

# BEREAVEMENT PROGRAM FAQ

## Do you provide therapy or crisis services?

This program does not offer crisis services, therapy, or support outside the scope of bereavement.

## What kind of 1:1 individual bereavement support service does the program offer?

- We offer individual grief support sessions with our Bereavement Care Coordinator. These are limited 30-minute sessions for adults (ages 18+). The sessions are typically conducted over the phone (or can be conducted via Zoom). This is a one-time service for clients who are mourning the passing of a loved one. \*\*Please note that you may be placed on a waitlist to receive this service.
- Grief support is described as informal, non-clinical approach to help navigate, normalize and understand the grieving process and the changes associated with a specific loss.
  - Accepting the reality of loss
  - Processing the pain of grief
  - Adjusting to a world without the departed
  - Finding an enduring connection with the deceased while embarking on a new life

**The SCHC Grief and Bereavement Coordinator does not provide medical intervention or advice, mental health counselling, or ongoing open-ended counselling or therapy.**

## What types of groups do you offer?

The program also offers (virtual and in person) grief and bereavement groups.

- **Open Group formats** have no time commitment and are often called Grief Café. You can enroll in an open group and attend when available and as often as you like. They are similar to drop-in groups.
- **Closed Group format** requires a commitment, has limited spots and runs for a specified amount of time, generally 8-10 weeks. These groups are often loss specific, i.e. partner/spousal loss, parent/sibling loss, etc. These groups are very interactive and participation-oriented.

**\*\* Specialty groups run based on sufficient enrollment**

**The program is not intended to take the place of professional counselling or therapy.**

*Our groups welcome people from all walks of life. Please consider this when choosing a group for your specific needs.*