



## **BEREAVEMENT SUPPORT**

*We accompany you through your grief journey*

### **ABOUT US**

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.

### **OUR SERVICES**

Our services comprise of individual counseling and support groups.

### **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. Counselling provides an opportunity to seek emotional support and talk about feelings, thoughts and difficulties families may be experiencing. At Roger Neilson House the social worker is there to listen, assist families to identify their strengths and resources and explore strategies to support. They are experienced in the implementation of a range of psycho-social and psychological interventions and have the ability to work with the whole family unit.

### **BEREAVEMENT SUPPORT GROUPS**

Time, a dedicated space, support and connections to others can be incredibly helpful when coping with grief. Often family members feel the need to protect one other from their feelings. At Roger Neilson House individuals can freely express their thoughts and feelings with others who have also experienced a life changing loss.

- Our groups are facilitated by trained professionals
- There are separate groups offered according to the type of loss experienced (perinatal versus older age loss, as well as sibling and grandparent groups)
- Groups meet weekly or biweekly over a series of sessions
- Our Recreational Therapists engage with siblings through various activities and discussions on grief related themes.
- Our services are free of charge

### **SPECIFIC BEREAVEMENT GROUPS OFFERED**

#### **PARENT BEREAVEMENT SUPPORT GROUP**

Any parent or guardian who has experienced the death of a child aged 28 days of life to the age of 19 can meet other bereaved parents. Our Parent Bereavement Support Group is a facilitated group that brings together people with similar life experiences to share, support, and inspire one another.

### **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. This group is a six session facilitated group, where different themes related to grief are raised for discussion.

### **SIBLING BEREAVEMENT SUPPORT GROUP**

At Roger Neilson House we understand that every child is unique in their grieving process, and so we offer any sibling the opportunity to meet individually with a recreation therapist for support. Our sibling bereavement support group supports children from 4 to 18 years of age through various therapeutic activities. The group is facilitated by Roger Neilson House staff and is held over the course of various sessions. In these sessions recreation therapist strive to create a supporting relationship with each child/teen to express emotions, normalize feelings of grief, and to provide a listening ear. Support will be offered as assessed by recreation therapist.

### **PERINATAL LOSS PARENT BEREAVEMENT SUPPORT 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.

### **PREGNANCY AFTER LOSS SUPPORT 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.

### **LEARN MORE**

For more information, or to access any of these supports, please contact us at 613-523-6300 – press 1 or email at [info@rogerneilsonhouse.ca](mailto:info@rogerneilsonhouse.ca).

*The full schedule of bereavement groups and events is posted at [www.rogerneilsonhouse.ca](http://www.rogerneilsonhouse.ca) under News and Events.*