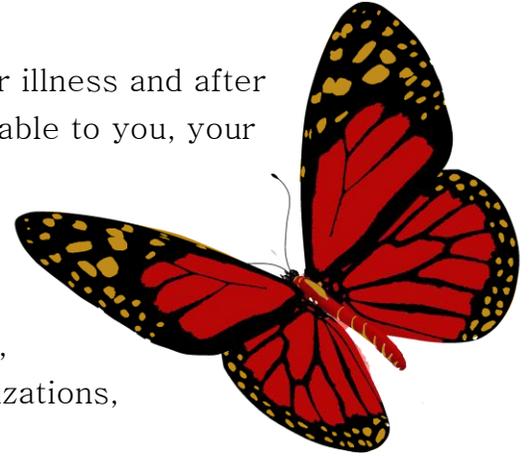


## Grief Support and Bereavement Care at Roger Neilson House

From the time of your child's diagnosis, throughout their illness and after their death, grief support and bereavement care is available to you, your child and your family members.

Memory making and legacy building activities are available throughout your child's involvement with the palliative care program. This can include hand castings, photography, art work, referrals to wish granting organizations, and participation in special events.



Within a week of your child's death at the Children's Hospital of Eastern Ontario (CHEO) or Roger Neilson House, you will be contacted by a social worker who will offer grief support and bereavement care. This includes individual counselling in addition to a variety of support groups.

The following are support groups that are available at Roger Neilson House:

### 1. PALLIATIVE CARE PARENT SUPPORT GROUP

All of the families working with the Palliative Care Team have access to a monthly parent support group facilitated by social workers. The group is open to any parent who wants to attend. When at the group, parents can expect a safe space to share their experience with others who understand and an opportunity to connect and develop friendships with other parents facing similar issues. Topics are planned in advance and in collaboration with group members. **If you are interested in attending, contact Social Work at Roger Neilson House at extension 607 to register.**

### 2. SIBLING SUPPORT GROUP (S.I.B.S.)

The siblings of children working with the Palliative Care Team can participate in a support group called S.I.B.S. (spectacular incredible brave siblings). The group, which is facilitated by recreational therapists and trained volunteers, is held the second Saturday of every month from 10 am to 12 pm. It creates opportunities for siblings to receive support from peers going through similar experiences and helps to decrease feelings of isolation. Art and drama are used to encourage self-expression in a fun, safe



environment. Siblings are invited to share their experiences and ask questions of medical professionals. Topics are planned in advance and vary from month to month. **If you are interested in participating, contact Recreational Therapy at Roger Neilson House at extension 663/667 to register.**

### **3. PARENT BEREAVEMENT SUPPORT GROUP**

Any parent who has lost a child under the age of 19 can participate in the Parent Bereavement Support Group. The group is held biweekly over the course of nine sessions. The following principles guide the group: grief is unique for each family member, sharing your experience with others who understand can bring comfort, and being part of a group helps reduce the feelings of isolation common to bereaved families. **If you are interested in attending, contact Social Work at Roger Neilson House at extension 622 to register.**

### **4. PERINATAL LOSS PARENT BEREAVEMENT SUPPORT GROUP**

Parents who have lost an infant to a stillbirth (over 20 weeks gestation) or a neonatal death (up to the first 28 days of life) are welcome to attend the Perinatal Loss Parent Bereavement Support Group. The group is held biweekly over the course of eight sessions. **If you are interested in attending, contact Social Work at Roger Neilson House at extension 622 to register.**

### **5. SIBLING BEREAVEMENT SUPPORT GROUP**

Children from 4-18 years of age who have a lost a sibling are welcome to attend the Sibling Bereavement Support Group. The group runs concurrently with the parent bereavement support group, biweekly over the course of nine sessions. It is facilitated by recreational therapists. The group uses a developmental model to help siblings understand their grief and learn coping strategies through peer interaction and facilitated therapeutic activities. **If you are interested in participating, contact recreational therapy at Roger Neilson House at extension 663/667 to register.**

If you have any questions about grief support or bereavement care, please contact Social Work at Roger Neilson House at 613-523-6300 extension 622 or 607.