

St. Joseph's Hospice

Supportive Care

Child & Youth - Resources Within the Region

Bereaved Families of Ontario

STAR – Sharing Together and Remembering: This workshop is designed to support young people ages 13-23 who have experienced the death of a brother, sister or parent. Each group consists of 5-8 participants, all who are given opportunities for input into planning the workshop. These full day workshops aim to help youth with their grief by giving them an opportunity to express themselves through discussion, music, art activities, sharing keepsakes and photos, etc. in a safe, confidential environment with other young grievers.


Children's Grief Support Group: This group, for children ages 7-14 who have experienced the death of a brother, sister or parent, is designed to support and encourage the unique needs of young grieving children. Through discussion, play and art activities children are able to understand their experiences of death and loss and connect with each other in a supportive, safe and nurturing atmosphere. Each group consists of 5-7 participants and is facilitated by a health care professional and a young, trained bereaved individual.

Wellspring

Children's Healing HeART Therapy: Offers an opportunity for children (under 18) of parents or grandparents, living with cancer or who have died from cancer. Art therapy is used as a vehicle for communication. Children may be seen individually, with their siblings, or the entire family may be included. Sessions are offered at children's homes.



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VON (Woodstock, Ingersoll, Tillsonburg)

Kids Circles: Provides supportive care to children and teens aged 4 to 11 who have experienced the death of a loved one. Through this program, children are provided with the support and guidance they need to develop positive coping skills when faced with the loss of a loved one. Each group consists of a maximum of six children. Groups are run in Woodstock, Ingersoll and Tillsonburg, however, London residents are welcome to enroll.

Parents Circles: Run concurrently with Kids Circles, Parents Circles is an educational and peer-support group for parents of bereaved children. Each group consists of a maximum of six parents. Groups are run in Woodstock, Ingersoll and Tillsonburg, however, London residents are welcome to enroll.

Vanier Children's Services

Counselling: Vanier provides a comprehensive range of programs and services including early intervention, counselling, parent training, individual and family therapy, psychiatry, psychology, specialized group counselling, intensive family services (in-home), residential treatment, specialized treatment classrooms and respite.



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Online Resources

Child & Youth

Vanier Children's Services: www.vanier.com

The Dougy Centre: www.dougy.org

Winston's Wish Foundation: www.winstonswish.org.uk

Sesame Street – Grieving as a family: www.sesamestreet.org/parents/grief

Bereaved Families of Ontario: www.bfolondon.ca

For Youth by Youth: www.soul2soul.ca

Caregivers

Wellspring: www.wellspring.ca/london-region

VON: www.von.ca/en/site/oxford

Canadian Virtual Hospice: www.virtualhospice.ca



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Literary Resources

Child & Youth


Brown, L. K. (1996). *When Dinosaurs Die: A Guide to Understanding Death*.
Schweibert, P., & DeKlyen, C. (1999). *Tear Soup: A Recipe for Healing After Loss*.
Goldman, L. (2005). *Children Also Grieve: Talking about Death and Healing*.
Abelove, Joan. (1999). *Saying It Out Loud*.
Grollman, Earl A. (1999). *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love* Heegaard,
Marge Eaton (1990). *Coping with Death and Grief*.

Caregivers

Eaton Russell, C. (2007). *Living Dying: A Guide for Adults Supporting Grieving Children and Teenagers*.
Silverman, P. R. (1999). *Never Too Young to Know: Death in Children's Lives*.
Worden, W. (1996). *Children and Grief: When a Parent Dies*.
The Dougy Centre. (2004). *Helping Teens Cope with Death, and 35 Ways to Help a Grieving Child*.



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