin - Toronto</p>	<p><a href="https://drjaychildrensgriefcentre.ca/programs/camp-erin/">https://drjaychildrensgriefcentre.ca/programs/camp-erin/</a></p>	<p>“Camp Erin Toronto is a weekend-long overnight bereavement camp in Muskoka for children and youth aged 6-17 from the Greater Toronto Area and military families from across Canada. Camp Erin is provided at no cost to families and is open to any child who has experienced the death of an immediate family member or custodial caregiver, regardless of cause or length of time since the death.”</p>

<p>Camp Kadoospe At Brigadoon Village</p>	<p><a href="http://www.brigadoonvillage.org/camp/kedooopse">www.brigadoonvillage.org/camp/kedooopse</a></p>	<p>“This overnight camp for grieving children ages 7-18 offers a unique environment where children and youth can share common experiences with peers and learn healthy coping skills while engaging in traditional camp activities. Campers ages 16 and 18 can join our Leaders in Training program.”</p>
<p>Camp Kerry Atlantic Family Bereavement Retreat</p>	<p><a href="https://lumarasociety.org/camp-kerry-atlantic/">https://lumarasociety.org/camp-kerry-atlantic/</a></p>	<p>“A team of qualified counsellors and specially trained volunteers will welcome you and support your entire family throughout the four-day retreat. Children and teens of any age are welcome to attend along with their parent(s) and/or guardian(s). Extended family members are also welcome.”</p>
<p>Center for Addiction and Mental Health When a Parent Dies by Suicide</p>	<p><a href="https://www.camh.ca/en/health-info/guides-and-publications/when-a-parent-dies-by-suicide">https://www.camh.ca/en/health-info/guides-and-publications/when-a-parent-dies-by-suicide</a></p>	<p>“This brochure will help prepare you to take the first step. It lists common questions children have when a parent dies by suicide, and suggestions for answering them.”</p>
<p>Centering Corporation</p>	<p><a href="http://www.centering.org">www.centering.org</a></p>	<p>“The Centering Corporation is a non-profit organization dedicated to providing education and resources for the bereaved.”</p>
<p>Children and Youth Grief Network</p>	<p><a href="http://www.childrenandyouthgriefnetwork.com">www.childrenandyouthgriefnetwork.com</a></p>	<p>“We aim to connect individuals and organizations who provide services and resources that benefit children and youth who are grieving a death.”</p>

<p>Children's Grief Awareness Day</p>	<p><a href="http://www.childrensgriefawarenessday.org">www.childrensgriefawarenessday.org</a></p>	<p>"Children's Grief Awareness Day seeks to provide an opportunity for all of us to raise awareness of the painful impact that the death of a loved one has in the life of a child."</p>
<p>Children's Grief Centre Tip Sheets</p>	<p><a href="https://www.hospicecalgary.ca/sites/default/files/uploads/page2misc/CGC%20Child%20Grief%20Common%20Responses.pdf">https://www.hospicecalgary.ca/sites/default/files/uploads/page2misc/CGC%20Child%20Grief%20Common%20Responses.pdf</a></p>	<p>"Families with children aged 19 and under are supported as they adjust to the changes in their lives when someone close to them has died."</p>
<p>Comfort Zone Camp</p>	<p><a href="http://www.comfortzonecamp.org">www.comfortzonecamp.org</a></p>	<p>"Comfort Zone Camp transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. Our programs are free of charge and include confidence building activities and age-based support groups that break the emotional isolation grief often brings. Programs are offered to children ages 5-25 and their families for family programs held year-round. We have hosted campers from nearly all 50 states, Canada and the U.K."</p>
<p>The Dougy Center</p>	<p><a href="http://www.dougy.org">www.dougy.org</a></p>	<p>"We provide support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief."</p>

