



Support and Bereavement Services Offered

Roger Neilson House offers a variety of support services for families.

We offer counselling to individuals in addition to the group counselling outlined below. If you have any questions please speak with any one of our team members or contact Helen Yoxon, Manager, Palliative Care and Roger Neilson House at 613-523-6300 ext. 603 or hyoxon@cheo.on.ca. Please check our website Events page for the updated listing of group sessions available.

Ongoing Support Services:

Parents whose children are currently receiving the services of the CHEO Palliative Care Team and/or Roger Neilson House have access to individual and family counselling over the trajectory of their child's illness.

Support Services (for families whose child is actively receiving care from the CHEO Palliative Care Team or Roger Neilson House)

Parent Support Group

Sibling Support Group (S.I.B.S.)

Coffee Chat Time

Coffee Chat Time is a non-facilitated "drop-in" time for all Roger Neilson House families, both past and present, to connect. The group is held at RNH the 4th Tuesday of each month from 11am-1pm. Registration is not required and coffee, tea and water will be provided.

Parent Support Group

This group is open to all families who have a child currently involved with the CHEO Palliative Care Team and/or Roger Neilson House. Registration is not required. The group is "drop-in" format and provides a safe space for parents to share their thoughts, emotions and coping strategies, as well as an opportunity to connect and develop relationships with other parents throughout their child's illness. The group is facilitated by two registered staff members.

There are usually two group meeting times available to attend: the 2nd Tuesday of every month, 6-8pm and the 3rd Tuesday of every month, 11am-1pm at Roger Neilson House.

Sibling Support Group (S.I.B.S.)

The siblings of children receiving support from the Palliative Care Team can participate in a support group called S.I.B.S. (Spectacular Incredible Brave Siblings). The group is facilitated by RNH Registered Recreational Therapists and trained volunteers. The group's objectives are to create opportunities for siblings to receive support from peers going through similar experiences and to help 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. This group is typically for children over the age of 4, but please ask our team if you are interested.

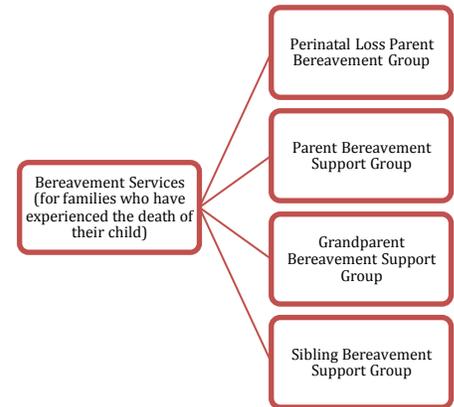
S.I.B.S. is usually held the second Saturday of every month from 10am-12pm.

Bereavement Support Services:

Bereavement support is available for families who have experienced the death of a child (under the age of 19) at Roger Neilson House, CHEO/OCTC or in the community.

We offer a safe and healing environment. At RNH our philosophy is to accompany families through their grief journey. The following principles guide our services:

- Grief is unique for each family member.
- Sharing your experience with others who understand can bring comfort.
- Being part of a group helps reduce the sense of isolation common to bereaved families.
- All of our bereavement groups are closed and require advance registration.



Perinatal Loss Parent Bereavement Group

At RNH we understand the unique challenges faced by parents who have experienced a perinatal loss. The Perinatal Loss Parent Bereavement Support Group is available to parents who have lost an infant to a stillbirth (over 20 weeks gestation), neonatal death up to the first 28 days of life, or medical termination or induction where a palliative diagnosis/pregnancy existed for the infant/mother. The group is facilitated by two Registered Social Work staff.

The group is held weekly over the course of eight sessions, usually on Thursdays.

Parent Bereavement Support Group

The death of a child is believed to be the most difficult loss a family can experience. Different themes such as coping strategies or the impact on other relationships are raised each week for discussion. The group is a closed bereavement group and is facilitated by two registered staff.

The group is held bi-weekly over the course of nine sessions, usually on Wednesday evenings.

Grandparent Bereavement Support Group

Grandparents, who often have a special relationship with their grandchildren, can feel helpless and isolated in their experience of grief, and may not know how to support their bereaved adult children. As with the Parent Bereavement Support Group, different themes are raised each week for discussion. The Grandparent Bereavement Support Group is a six session therapeutic support group facilitated by two registered staff.

Sibling Bereavement Support Group

Roger Neilson House offers a sibling bereavement support group for children from 4 to 18 years of age who have lost a sibling. The group uses a developmental model to help siblings understand their grief and learn coping strategies through peer interaction and facilitated therapeutic activities. The group is facilitated by two registered staff.

The group runs concurrently with the Parent Bereavement Support Group.