

Bereavement Services Offered

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 Wednesdays.

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.

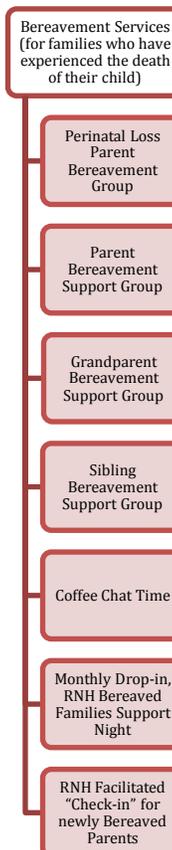
The group is held bi-weekly over the course of nine sessions, usually on Thursday evenings.

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.





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.

Monthly Drop-in, RNH Bereaved Families Support Night

At Roger Neilson House (RNH), we recognize that the grief of losing a child is a lifelong experience. Starting in November we will be offering a monthly drop-in group for parents to support one another through their grief experience. This group will be facilitated by Social Work, and can be attended by any bereaved parent who has previously participated in RNH programming. When at the group, parents can expect a safe space to share their experience with others who understand, and an opportunity to develop friendships. Some sessions may include a specific topic or guest speaker. Please contact Social Work to gain more information if you are interested in attending.

RNH Facilitated “Check-In” for newly Bereaved Parents

Following the loss of a child, many RNH parents who have attended the Parent Support Group over the years have a desire to reconnect with the families that they have shared and bonded with, in a facilitated setting. As families move on from the Parent Support Group after their child has died, this can be yet another transition as they explore the different supports available to them as bereaved families. As such, RNH would like to be able to offer these families an opportunity to meet with other Parent Support Group members for a check-in, at a time that is convenient for the bereaved family. This one-time session would be facilitated by a social worker, and follow a similar format as the Parent Support Group. Although Parent Support Group families and bereaved families can continue to connect at the RNH Coffee Chat Time or in the community, some families may welcome a facilitated session. This one-time session will be offered to all newly bereaved RNH families who attended the Parent Support Group. Should a newly bereaved parent wish to have one of these sessions, we will inform you by email.

Please Note:

The schedule of Bereavement groups and events will be posted on our [News and Events webpage](#).