

GRIEF: IT'S NORMAL AND UNIQUE TO EVERY INDIVIDUAL

Contrary to popular belief, grief does not unfold in neatly defined stages

- Grief is not linear and is more about adaptation and change.
- Bereaved people are looking for ways to remain connected to others and their Loved One.

Grief and loss apply to many life experiences

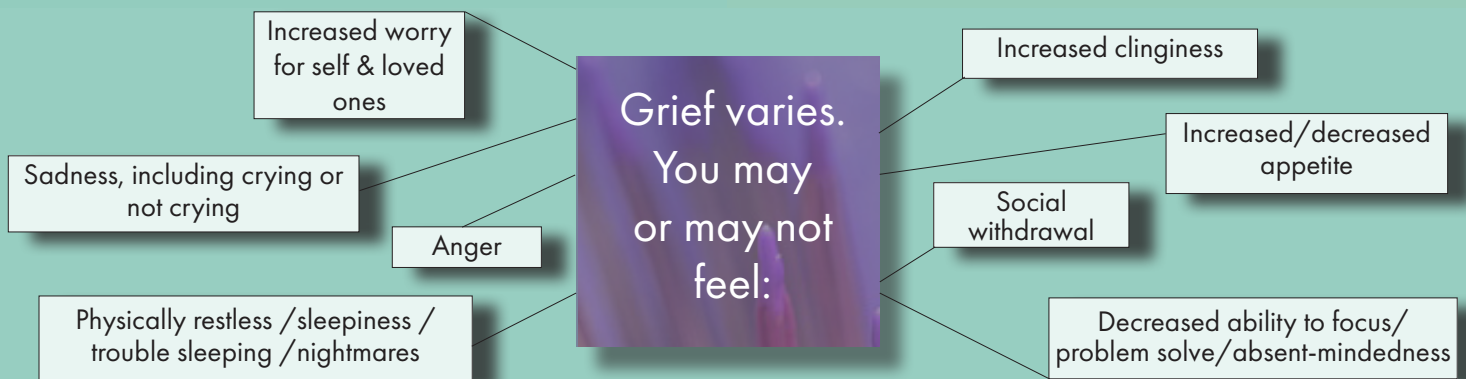
- Loss of relationships: family, friends, partners
- Loss of safety, security & stability: housing, employment, culture, supports
- Loss of self and identity

Three Common Myths about Grieving

- 1 Myth: the goal is to "get over" your grief
Truth: the goal is to reconcile grief in a way that honours your Loved One
- 2 Myth: grief resolves itself in a few months to a year
Truth: there is no timeline or orderly steps for processing grief and healing
- 3 Myth: Avoidance and distraction prevent hard feelings
Truth: difficult feelings need attention and self-compassion

"All the art of living lies in the fine mingling of letting go and holding on."

- Havelock Ellis



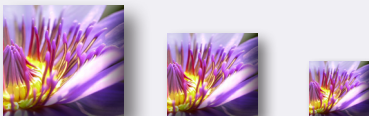
Self-care

- Move your body
- Eat healthy, drink water
- Connect with others
- Express and create
- Meditate

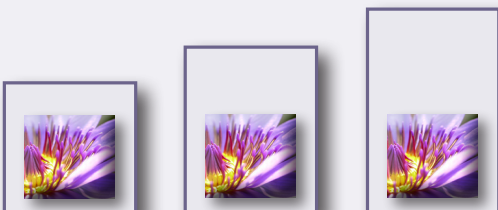
Ideas to continue bonds with your Loved One

- Visit a place you used to go together
- Eat your person's favourite meal
- Wear your person's jewellery or favourite shirt
- Write your person a letter... and write yourself a response to that letter from your person's perspective
- Talk about your person
- Share memories with others
- Celebrate their birthday and other special days

Grief over time



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief

Resilience

The process of adapting well in the face of adversity, trauma, tragedy or significant stress

Five factors that contribute to resiliency

1. Making realistic plans with the ability to implement them
2. Looking for opportunities for self-discovery
3. Keeping things in perspective
4. Maintaining hope
5. Remaining curious and avoiding self-judgment

RESOURCES AT A GLANCE

	24/7 help	Specializes in children and/or youth	Non-death grief	Reduced cost counselling or groups	Online options	Indigenous resources
Affordable Therapy Network				X	X	
Andrea Warnick Consulting		X			X	
Bereaved Families of Ontario				X		
Black Youth Helpline		X				
BRIA			X		X	
Canadian Human Trafficking Hotline	X					X
Canadian Virtual Hospice		X			X	
Children and Youth Grief Network		X				
Dr. Bob Kemp Hospice		X		X	X	
First Nations Child & Family Caring Society		X				X
Good Grief! Bereavement Healing Services				X	X	
Hope for Wellness Helpline	X					X
Hospice Toronto				X	X	
Indian Residential School Survivors Society	X					X
Kids Help Phone	X	X			X	
Naseeha		X				
Pregnancy and Infant Loss Network		X		X		
Support Line						X
The Distress Centre				X		
Toronto Rape Crisis Centre/ Multicultural Women Against Rape	X			X		X
Trans Lifeline	X				X	
Unspoken Grief					X	
Victim Services	X			X		
Warm-line				X		
Wellness Together		X			X	
What's Your Grief			X		X	

In Partnership with:

