

# Seasons of the Heart

*Bereavement Directory for London and Area*



*Prepared by the*  
**Bereavement Services Committee of London**

*A committee of*  
**Daya Counselling Centre**

Last Updated: October 2009  
(Web Based PDF Version)



## **Speakers Bureau**

### *Facilitating Information, Support, and Discussion*

Grief is a universal experience. It often has been called the price we pay for loving and being connected to others around us. Everyone will experience grief at some point in their lives, yet each person's grief experience is unique. We grieve different losses, different ways. In addition, each individual will have different needs during bereavement.

Our speakers include individuals from our community who support individuals and families experiencing grief and bereavement. These speakers are professional counsellors, educators, health care workers, and family members. Together, they offer a wealth of both professional and personal experience in supporting people through a difficult process.

If you would like a speaker for your group, workplace, or school please contact us via e-mail at :  
info@dayacounselling.on.ca  
with your request and particulars (date, time, honorarium availability, topic, audience).

Your request for a speaker will be forwarded to our list of speakers via e-mail. We cannot guarantee that someone will be available for all requests. Also note that speakers may charge a fee.

If you would like to register as a speaker, please call us at 519-434-0077 ext. 392.

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### *Welcome to our Directory*

The **Seasons of the Heart** Bereavement Directory is intended to help you identify resources that are available in the community.

The directory is divided into listings of private practice counsellors and agencies/groups.

We invite you to use our Guidelines for Selecting a Counsellor, as a means of screening these services for your own needs. Please note that inclusion in the Directory does not imply endorsement by Daya Counselling Centre.

We are pleased to provide this directory online at [www.dayacounselling.on.ca](http://www.dayacounselling.on.ca) It is not available in printed format.

Publication of this directory is made possible because of the efforts of many. Sincere appreciation to:

*The staff of Daya Counselling Centre*

*Members of the Bereavement Services Committee*

*Field Placement students of the King's University College Certificate Program in Grief and Bereavement Studies*

*Mandala Book Shop for helping to update our list of resource books.*

A Cradle Song (1991). Canadian Learning Company.

Children Die Too (1990). Kinetic.

Surviving Death: Stories of Grief (1986). Canadian Learning Company.

To Touch a Grieving Heart (1995). McIntyre Media.

What Do I Say To My Children (1989)? Aquarius Productions.

Where's Pete (1991)? National Film Board of Canada.

Saying Goodbye Series- TVO

A Promise Broken, A Grief Shared, The First Snowfall, A Home Alone, Thunder in my Head.

## Mainstream Videos

Beaches	City of Angels
The Fisher King	Ghost
Hanging Up	Life is a House
The Lion King	Lorenzo's Oil
Men Don't Leave	Meet Joe Black
Message in a Bottle	My Life
One True Thing	Ordinary People
Patch Adams	Shadowlands
Steel Magnolias	Stepmom
Sweet November	The Son's Room
To Dance with the White Dog	
To Gillian on her 37 <sup>th</sup> Birthday	
What Dreams May Come	

## Trauma

After Suicide. Hewlett, John

Healing after the Suicide of a Loved One. Smolin & Guinan

No Time For Goodbyes. Lord, Janice

Recovering for the Loss of a Loved One to AIDS. Donnelly, K.

Suicide Survivors: A Guide for Those Left Behind. Wrobleske, A.

Surviving When Someone You Loved Was Murdered. Redmond, L.

Who Lives Happily Ever After? For Families Whose Child Has Died Violently. Turnbull, S.