<p>Dr. Jay's Children's Grief Centre Tip Sheets</p>	<p><a href="https://drjaychildrensgriefcentre.ca/programs/resources/">https://drjaychildrensgriefcentre.ca/programs/resources/</a></p>	<p>"The Dr. Jay Children's Grief Centre is a Toronto based charity that provides compassionate care, support and education to grieving children, youth and their families while building strength, resilience and hope."</p>
<p>Eluna Network</p>	<p><a href="http://www.elunanetwork.org">www.elunanetwork.org</a></p>	<p>"The mission of Eluna is to support children and families impacted by grief or addiction."</p>
<p>Family Education Centre Weathering the Storm Parenting Grieving Children  Free e-learning course</p>	<p><a href="https://familyedcentre.org/downloads/weathering-the-storm-parenting-grieving-children/">https://familyedcentre.org/downloads/weathering-the-storm-parenting-grieving-children/</a></p>	<p>"Solid grief information and strategies to help you parent your grieving child or youth and self-care ideas and activities to help you cope with your own grief. And because everyone's grief journey is so personal and individual, you can customize this course by completing whatever lesson you prefer in the order you need or suits you and your situation best."</p>
<p>Friends for Survival How to Help a Grieving Child Tip Sheet</p>	<p><a href="https://friendsforsurvival.org/childrens-grief">https://friendsforsurvival.org/childrens-grief</a></p>	<p>"A suicide bereavement support program that offers a variety of services."</p>
<p>Funeral Service Association of Nova Scotia Children's Corner</p>	<p><a href="http://fsans.com/Childrens_Corner_420311.html">http://fsans.com/Childrens_Corner_420311.html</a></p>	<p>"We help children understand the processes of dying, death and bereavement and how it affects their lives."</p>

<p>Good Grief</p>	<p><a href="http://www.good-grief.org">www.good-grief.org</a></p>	<p>“Good Grief’s mission is to provide unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy.”</p>
<p>Grief Net</p>	<p><a href="http://www.griefnet.org">www.griefnet.org</a></p>	<p>“Our integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds.”</p>
<p>Grieving Children Linda Goldman Tip sheet</p>	<p><a href="http://www.grievingchildren.net/helpful-tips">www.grievingchildren.net/helpful-tips</a></p>	<p>“Helping children with grief and trauma.”</p>
<p>How do I Tell the Kids?</p>	<p><a href="http://www.kidsgrief.ca">www.kidsgrief.ca</a></p>	<p>“Helping parents help kids.”</p>
<p>Kids Health for Kids When Somebody Dies</p>	<p><a href="https://kidshealth.org/en/kids/somedie.html?WT.ac=ctg#catemotion">https://kidshealth.org/en/kids/somedie.html?WT.ac=ctg#catemotion</a></p>	<p>“Doctor-reviewed advice on hundreds of physical, emotional, and behavioral topics — from before birth through the teen years.”</p>
<p>Kids Health for Parents Helping Your Child Deal with Death</p>	<p><a href="https://kidshealth.org/en/parents/death.html?WT.ac=ctg#catfeelings">https://kidshealth.org/en/parents/death.html?WT.ac=ctg#catfeelings</a></p>	<p>“Doctor-reviewed advice on hundreds of physical, emotional, and behavioral topics — from before birth through the teen years.”</p>

<p>Kids Help Phone</p>	<p><a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>  <b>available 24 hours per day, seven days per week</b></p> <p><b>1-800-668-6868</b>  <b>Text connect to 686868</b></p>	<p>“Kids Help Phone is a Canadian and world leader known for our expertise and continuous innovation as Canada’s only 24/7 counselling and information service for young people... Our trained, professional counsellors have been listening to kids, often when no one else can or will. We are always there – supporting young people wherever and whenever they need us most.”</p>
<p>National Alliance for Grieving Children</p>	<p><a href="http://www.childregrieve.org">www.childregrieve.org</a></p>	<p>“The National Alliance for Grieving Children promotes awareness of the needs of children and teens grieving a death and provides education and resources for anyone who wants to support them.”</p>
<p>New York Life Foundation Bereavement Support</p>	<p><a href="https://www.newyorklife.com/foundation/bereavement-support">https://www.newyorklife.com/foundation/bereavement-support</a></p>	<p>“This Foundation strives to make a difference by funding direct service providers to help grieving children today, as well as scholarly research that will have long-term impact in the field.”</p>
<p>Rainbows Canada</p>	<p><a href="http://www.rainbows.ca">www.rainbows.ca</a></p>	<p>Rainbows Canada helps “children, youth and adults with grief, loss, separation, divorce etc., through a variety of different resources and programs.”</p>
<p>Sesame Street Grief Resources</p>	<p><a href="https://sesamestreetincommunities.org/topics/grief/">https://sesamestreetincommunities.org/topics/grief/</a></p>	<p>“Use these tips, videos, children’s story, and guide to help your family communicate with one another, express emotions, and begin the process of moving forward”</p>

