

*B.C.  
Bereavement  
Helpline*



*Help is only a phone call away...*

Lower Mainland:

**604-738-9950**

Throughout BC:

**1-877-779-2223**

[www.bcbereavementhelpline.com](http://www.bcbereavementhelpline.com)

E-mail: [bcbh@telus.net](mailto:bcbh@telus.net)

**GUIDE TO  
PROVINCIAL  
BEREAVEMENT  
SERVICES**

**2006-2007**

## *Symptoms of grief...*

When someone you love dies, allowing yourself to mourn is a natural way to express your grief. In other words, mourning brings healing. But healing also requires the support and understanding of others as you embrace the pain of your loss.

If you have suffered a loss through death in your lifetime and are experiencing more than one of the following symptoms, perhaps the most compassionate thing you can do for yourself at this difficult time, is to call the *BC Bereavement Helpline*.

- Overwhelming sadness
- Inability to sleep
- Lack of appetite
- Cry easily
- Lack of desire to do anything
- Confusion
- Feeling like you are going "crazy"
- Forgetfulness
- Depressed
- Irritable
- Inability to concentrate

It is important to understand that these symptoms are not unusual for someone who is grieving and the *Helpline* is ideally suited to help you find the most appropriate resource to meet your needs.

- Bereavement support groups provide information about grief and are led by trained facilitators and encourage individuals to speak about their loss – only as they feel comfortable. Groups are usually small and provide a safe nurturing environment for participants to share and support each other in their grief.
- Grief counselling is often appropriate when there may be other factors surrounding the loss or the relationship with the person who has died which necessitate assistance being provided by a professionally trained grief counsellor.

By calling our *Helpline* we can assure you of our understanding and our desire to be of help. We shall make every effort to put you in touch with the most appropriate resource in or adjacent to the area in which you live.

## *Who we are ...*

The *BC Bereavement Helpline* is a charitable, non-profit organization. Our purpose is to provide immediate telephone support to the bereaved and to refer them to a support group or agency best suited to their needs. We are also a central hub for caregivers to enable them to obtain timely access to information and resources.


## *What we do ...*

### SERVICE

*(No fee, but donations gratefully acknowledged)*

*Helpline 604-738-9950*

Toll-free 1-877-779-2223

- Telephone support and referral for the bereaved
- Information and resources for caregivers
- Loss - specific packages for bereaved or caregivers
- Educational events
- Interactive website
- Promote **Bereavement Day** activities in BC - **November 14th** and encourage the wearing of a **Black Ribbon Pin**, the symbol of Bereavement Day. 
- Produce a comprehensive *Resource Directory* of bereavement support groups throughout the province.

### EDUCATION

The *BCBH* is committed to increasing public understanding of bereavement as a normal life process through education, advocacy, networking, and dissemination of information.

### NEWSLETTER

The *BCBH* offers a quarterly newsletter which we encourage our members to use as a means of information exchange; for being informed of Coming Events, and for grief and loss articles.

### REFERRALS

The *BCBH* provides information on groups that offer support services at no cost or by donation. Certain bereavement counselling agencies which offer group support and/or community education, may also be listed.

## *Membership.....*

Individual membership: \$15.00/yr.

Group membership: \$30.00/yr.

Members receive our quarterly newsletter (as per above.) Qualifying Group members are listed in the Brochure. All known non-profit bereavement support groups and agencies are listed in the *BCBH Resource Directory*. Two versions available: \$10 or \$15 (plus shipping).

The annual year for the *BCBH* is

July 1st - June 30th.

## *Mission Statement*

To facilitate the provision of care and support to the bereaved of British Columbia, and to ensure that their interests are publicly safeguarded.

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# Bereavement Support

The following organizations are *BCBH* members offering grief and bereavement services. Updated annually.