Aftershock: Help, Hope, and Healing in the Wake of Suicide. Cox, David

## Websites

**[www.bereavedfamilies.net](http://www.bereavedfamilies.net)**

*Help for parents and siblings who have lost a child. Links to resources.*

**[www.webhealing.com](http://www.webhealing.com)**

*Grief and healing discussion page, resources, men's grief.*

**[www.death-dying.com](http://www.death-dying.com)**

*General information, support for grief and loss.*

**[www.uwo.ca/kings/academic\\_programs/death/](http://www.uwo.ca/kings/academic_programs/death/)**

*Links to international work on death, dying and bereavement, study programs and courses.*

**[www.dayacounselling.on.ca](http://www.dayacounselling.on.ca)**

*Lists bereavement services and supports in the London-Middlesex area. Printable version of this booklet available.*

**[www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)**

*General & specific information on grief & loss, links to other resources.*

**[www.nmha.org](http://www.nmha.org)**

*General information for coping with loss, bereavement, grief.*

**[www.obituarieshelp.org](http://www.obituarieshelp.org)**

*Message samples for expressing words of sympathy.*

## *We Grieve Because We Have Loved*

### **We Grieve Because We Have Loved**

is a full-colour 4-panel brochure created by local bereavement specialists and the Bereavement Services Committee. It is intended as a hand out for individuals you may be supporting through their loss.

Included in the brochure is general information about grief, self care tips, information about healing, and suggested readings.

We are selling these brochures at the break-even cost of \$80 per 100, inclusive of all taxes and delivery.

### To order or for more information

Reception  
Daya Counselling Centre  
141 Dundas Street 6th Floor  
London, ON N6A 1G3  
(519) 434-0077 ext. 392  
info@dayacounselling.on.ca



## **Guidelines for Selecting a Counsellor**

**Selecting a counselor can be a challenging step in the grieving process. Taking care of yourself at this time is important. Remember to trust your instincts. If you receive a referral, you do not have to choose that counsellor if s/he does not meet your needs.**

**Phone first to get a feel for the counsellor or have someone you trust call for you. You can also ask someone you trust to accompany you to the first visit if you feel the need. Prepare a list of questions you have before you make the call. They may include some of the following:**

What is the counsellor's training and experience regarding your issues?

What type of therapy does the counsellor provide? Would it be suitable for you?

Is there a fee? If so, how much? Is there coverage under your medical insurance plan? What is the billing procedure?

How long is the wait list? How often might the counsellor be able to see you?

Where is the counsellor's office located and what are the hours of work?

Does the counsellor consult with other professionals for peer or other supervision of the counsellors work?

Any other questions you feel are important?

## **Bereaved Teens**

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love. Grollman, Earl

Teenagers Face to Face with Bereavement. Gravelle, Karen

All Rivers Flow to the Sea. McGhee, Alison

## **Bereaved Teens Interactive/Workbooks**

Death & Dying. Peacock, Carol Antoinett

Healing Your Grieving Heart for Teens. Wolfelt, Alan

A Teen's Simple Guide to Grief. Cunningham, Alexis

## **Inspirational**

A Time To Grieve. Staudacher, C.

How to Survive the Loss of a Loved One. Colgrove, M.

In the Midst of Winter. Moffat, M.

Life Prayers. Roberts, E.

The Prophet. Kahlil, G.

Safe Passage. Fumia, M.

## **Helping Professionals**

Creating Meaningful Funeral Ceremonies: A Guide for Caregivers. Wolfelt, A.

Death and Grief: A Guide for Clergy. Wolfelt, A.

Death and the Classroom: A Teacher's Guide to Assist Grieving Students. Cassini, K.

Funerals without God: A Practical Guide to Non Religious Funerals. Wilson, J.

In Memoriam: A Practical Guide to Planning a Memorial Service. Bennett, A.

## **Bereaved Children**

150 Facts about Grieving Children. Linn, Erin

After Charlotte's Mom Died. Spelman, Cornelia

Fall of Freddie the Leaf. Buscaglia, Leo

Henry and Harriet. MacArthur, Henriette

Learning to Say Goodbye: When a Parent Dies. LeShan, Eda

Lifetimes: A Beautiful Way to Explain Death. Mellonie, Byran

On the Wings of a Butterfly: A Story About Life and Death.  
Maple, M.

