

# Bereavement Care



## What is Peer / Mutual Support?

Professionally trained volunteers provide peer support to bereavement care clients. We believe that no one can understand the experience of a bereaved person better than someone who has walked a similar path. Mutual support is about sharing experiences, feelings and ideas with someone who has “been there”.

Clients are matched with someone who shares a similar loss experience (i.e. the death of a spouse/partner or the death of a child) for individual and/or group support.

All clients will be professionally assessed and provided appropriate referrals internally or externally.

## CONTACT

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## ELIGIBILITY

Anyone over the age of 18 who lives in our near Scarborough and has experienced a death in their family.

## LOCATION

Mutual Support Bereavement groups and Individual Peer Support meetings take place at the mid-Scarborough HUB at Brimley & Eglinton.

## Grief Support Groups

Child Loss

Spousal/Partner Loss

Parent/ Sibling Loss

Mixed Loss

Grief Café

- Meet once a week for 2 hours
- Daytime and evening groups
- Run for 8-10 weeks
- Closed, peer-facilitated groups of 6-8 people
- Offered 3 x per year: Fall, Winter, Spring
- Monthly, mixed loss, ongoing grief groups are also available

## VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement at  
416-847-4127 OR  
[volunteerprogram@schcontario.ca](mailto:volunteerprogram@schcontario.ca)

**Contact SCHC 416-642-9445**

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