## Death of a Child

Canuck Place Children's Hospice – Van. ....	604-731-4847
Compassionate Friends – Kamloops.....	250-374-6030
Compassionate Friends – Kelowna .....	250-764-8445
Compassionate Friends – Nanaimo .....	250-753-5022
Compassionate Friends – North Shore.....	604-926-6513
Fraser Valley Pregnancy Society – Aldergrove ...	604-856-9151
Griefworks BC – Vancouver .....	604-875-2741
Mourning Mothers – Cloverdale .....	604-575-0313
Post Abortion Community Services – Burnaby.....	604-525-0999

## Suicide

Chimo Crisis Services – Richmond .....	604-279-7077
S.A.F.E.R. – Vancouver .....	604-879-9251

## Hospice Palliative Care

Abbotsford Hospice Society .....	604-852-2456
Alberni Valley Hospice Society – Port Alberni.....	250-723-4478
Bulkley Valley Hospice Society – Smithers .....	250-877-7451
Burnaby Hospice Society Bereavement Program	604-520-5024
Campbell River Hospice Society .....	250-286-1121
Central Cariboo Hospice PC Soc. –Williams Lk....	250-392-5430
Central Okanagan Hospice Assoc. – Kelowna....	250-763-5511
Chilliwack Hospice Society .....	604-795-4660
Comox Valley Hospice Society .....	250-339-5533
Cowichan Valley Hospice Society – Duncan.....	250-701-4242
Crossroads Hospice Society – Port Moody .....	604-949-2274
Delta Hospice Care Centre .....	604-948-0660
Fort Nelson Hospice Palliative Care .....	250-774-8100
Fort St. John & District Palliative Care Society ...	250-787-2814
Kamloops Hospice Association .....	250-372-1336
Kitimat Hospice PC Association.....	250-632-2278
Langley Hospice Society .....	604-530-1115
Mission Hospice Society .....	604-826-2235
Nanaimo Community Hospice Society .....	250-758-8857
Nelson and District Hospice Society .....	250-352-2337
Lions Gate Hospital / N. Shore Palliative Care ...	604-988-3131
Oceanside Hospice Society – Qualicum Beach ...	250-752-6227
Pacific Rim Hospice Society – Tofino/Ucluelet ....	250-725-1240

Penticton District Hospice PC Program .....	250-492-9071
Powell River Hospice Palliative Care .....	604-485-3310
Prince George Hospice Society .....	250-563-2551
Quesnel and District Palliative Care Assoc. ....	250-992-0695
Ridge Meadows Hospice Society – Maple Ridge	604-463-7722
South Peace Hospice PC Soc. –Dawson Creek	250-782-3261
Sunshine Coast Hospice Society – Sechelt .....	604-740-1360
Surrey Hospice Society .....	604-543-7006
Trail & District Hospice Palliative Care .....	250-364-6204
Vancouver Home Hospice Program .....	604-709-6447
Vancouver Hospice Society .....	604-731-8643
Victoria Hospice Society .....	250-370-8841
White Rock Hospice Society .....	604-531-7484

## Community Grief Support Groups

Assman's Funeral Home – Prince George .....	250-564-4431
Bountyfull Counselling Society – Vancouver .....	604-255-6626
Bower's Funeral Service – Salmon Arm .....	250-832-2223
Chilliwack Bereavement Support.....	604-793-7239
Denis Boyd & Associates – Coquitlam .....	604-931-7211
Hornby & Denman Community Health Care Society – Hornby Island .....	250-335-2885
Jewish Family Service Agency – Vancouver.....	604-257-5151
Judy Ferris Counselling Associates – Langley ...	604-513-3888
Living Systems – North Vancouver.....	604-926-5496
Living Through Loss Counselling Soc. – Van. ...	604-873-5013
Logan Lk. Wellness, Health and Youth Society ...	250-523-6229
Lower Mainland Grief Recovery Society – Van. ..	604-643-9637
MADD Can., Greater Van. Chapter – New West..	604-515-9212
Military Family Resource Centre Soc. – Van.....	604-225-2535
New Hope for Widowed – Vernon.....	250-549-7273
North Coast Victims Services – Prince Rupert ...	250-627-7779
N. Island Crisis & Counselling Ctr.Soc – Pt.Hardy	250-949-8333
Rebuilders – Surrey .....	604-583-7403
St. Edmund's Parish Bereavement Prog.–N.Van..	604-988-3211
Valley View Funeral Home Bereavement Program – Surrey .....	604-596-8866
Vancouver Friends for Life Society .....	604-682-5992
West End Seniors' Network Society – Van. ....	604-669-7339

## Provincial Groups

B.C. Assoc. of Clinical Counsellors – Victoria .....	250-595-4448
B.C. Crisis Line – Vancouver .....	(Office) 604-872-1811 (Crisis) 604-872-3311