Our Special Garden: Understanding Cremation: Learning to cope  
with loss and transition. Carney, Karen L.

Saying Goodbye to Daddy. Vigna, Judith

Talking About Death: A Dialogue Between Parent and Child.  
Grollman, Earl

The Saddest Time. Simon, Norma

When Dinosaurs Die. Krasky, Brown L.M.

## **Bereaved Children Interactive/Activity books**

Healing Your Grieving Heart for Kids. Wolfelt, Alan

Help Me Say Goodbye. Silverman, Janis

My Grieving Journey Book. Shavatt, Donna

When Someone Very Special Dies. Heegard, Marge

## **Supporting Bereaved Children: Books for Adults**

Bereaved Children and Teens. Grollman, Earl

Healing Children's Grief. Hyslop Christ, Grace

## **After you have met with your counsellor a few times you may ask yourself:**

Did you feel comfortable and understood?

Can you talk about the issues that are most important to you?

What are your goals in counselling? Are you working together  
toward common goals?

**Healing takes time and there may be periods where it is  
difficult to notice any progress, or you may feel  
setbacks and frustration. Progress is shown by  
improvement over time. You and your counsellor may  
be the best judges.**

## **If your counsellor suggests medications as part of your treatment:**

Ask your doctor:

What effects will the medication have?

What are the benefits... and the risks?

What side effects may there be?

You have the right to refuse medication if you are  
concerned with the side effects.

## **What if you are concerned about what is happening in your therapy?**

Trust your instincts.

If something does not seem right to you, talk it over with  
someone you trust.

It is important not to stay with a counsellor who is not  
helping you or doing you harm.

## **Fee-for-Service** **Private Practice Counselling**

Fees for private practice counselling vary depending upon the experience and/or credentials of the counsellor/therapist. Some counsellors do offer a sliding scale, so be sure to ask. Psychiatrists and physicians are the only professionals covered by OHIP to provide therapy as they are medical doctors.

You may qualify for workplace benefits that would cover all or some of the cost. The main ways in which workplace coverage may be accessed are:

Employee Assistance Programs either at your workplace or that of your spouse/partner. Check availability through the human resources department of the company/organization. There is no fee for this service, and although the provision is for short-term counselling, which generally ranges from three to eight sessions, it is often possible to continue the counselling on a fee-for-service basis.

Some workplaces may provide a sum of money a worker can draw on for counselling services, up to a given limit.

There is a third possibility for funding counselling and that is through a workplace extended health care insurance plan, where counselling might be one of the benefits covered. Be sure to check the types of counsellor qualifications the plan covers. Some specify that they will only pay for counselling by a registered psychologist, whereas others will include registered social workers, and counsellors with other types of training.

Widows Journey: A Return to the Loving Self. Rose, Xenia  
Wife After Death. Anderson, M.  
The Young Widow: Conflicts and Guidelines. Ferguson et. al.

### **Men's Grief**

Swallowed by a Snake. Golden, Tom  
When a Man Faces Grief/ When a Man You Know is Grieving. Golden, T.  
When Men Grieve: Why Men Grieve Differently and How You Can Help. Levang, E.

### **Bereaved Parents**

A Broken Heart Still Beats. McCracken, Anne  
After the Death of a Child. Finkbeiner, Ann  
The Bereaved Parent. Sarnoff Schiff, Harriet  
Beyond Endurance. Knapp, Ronald  
Empty Cradle, Broken Heart. Davis, Deborah  
How to Survive the Loss of a Child. Sanders, C.  
Miscarriage: Women Sharing from the Heart. Allen & Marks  
Recovering from the Loss of a Child. Donnelly, K.  
What Forever Means after the Death of a Child. Talbot, Kay  
When a Baby Dies: Answers to Comfort Grieving Parents. Nash, R.  
When the Bough Breaks. Bernstein, Judith  
When Goodbye is Forever. Branblett, John  
The Worst Loss. Rosof, Barbara

