



# ADDITIONAL RESOURCES

Grief Healing Support Centre /  
Bereaved Families of Ontario - York Region

905-898-6265  
[www.bfoyr.com](http://www.bfoyr.com)

03	Our Goal & Note
04	Crisis Line
06	Grief
07	Grief for Children
08	Anticipatory Grief
09	Mental Health
10	Addiction
11	Health (Disability and Sexual Health)
12	Elderly
13	LGBTQ
14	Housing & Shelter
15	Drop-In Centres
16	Books on Grief
17	Books on Self-Help
18	Website for Grief Resources
19	Who We Are & What We Offer

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bfo  
York Region  
Grief Healing Support Centre

## OUR GOAL & NOTE

Grief Healing Support Centre / Bereaved Families of Ontario - York Region strives to provide comprehensive and reliable resources and supports to grieving individuals across York Region and surrounding areas.

We understand the importance of connecting individuals with essential resources and services that cater to their specific needs.

We kindly request that you notify us if there are any changes to the information of your organization by contacting us at [outreach@bfoyr.com](mailto:outreach@bfoyr.com).

For easy support information, we have listed toll-free numbers for your use.

We strive to provide resources which support various stages, impacts and support needs during your grief healing journey.







## CRISIS LINE

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**In an emergency, please dial 911**

Community Crisis Response Service  
York Support Service Network  
1-855-310-COPE (2673)

Yellow Brick House - Shelters and  
Community Supports  
1-800-263-3247

Family Services York Region  
1-888-223-3999

Elder Abuse Prevention Ontario  
1-866-299-1011

Kids Help Phone  
Text to 686-868 or Call 1-800-668-  
6868

For You Telecare Family Services  
416-241-5456

Distress Centre of Greater Toronto  
416-408-4357

Talk Suicide Canada  
1-833-456-4566

Distress and Crisis Ontario  
416-486-2242

Support Services for Male Survivors of  
Sexual Abuse - Ministry of Children,  
Community and Social Services  
1-866-887-0015

First Nations and Inuit Hope for  
Wellness Help Line  
1-855-242-3310

Assaulted Women's Helpline  
1-866-299-1011

Victim Crisis Response Program -  
Victim Services York Region  
1-866-876-5423

Canadian Human Trafficking Hotline  
1-833-900-1010

Grenfell Ministries Overdose  
Prevention Line  
1-888-853-8542

Lesbian Gay Bi Trans YouthLine  
647-694-4275

Canadian Forces Member  
Assistance Program  
1-800-268-7708

Crisis Service Canada  
1-833-456-4566

## CRISIS LINE

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**In an emergency, please dial 911**

Salvation Army Suicide Prevention  
Crisis Line  
1-855-294-HOPE (4673)

Good2Talk  
1-866-925-5454

Mental Health Helpline - Connex  
Ontario: Mental Health & Addiction  
Treatment Services  
1-866-531-2600

Reach Out Centre For Kids (ROCK)  
Crisis Line (Oakville, ON)  
905-878-9785

Crisis Intervention Services -  
Mackenzie Health Hospital  
905-883-1212 ext.7330

Crisis Services -  
Markham Stouffville Hospital  
905-472-7000

Women's Support Network  
of York Region  
905-758-5285

Sandgate Women's Shelter of York  
Region 905-787-8604

Warm Line and Peer Crisis Support  
Service - Krasman Centre  
1-888-777-0979

Talk4Healing  
1-855-554-4325

Sexual Misconduct Response Centre  
1-844-750-1648

Minwaashin Lodge - Indigenous  
Women's Support Centre  
613-789-1141

Parent's Helpline  
1-855-775-7005

# GRIEF

Middlesex Suicide Bereavement Support -  
CMHA  
519-434-9191 ext. 244

Centre for Addiction and Mental Health  
(CAMH)  
416-535-8501 ext. 32175

Homicide Survivor Support - Distress Centre  
416-595-1716

Suicide Survivor Support Program  
Distress Centre  
416-595-1716

Grief Recovery After a Substance Passing  
(GRASP)  
647-274-3224

Individual - Scarborough and Rouge Hospital  
416-438-2911 ext. 5334

Group - Scarborough and Rouge Hospital  
416-438-2911 ext. 6425

Soaring Spirits International  
1-877-671-4071

For Military Families - The HOPE Program  
1-800-883-6094

Bereavement Support Group - Alzheimer  
Society of York Region  
905-726-3477

Counselling Services for York Region - Grief  
and Loss Clinic of Ontario  
647-259-8796

Sunnybrook Pregnancy and Infant Loss  
Network  
1-888-303-PAIL (7245)

