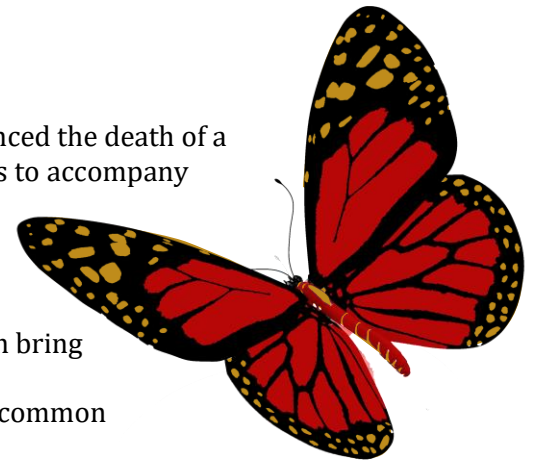


Bereavement Supports

Bereavement Support is available for families who have experienced the death of a child. We offer a safe and healing environment. 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.



Individual Counselling: Roger Neilson House (RNH) provides support to families throughout their highly individual experience of grief. From a child's diagnosis, throughout their illness, and after their death, grief support and bereavement care are offered to the entire family.

Parent Bereavement Support Group: Any parent who has experienced the death of a child aged 28 days of life to 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.

Perinatal Loss Parent Bereavement Group: At Roger Neilson House we understand the unique challenges faced by parents who have experienced a perinatal loss. The Perinatal Loss Parent Bereavement Support Group is available to any parent who has lost an infant over 20 weeks gestation up to the first 28 days of life, including stillbirth, neonatal death, pregnancy interruption and/or induction where a palliative diagnosis existed for the child. The group is held weekly over the course of eight sessions.

Grandparent Bereavement Support Group: Grandparents, who often have a special relationship with their grandchildren, can feel hopeless 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.

Sibling Bereavement Support Group: Roger Neilson House offers a sibling bereavement support group for children from 4 to 18 years of age who have experienced the death of 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 Roger Neilson House staff and is held over the course of 6-9 sessions. Participation is based on individual assessment.



Pregnancy After Loss Support (P.A.L.S) Group: Roger Neilson House is committed to providing on-going bereavement support to families following the death of their child. There is growing evidence that, during future pregnancies, families can benefit from receiving increased emotional support, surrounded by other families who understand that, during subsequent pregnancies, it is possible to be anxious, happy and sad all at the same time. P.A.L.S is open to families who have already accessed RNH services and are currently pregnant.

RNH Bereaved Families Support Night: At Roger Neilson House we recognize that grief is a lifelong experience. This group is for parents to support one another through their grief experience. This group is 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. Sessions may include a specific topic or guest speaker.

**For more information, or to access any of these supports,
please contact one of the Social Workers listed below:**

Sarah Allan-Wiseman, Social Worker (613) 523-6300 ext. 4609 sallanwiseman@cheo.on.ca

Madelena Arnone, Social Worker (613) 523-6300 ext. 4607 marnone@cheo.on.ca

Carol Chevalier, Social Worker (613) 523-6300 ext. 4622 cchevalier@cheo.on.ca

**The full schedule of bereavement groups and events
is posted at www.rogerneilsonhouse.ca under News and Events**