## Books

### **General Bereavement**

The Courage to Grieve. Tatelbaum, Judy  
Grief: The Courageous Journey. Lang & Caplan  
How to Go On Living When Someone You Love Dies. Rando, Therese  
Life's Losses: Living Through Grief, Bereavement and Sudden Change. Wylie, B.J.  
Living Beyond Loss: Death in the Family. Walsh, F. & McGoldrick, M.  
Life After Loss. Deits, Bob  
Living Through Mourning. Sarnoff Schiff, Harriett  
The Mourning Handbook: A Complete Guide for the Bereaved. Fitzgerald, H.  
Living When a Loved One has Died. Grollman, Earl  
Understanding Grief: Helping Yourself Heal, Wolfelt, Alan  
What Helped Me When My Loved One Died, Grollman, Earl  
What Will Help Me? How Can I help? Miller, James  
When Bad Things Happen to Good People. Kushner, Harold

### **Bereaved Spouse**

Being a Widow. Caine, Lynne  
Finding your Way After Your Spouse Dies. Felber, Marta  
I Can't Stop Crying. Martin & Ferris  
Surviving the Death of your Spouse. Levinson, Deborah  
Widower: When Men are Left Alone. Campbell & Silverman

## Private Practice Counsellors

\*Indicates Fee for Service

<b>Alexander, Susan</b> , MSW	519-200-5763 *
<b>Arnold, Carrie</b> , M.Ed, RSW, CCC	519-435-0256 *
<b>Bates, Dr. Kirk</b> , Ph.D. (Psychology)	519-679-6179 *
<b>Bradford, Linda or Bruce</b> , MSW	519-858-1616 *
<b>Breaton, Lee Anne</b> , MSW, RSW	519-663-9524 *
<b>Destun, Dr. Lisa M.</b> , Ph.D. (Psychology)	519-670-6188 *
<b>Fernando, Dr. M</b> , M.D., FRCPC (Psychiatry)	519-472-1081
<b>Foster, Sandra</b> , M.A.	519-671-5051 *
<b>Freeddy, Jenifer</b> , M.Ed., RSW, CCC	519-936-5542 *
<b>Gorodzinsky, Adela</b> , M.Ed.	519-642-1966 *
<b>Gough, Mindy</b> , BSW, Cert. Palliative Care & Than.	519-275-3770 *
<b>Grant, Linda</b> , MSW, RSW	519-471-0067 *
<b>Grenier, Dr. Guy</b> , Ph.D. (Psychology)	519-438-7131 *
<b>Hammond, Sallie</b> , B.A.	519-473-1542 *
<b>Harris, Darcy</b> , M.Ed., RSW	519-858-0669 *
<b>Harvey, Marlene</b> , M.Div.	519-858-3922 *
<b>Heinrichs, Doris</b> , BSc.N., M.Ed.	519-472-7700 *
<b>Herscovitch, Dr. Joel</b> , Ph.D. (Psychology)	519-679-3331 *

