

## **Resource List for Grief Support in Red Deer and Area**

### **Personal Contacts:**

**Family Physician** – The grief you are suffering may be accompanied by physical symptoms as well. Your Family Physician might be able to assist you with these, or provide a referral.

**Family and friends** are often a good resource in helping you cope with your grief.

### **Faith / Church Affiliation:**

Many churches provide bereavement ‘listening’ or counseling with their Pastor or other trained personnel. They may also organize grief support groups or studies.

**Crossroads Church** – Provides bereavement support groups approximately two times per year. For more information call 403-347-6425. Website: [www.crossroadschurch.ca](http://www.crossroadschurch.ca)

**Sacred Heart Parish** – Provides grief ‘listening’ and they also host a bereavement support group. For more information call 403-346-2618. Website: [www.sacredheartrd.ca](http://www.sacredheartrd.ca)

### **Local Organizations and Agencies:**

**Catholic Social Services** – Provides individual and family counseling. No religious affiliation required. Phone: 403-347-8844 Website: [www.catholicsocialservices.ab.ca](http://www.catholicsocialservices.ab.ca)

**Parkland Family Services** – Provides individual and family counseling. Walk-in clinics on Tuesday and Thursday from 6:00pm-9:00pm and Friday from 1:00pm-3:00pm. Located at 4920 - 54th Street. For more information call 403-340-8995.

**Family Services of Central Alberta** – Provides counseling, home support and programs for children. Phone: 403-343-6400 Website: [www.fsca.ca](http://www.fsca.ca)

**Shalom Counseling** – Offers a full range of counseling by trained professionals. Phone: 403-342-0339 Website: [www.shalomcounseling.com](http://www.shalomcounseling.com)

**Alberta Health Services 49th Street Clinic** – Provides counseling and referral services. Single-session, 50 minute counseling appointments available on Tuesdays for walk-in clients. Clinic is located at 4755 - 49th St. Phone: 403-340-5466 Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**A Gathering Place** – Provides peer support and bereavement groups for individuals with mental illness. Phone: 403-309-7772 Website: [www.reddeer.cmha.ab.ca](http://www.reddeer.cmha.ab.ca)

## **Resource List for Grief Support in Red Deer and Area (Cont...)**

### **Bereavement Groups:**

**Red Deer Regional Hospital Centre** – Offer “Grief Groups” approximately two times per year. For more information call RDRHC - Volunteer Resources Department at 403-343-4715 Ext. #2.

**Red Deer Hospice** – Offer “Grief Groups” approximately two times per year, and various “Loss Lectures” to assist people through difficult times such as the holidays, special occasions and seasonal changes. For more information call 403-309-4344 Ext. #105. Website: [www.reddeerhospice.com](http://www.reddeerhospice.com)

**Alberta Health Services 49th Street Clinic** – Open bereavement group held every Wednesday from 5:00pm-6:45pm. Must register through intake office. Phone: 403-340-5466

**Golden Circle Senior’s Centre** – Offer bereavement support groups for people over age 50. For more information call 403-343-6074 Ext. #105. Website: [www.goldencircle.ca](http://www.goldencircle.ca)

**Widowed Support Network** – Open support group for widows, held the 3rd Friday of the month from 7:00pm-9:00pm at the New Life Fellowship Church. Email: [widowedsupportnetwork@gmail.com](mailto:widowedsupportnetwork@gmail.com)

**H.E.A.R.T.S. “Helping Empty Arms Recover Through Sharing”** – A baby loss support program designed to help families through the loss of their baby, including stillborn and miscarriage. Group meets the 2nd Thursday of the month (September to June) at the Bremner Avenue Community Health Centre. For more information call RD Hospice at 403-309-4344 Ext. #105. Website: [www.reddeerhospice.com](http://www.reddeerhospice.com)

### **Other Support Services:**

**Hospice Calgary** – Provide programs for children and teens. Specialize in palliative care and trauma. Phone: 1-403-263-4525 Website: [www.hospicecalgary.com](http://www.hospicecalgary.com)

**Canadian Mental Health Association in Calgary** – Provide bereavement and suicide services. Phone: 1-403-297-1700 Website: [www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)

**Yellow Pages** – See the list of professionals and agencies under ‘Counseling’.

**Websites** – The Internet provides a great deal of information on the subject of loss and bereavement. Some helpful sites: [www.griefjourney.com](http://www.griefjourney.com) / [www.centerforloss.com](http://www.centerforloss.com) / [www.grievingchild.org](http://www.grievingchild.org) / [www.griefinc.com](http://www.griefinc.com) / [www.webhealing.com](http://www.webhealing.com) / [www.childrensgrief.net](http://www.childrensgrief.net)

**Local libraries and bookstores** provide information on dealing with the grieving process.

**Alberta Health Link 1-866-408-5465 (LINK)** – For questions about health situations.