



## *Support Services Offered*

### **About Us**

Roger Neilson House support services provide social, psychological, spiritual and practical support to the families whose children have a life limiting illness and are currently receiving services from the CHEO palliative care team.

We provide support through individual counseling and group support to the families.

### **Individual Counselling**

A Palliative Care Social Worker will connect with you and provide support for better mental health, wellness and quality of life to all members of the family. It may include services like ongoing support around coping strategies, advocacy for resources, group support and support for grief (including anticipatory grief) and loss. The social workers are available to provide support in a safe environment where you are able to reflect on your experiences.

### **Support Groups**

#### *Parent Support Group:*

Parent support group brings together parents who are going through or have gone through similar experiences, thereby, providing a space to share one's thoughts, emotions and coping strategies. It also helps to develop relationships with other parents.

#### *Spectacular Incredible Brave Siblings Support Group (S.I.B.S.):*

At Roger Neilson House we understand that when a child is living with a life limiting illness, that illness affects the entire family. This includes siblings. That is why our recreation team provides individual and group support to siblings on a need bases. We bring in various themed activities which helps to create a safe space for all children and express their feelings and worries about having a sibling with illness.

### **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).