<b>Hoad, Jack</b> , MSW, RSW	519-686-0408 *
<b>Hunter, Brad</b> , BA, CHt	519-777-3471*
<b>Jaco, Dr. Rose Marie</b> , Ph.D. (Social Work), RSW	519-439-1272 *
<b>Jones-Warrick, Barbara</b> , M.Ed., Cert. Play Therapist	519-936-0108 *
<b>Karn, Kathy</b> M.Ed.	519-657-7762 *
<b>Kravalis, Gunar</b> , M.Div., M. Th.	519-453-2256 *
<b>Liebau, Paul</b> , M.Div.	519-645-4053 *
<b>Marti, Carmen</b> , M.Ed., CCC	519-439-5789 *
<b>Massel, Tom</b> , MSW, RSW, CTS	519-432-1821 *
<b>McIntosh &amp; Associates</b> , MSW, RSW	519-319-3186 *
<b>McGill, Marg</b> , M.Ed., RSW	519-660-0217 *
<b>Mendis-Mogenson, Rita</b> , MSW, RSW	519-657-4878 *
<b>Misurak, Leslie</b> , B.A., Cert. Palliative Care & Thanatology	519-782-5515 *
<b>Mogenson, Greg</b> , M.A., Dipl. Analyt. Psych.	519-657-4878 *
<b>Moir, Randa</b> , MSW, RSW, RMFT	519-663-9524 x810 *
<b>Newby, Anne</b> , M.A.	519-679-3517 *
<b>Nielsen, Gail</b> , M.A.	519-289-1040 *
<b>Oliver, Terri-Lynn</b> , M.Ed., CCC.	519-200-5987 *
<b>O'Neil, Trish</b> , M.Div.	519-614-6814 *

### **Serenity House Hospice, St. Thomas**

Provides quality end of life care, all ages. Support services are not just for the person experiencing end of life challenges, but support for the caregiver, family and after care as well.

**519-637-3034**

**[www.serenityhousehospice.ca](http://www.serenityhousehospice.ca)**

### **St. Joseph's Health Care/Parkwood Hospital Palliative Care Unit**

Provides individual bereavement counselling to family members who have had a loved one die on the Palliative Care Unit at Parkwood Hospital.

**519 685-4292, ext. 42506 (Andrew Feron)**

### **Third Age Outreach Program**

Offers **Widows and Widowers**, an educational and social group for bereaved seniors (age 60+).

**519-661-1621**

### **University of Western Ontario**

Individual and group counselling addressing bereavement and loss for UWO students.

**519-661-3771**

**[www.shs.uwo.ca/counselling](http://www.shs.uwo.ca/counselling)**

### **VON Middlesex**

Provides volunteers to support individuals and their families who are facing life threatening or life altering conditions, as well as those who have lost a loved one. Also offers bereavement support individually or in a group.

**519-245-3170 or 1-800-265-7058**

**[www.von.ca](http://www.von.ca)**

### **Wellspring**

Offers a support group to individuals who have lost a loved one to cancer. This is an on-going group offered weekly.

**519-438-7379**

**[www.wellspring.ca](http://www.wellspring.ca)**

**London and District Distress Centre  
& Seniors Help Line**

24 hour, 7 days a week help lines for confidential support for people who may need a warming, supportive listener.

**519-667-6711 (Distress Centre)**

**519-667-6600 (Seniors Help Line)**

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

**London Health Sciences Centre,  
Child and Adolescent Mental Health Care Program**

Individual counselling for children and adolescents age 15 or younger. Special interest in areas of post trauma and complicated grief.

**519-667-6640**

[www.lhsc.on.ca/mhcp/child/outpatie.htm](http://www.lhsc.on.ca/mhcp/child/outpatie.htm)

**London Regional Cancer Program**

Individual grief counselling is provided by oncology social workers to family members whose loved one was a patient at the Centre.

**519-685-8600 x58622**

[www.lrcc.on.ca](http://www.lrcc.on.ca)

**New Horizons Support Group**

Peer support group for spousal loss. Tuesday evenings.

**519-657-4176 (Mary)**

**Parents and Their Children Healing (PATCH)**

A 5-week support group for preschoolers/children age 2 to 7 years and their parent/caregiver who have been affected by a death.

**519-858-1746-Denise O'Neil**

[www.patchforkids.ca](http://www.patchforkids.ca)

**Perinatal Bereavement Service Ontario**

Offers support to parents who have suffered a miscarriage, ectopic pregnancy, medical termination, stillbirth or newborn death. Support groups now serving Woodstock.