<p>The Children's Room Tip Sheets</p>	<p><a href="https://childrensroom.org/resources/">https://childrensroom.org/resources/</a></p>	<p>"We know that many visitors to our website are hoping to learn more about children and grief, whether their own family is dealing with a death or they are trying to better support a friend, student, neighbor, or counseling client. We hope that you find these resources helpful."</p>
<p>The National Child Traumatic Stress Network Tip Sheet</p>	<p><a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/power_of_parenting_how_to_help_your_child_after_a_parent_or_caregiver_dies.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/power_of_parenting_how_to_help_your_child_after_a_parent_or_caregiver_dies.pdf</a></p>	<p>"Guidance from parents, foster families, grandparents, and other caregivers who have been through experiences of loss and grief and found ways to cope and manage that grief."</p>
<p>The Shared Grief Project</p>	<p><a href="http://www.sharedgrief.org">www.sharedgrief.org</a></p>	<p>"The Shared Grief Project envisions a world where no child grieves alone. To achieve this, we share the stories of individuals who have experienced a major loss at an early age and have gone on to live health, happy and successful lives."</p>
<p>Winston's Wish A U.K. Resource</p>	<p><a href="http://www.winstonswish.org">www.winstonswish.org</a></p>	<p>"Winston's Wish was set up in 1992 to meet the needs of bereaved children, young people and their families. Since then, we have helped many thousands of children begin to live with their loss."</p>



# Youtube and Videos

Buddington Grieves Too with IWK therapeutic clown  
Buddington talks about his friend who died.

<http://www.iwk.nshealth.ca/buddingtongrieves>

CBC National: Travis Hamonic Helps Boy Cope With Father's Death

NHL player Travis Hamonic's father died when he was 10 years old. Now, he's helping comfort a boy who has lost his own dad.

<https://www.youtube.com/watch?v=3JqoyuXvaOY>

Daily Motion: Travis Hamonic: In the Name of the Father.

<https://www.dailymotion.com/video/x4d9mq4>

National Alliance for Grieving Children Videos

Why is childhood grief such an important issue?" with Donna Schuurman, EdD

What do people need to know about childhood grief?" with Joe Primo

What do people need to know about childhood grief?" with Lauren Schneider, LCSW

What should people know when talking to children about death?" with Bathany Gardner, MA

Why are people afraid of grief?" with Bethany Gardner, MA

[https://www.youtube.com/watch?v=GAuxtrmYa2I&list=PLRERYQJ9\\_UOn1aDMArfpF2vwpbRH2H6UI&index=3](https://www.youtube.com/watch?v=GAuxtrmYa2I&list=PLRERYQJ9_UOn1aDMArfpF2vwpbRH2H6UI&index=3)

Sesame Street: Helping Kids Grieve

<https://sesamestreetincommunities.org/topics/grief/>

TEDx Talks: Grief is Good with Joe Primo

Joe Primo from Good Grief talks about grief as a process and how it creates a climate of hope and resilience for kids.

<https://www.youtube.com/watch?v=snbc6jg0Oro>

TEDx Talks: It's Grief to Me with Anna-Maija Lee

The primary focus of Anna-Maija's research has been grief experiences of children and teens impacted by death, divorce, parental incarceration, parental deployment and foster care placement. She sees herself as someone with uncanny hope, a hope shaped through her own experiences as a teen, and seeks to empower children "to keep going, to keep moving forward when they feel they can't go on anymore."

[https://www.youtube.com/watch?v=\\_JRTXdMRQW4](https://www.youtube.com/watch?v=_JRTXdMRQW4)

TEDx Talks: No Child Should Ever Grieve Alone with Carly Woythaler-Runestad

Carly Woythaler-Runestad gives a thought-provoking talk on how, as a society, we need to "Re:Think" how children's grief is addressed and how to create a supportive environment which emphasizes the holistic needs of bereaved families.