Bereavement Counselling Services - Heart  
House Hospice  
905-712-8119



# GRIEF FOR CHILDREN

Lighthouse for Grieving Children  
905-337-2333

Camp Erin Toronto  
647-957-2267

SickKids Hospital  
416-813-7654

Grief Support - Dr. Bob Kemp Hospice  
905-387-2448

Acclaim Health  
905-827-8800

Seasons Centre for Grieving Children  
705-721-5437



# ANTICIPATORY GRIEF

Doane House Hospice  
905-967-0259

Hospice Toronto  
416-364-1666

The Dorothy Ley Hospice  
416-626-0116

Circle of Care  
416-635-2860

Hope House Community Hospice  
905-727-6815 ext. 223

Margaret Bahen Hospice  
905-967-1515



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# MENTAL HEALTH

Canadian Mental Health Association, York  
Region and South Simcoe  
905-841-3977 ext. 3321

Dual Diagnosis -  
York Support Services Network  
289-340-0348

Seniors Case Management - CMHA  
905-841-3977

Outpatient Mental Health Program -  
Baycrest Clinical Services  
416-785-2500 ext. 2730

Geriatric Mental Health Outreach -  
Humber River Hospital  
416-242-1000 ext. 43000

LOFT Community Services  
416-979-1994

Geriatric Psychiatry Outpatient Clinic  
Services - Machenzie Health Hospital  
905-883-1212 ext. 3361

Skylark Children, Youth and Families  
416-482-0081

Long-Term Care Branch Psychogeriatric  
Resource Consultant - Regional Municipality  
of Community and Health Services  
1-877-464-9675 ext.73472

Reconnect Community Health Services  
416-248-2050

Child and Adolescent Service - Oak Valley  
Health, Markham Stouffville Hospital  
905-472-1372

Toronto Mental Health and Addiction  
Access Point  
416-460-1934

York Hills Centre for Children, Youth and  
Families  
905-503-9560



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# ADDICTION

Ontario Addiction Treatment Centres  
Newmarket Clinic  
1-877-937-2282

Day and Residential Treatment Programs -  
Cornerstone to Recovery  
905-762-1551

Community Withdrawal Management  
Services - Addiciton Services  
Central Ontario  
1-800-263-2288 ext.322

Youth and Family Program - Addiction  
Services Central Ontario  
1-800-263-2288 ext. 322

Pharmacy Smoking Cessation Program -  
Ministry of Health Ontario  
1-866-532-3161

Rapid Access Addiction Medicine Clinic  
1-888-399-8342

Public Health Community and Health  
Services  
1-800-361-5653

Alpha House  
416-469-1700

Bellwood Health Services: Concurrent  
Trauma and Addiction Program  
416-495-0926

Breakaway Addiction Services  
416-234-1942

Centre for Addiction & Mental Health  
416-535-8501

George Hull Centre for Children & Families  
416-622-8833

Addiction Centre Toronto  
416-462-0228

Comprehensive Treatment Clinic  
647-490-4008



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# HEALTH

## Health

Telehealth  
1-866-797-0000

Vaughan Community Health Centre  
905-476-5621

The Van Needle Syringe Program  
905-317-9966

## Sexual Health

The AIDS Network  
905-528-0854

Street Health Centre  
905-777-7852

## Disability

Down Syndrome Association of York Region  
1-800-649-3696

Disability Support Program - Ministry of  
Children, Community and Social Services  
1-877-669-6658

DeafBlind Ontario Services  
1-855-340-3267

Vision Loss Rehabilitation  
1-844-887-8572

Canadian Hearing Services  
1-866-518-0000

Making Small Talk - York Autism Centre  
1-855-678-4424

Community Living York South  
1-877-737-3475

Family Education Resource Network  
905-927-9276

Assistive Devices Program -  
Ministry of Health Ontario  
1-800-268-6021

Ontario Federation for Cerebral Palsy  
1-877-244-9686



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# ELDERLY

Community and Home Assistance to Seniors  
(CHATS)  
1-877-452-4287

Abuse Hurts  
1-800-379-8858

Prevention of Elder Abuse Committee of  
York Region  
1-855-310-2673

Carefirst Seniors and Community Services  
Association  
905-780-9646

Elder Abuse Prevention Ontario  
1-866-299-1011

Ontario Society of Seniors Citizens'  
Organizations  
1-800-265-0079

National Aboriginal Circle Against Family  
Violence  
905-638-2968

Amica Newmarket  
905-952-0505

Parkview Services for Seniors  
905-640-1940 ext. 2023

Chartwell Hollandview Trail Retirement  
Community  
1-855-461-0648

IRide Plus  
1-844-474-3301



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# LGBTQ

2-Spirit People of the 1st Nations  
416-944-9300

Family Services York Region  
1-888-223-3999

Women's Support Network of York Region  
1-800-263-6734

CAYR Community Connections  
1-800-243-7717

FrancoQueer  
647-709-2600

The 519 Community Centre  
416-392-6874

Central Toronto Youth Services  
416-924-2100

Lesbian Gay Bi Trans YouthLine  
416-962-9688

Rainbow Health Ontario  
416-324-4100

AIDS Committee of Toronto (ACT)  
416-340-2437

Family Health Team  
416-324-4180

# HOUSING & SHELTER

**All shelters in Toronto, Call 311 or Central Intake at 416--338-4766**

Community Dinner -  
Valley View Alliance Church  
905-830-9619

Newmarket Community Meal -  
Inn From the Cold  
905-895-8889 ext. 221

Matha's Table - Welcoming Arms  
905-726-1438

York Region Food Network  
1-866-454-9736

Mobile harm Reduction Program - Public  
Health Community and Health Services  
1-800-361-5653 ext. 1