[www.pbso.ca](http://www.pbso.ca)

**Rattenbury, Dr. Christine**, Ph.D. (Psychology) 519-457-4705 \*

**Scott, Derek**, RSW 519-438-6777 \*

**Sheskin, Rena**, M.Ed., RSW, CCC 519-432-6676 \*

**Shook, Lorie**, BA, Dipl. A.T., A.T.I. 519-472-8716 \*

**Stewart, Cheryl**, M.Ed., CCC 519-636-6179 \*

**Stirling, Judy**, MSW, RSW 519-663-9524 ext. 816 \*

**Unger, Dr. Robert S.**, Ph.D. (Psychology) 519-660-4811 \*

**VanderSchaaf, Nancy**, M.Ed. 519-318-4656 \*

**Van Reenen, Patricia**, MSW, RSW 519-451-6837 \*

**Ware, Mike**, MSW, RSW 519-637-9956 \*

**Webb, Larissa**, MSW 519-642-1920 \*

**Wood, Karen** 519-471-7016 \*

**Woodson, Anna**, MSW 519-858-2493 \*

**Yepez-Millon, Morella**, M.Ed., RSW 519-936-2168 \*

## Agencies and Groups

\* Indicates Fee for Service.

### **Alone and Growing \***

Support group for widows and widowers. 7 weekly sessions offered twice annually.

**519-782-4681 (Jessica), 519-317-4381 (Nancy)**

### **Bereaved Families of Ontario**

Monthly support meetings for bereaved parents, one on one support, lending library, speakers bureau, miscarriage support. Also offers *Young People's Grief Support*, a support workshop for youth ages 15 to 23, and *Children's Grief Support Group* for children ages 7 to 14 who have experienced the death of a sibling or parent.

**519-686-1573** [www.bfo.london.on.ca](http://www.bfo.london.on.ca)

### **Bereavement Resource Council of Elgin**

Bereavement support for children, teens, and adults residing in Elgin County. Group support with limited individual support also available. Educational resources.

**519-633-2149 (1-800-463-1810)** [www.brce.ca](http://www.brce.ca)

### **Canadian Mental Health Association, London-Middlesex Branch**

Offers support to adults who have lost a friend or relative to suicide. The *Suicide Bereavement Support Group* is a peer support group meeting monthly. The *Survivors of Suicide* group is a professionally facilitated group offered twice annually for 8 weekly sessions.

**519-434-9191** [www.london.cmha.ca](http://www.london.cmha.ca)

### **Canadian Sudden Arrhythmia Death Syndromes Fndn.**

Provides support, educational resources, research and genealogy information for parents and siblings of children/young adults who are genetically predisposed to sudden death due to cardiac arrhythmia.

**905-826-6303 (1-877-525-5995)** [www.sads.ca](http://www.sads.ca)

### **Critical Incident Stress Management Team**

De-briefing for emergency personnel and groups involved in critical incidents. De-briefings, defusing, demobilizations after traumatic events/ critical incidents. Pre-incident education.

**519-646-7418** (*leave call back number*)

### **Daya Counselling Centre \***

Short term individual and couple counselling. Daya has a particular interest in bereavement counselling that honors an individual's human and spiritual nature. Sliding scale.

**519-434-0077 x392** [www.dayacounselling.on.ca](http://www.dayacounselling.on.ca)

### **Family Service Thames Valley \***

Provides bereavement counselling on sliding scale to residents of London and Middlesex.

**519-433-0183** [www.familyservicethamesvalley.com](http://www.familyservicethamesvalley.com)

### **Healing Heart Group \***

Support group for adults, general bereavement.

**519-686-1946**

### **Hospice of London**

Volunteers offer a supportive role during bereavement by telephone/in person. Clients are preferred to be within one year of their loss that is due to a lingering illness rather than a sudden event. Also offers *Key Changes*, an evening group for children ages 6-12.

**519-438-2102**

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

### **Journey through Loss**

An on-going support group for adults, general bereavement.

**519-782-5515**