<https://www.youtube.com/watch?v=YR9eokO8cFA>

## Podcasts

The Dougy Center Podcasts. Drawing from over 30 years of stories and wisdom from grieving children, teens, and adults, the Dear Dougy Podcast is opening up the conversation about dying, death, and bereavement.

<https://www.dougy.org/grief-resources/grief-out-loud-podcast/>

Family Education Centre: Parenting When your Child or Youth Is Grieving

[https://familyedcentre.org/english\\_23-parenting-when-your-child-or-youth-is-grieving/](https://familyedcentre.org/english_23-parenting-when-your-child-or-youth-is-grieving/)

Family Education Centre: Tips for Recognizing a Grieving Child or Youth

[https://familyedcentre.org/english\\_24-tips-for-recognizing-a-grieving-child-or-youth/](https://familyedcentre.org/english_24-tips-for-recognizing-a-grieving-child-or-youth/)

Family Education Centre: The Importance of Self-Care When Helping Your Child or Youth Grieve

[https://familyedcentre.org/english\\_22-the-importance-of-self-care-when-helping-your-child-or-youth-grief/](https://familyedcentre.org/english_22-the-importance-of-self-care-when-helping-your-child-or-youth-grief/)

Hospice and Palliative Care Resources	Website / Contact Information	Other Information
Antigonish Town & County Palliative Care Society	<a href="http://www.antigonishpalliativecaresociety.com">www.antigonishpalliativecaresociety.com</a>	Located in Antigonish, Nova Scotia
Colchester East Hants Hospice Society	<a href="http://www.cehhospice.org">www.cehhospice.org</a>	Located in Truro, Nova Scotia
Hospice Fredericton	<a href="http://www.hospicefredericton.ca">www.hospicefredericton.ca</a>	Located in Fredericton, New Brunswick
Hospice Southeast New Brunswick	<a href="https://hospicesnb.ca/">https://hospicesnb.ca/</a>	Located in Moncton, New Brunswick
Hospice Greater Saint John	<a href="http://www.hospicesj.ca">www.hospicesj.ca</a>	Located in Saint John, New Brunswick
Hospice Palliative Care Association of PEI	<a href="https://www.hospicepei.com/">https://www.hospicepei.com/</a>	Prince Edward Island Resource
Hospice Society of Greater Halifax	<a href="http://www.hospicehalifax.org">www.hospicehalifax.org</a>	Located in Halifax, Nova Scotia
Hospice Sussex	<a href="http://www.hospicesussex.ca">www.hospicesussex.ca</a>	Located in Sussex, New Brunswick
New Brunswick Hospice Palliative Care Association	<a href="http://www.nbhPCA-aspnB.ca">www.nbhPCA-aspnB.ca</a>	“The New Brunswick Hospice Palliative Care Association provides leadership to enhance quality end-of-life-care for individuals and families living with life threatening illnesses in New Brunswick,”

Nova Scotia Hospice Palliative Care Association	<a href="http://www.nshpca.ca">www.nshpca.ca</a>	“Our Mission is to achieve comfort and peace for persons living and dying with a life threatening illness throughout Nova Scotia. The Association exists to promote the philosophy and principles of palliative care through networking, public and professional education, advocacy and research.”
Tantramar Hospice Palliative Care Organization	<a href="http://www.thpco.ca">www.thpco.ca</a>	Located in Sackville, New Brunswick.
Valley Hospice Foundation	<a href="http://www.valleyhospice.ca">www.valleyhospice.ca</a>	Located in Annapolis Valley, Nova Scotia

**Other ways to find support with grief include:**

- Joining a community group that provides grief support. A list of grief groups is available through the IWK Pediatric Advanced Care Team.
- 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.
- Military families may contact resources through your Military Family Resource Center.
- Indigenous families may contact resources connected with your Reserve.
- Finding a grief counselor for yourself or your child/teen through one of the following methods:
  - Using the IWK Pediatric Advanced Care Team grief counselor resource list
  - Contacting your provincial Social Work Association
  - Contacting your provincial Psychologists’ Association
  - Asking your family doctor to refer you to a counselor
  - Contacting Child and Family Services for counseling options
  - Contacting your child’s school psychologist or counselor
    - Contacting the IWK public mental health referral line (902)464-4110
    - Contacting the adult public mental health system at your nearest hospital