Lunch At My Place -  
Trinit United Church Newmarket  
905-895-4851

Covenant House Toronto  
416-598-4898

Eva's Place  
416-977-4497

Horizon's for Youth  
416-781-9898

Good Sheppard Centre  
416-869-3619

Community Bread On Main  
905-898-4137

Crosslinks Street Outreach Van -  
LOFT Community Services  
1-866-553-4053



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# DROP-IN CENTRES

The LOFT Youth Lounge - Town of Aurora  
905-726-4760

Residential and Support Services - 360 Kids  
905-475-6695

Community Centres and Pools and Arenas -  
City of Markham  
905-415-7535

Urban Inuit Community Centre -  
Tungasuvvingat Inuit  
613-565-5885

Central Neighbourhood House  
416-925-4363

Family Services Toronto  
416-595-9618

Haven Toronto  
416-366-5377

Fred Victor  
416-364-8228



# BOOKS FOR GRIEF

Grief Day By Day: Simple Practices and Daily Guidance for Living with loss  
Written By Jan Warner

Creating a New Normal ... After the Death of a Child  
Written by Fox

I Wasn't Ready to Say Goodbye: Surviving The Suicide of a Loved One  
Written By Fine

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss  
Written by Kessler and Kubler-Ross

The Fall of Freddy the Leaf: A Story of Life for All Ages  
Written by Buscaglia

Understanding Your Grief: Ten Essential Touchstones For Finding Hope and Healing Your Heart  
Written by Wolfelt

The Top Five Regrets of the Dying  
Written by Ware

Giving Hope: Conversations with Children about Illness Death and Loss  
Written by Lister and Schwartzman



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# BOOKS ON SELF-HELP

The Mountain is You

Written By Wiest

100 Essay That Will Change The Way You Think

Written by Wiest

It's Okay That You're Not Okay: Meeting Grief and Loss in a Culture That Doesn't Understand

Written by Devine and Nepo

The Body Keeps The Score: Brain, Mind and Body in the Healing Trauma

Written Kolk

Atomic Habits

Written by Clear

When the Body Says No: The Cost of Hidden Stress

Written by Mate

Everything Happens for a Reason: And Other Lies I've Loved

Written By Bowler

Letting Go: The Pathway of Surrender

Written by Hawkins



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Grief Healing Support Centre

# WEBSITES FOR GRIEF RESOURCES

[Www.kidsgrief.ca](http://www.kidsgrief.ca)

[Www.mygrief.ca](http://www.mygrief.ca)

[Www.whatsyourgrief.com](http://www.whatsyourgrief.com)

<https://cmha.ca/brochure/grieving/>

<https://good-grief.org/resources/>

<https://www.opentohope.com/?gclid=CNnb4onUnrwCFcdQQgodH1EAoA>

# WHO WE ARE AND WHAT WE OFFER

## GRIEF HEALING SUPPORT CENTRE / BEREAVED FAMILIES OF ONTARIO - YORK REGION

We are a Charitable Organization supporting individuals, families, and community groups who are grieving after the death of a family member, friend, co-worker and/or colleague. For over 30 years, Grief Healing Support Centre has delivered bereavement peer support services by trained volunteers and staff to the York Region Community. Our programs and services are free of charge, ensuring accessible, timely and compassionate support for hope & healing.

We offer 1:1 sessions using the peer-to-peer model facilitated by trained professionals. These sessions are designed to provide individualized support and guidance to those who are grieving the loss of a loved one. Our trained facilitators are compassionate and understanding individuals who have received specialized training in grief counseling. They are experienced in creating a safe and supportive environment for individuals to express their emotions, share their stories, and navigate the complex journey of grief.

We also provide various 'open' and 'closed' peer support groups, designed to provide a safe and non-judgmental space for individuals who are grieving the loss of a loved one. The groups are open to anyone who has experienced any type of loss, such as the death of a family member, friend, coworker, fellow student, regardless of the circumstances or how long ago the loss occurred.

We also offer our 3 hours "Navigating our Grief" workshops for various community groups of children, youth or adults which includes an 'Art Expression' component with all art materials supplied by us. Art activities include painting, creating and decorating memory boxes, self-care activities, journaling and more. (All activities are designed for age-appropriate grief support discussions for children, youth or adult participants). For more information including applicable fees for this workshop, please contact us at [admin@bfoyr.com](mailto:admin@bfoyr.com).

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