

Bereavement Resource

GUIDE



FUNERAL HOME
& CREMATION CENTRE

A Caring Part of Our Community

(905) 305-8508

Fax: (905) 305-8128

Toll Free: 1-877-889-8808

e-mail: info@chapelridgefh.com

website: www.chapelridgefh.com

JANUARY 2005

*I know I cannot enter all you feel
Nor bear with you the burden of your pain.*

*I can but offer what my love does give.
The strength of caring.
The warmth of one who seeks to understand
The silent storm-swept barrenness
of so great a loss.*

*This I do in quiet ways,
That on your lonely path
You may not walk alone.*

HOWARD THURMAN



Bereavement Resource Guide

When we experience the death of a loved one, sadness and grief deplete us of our inner resources. Physically we are exhausted, mentally we are distracted and emotionally we live on the edge, fearing a loss of composure when we are with friends and family.

Sorrow isolates us – making us feel terribly alone. Like a bitterly cold winter wind, these and other feelings are inescapable and we may wonder how we'll ever make it through another week.

This Bereavement Resource Guide is provided as a reminder that you are not alone. Caring, concerned people are accessible to assist you through this difficult season of your life. Found within these pages are various bereavement support groups available to those living in York Region. Caring and professionally trained individuals, some of whom, having experienced the loss of loved ones themselves, offer a warm invitation for your participation in their group.

Please be assured that we at Chapel Ridge Funeral Home desire to serve families beyond the funeral experience. If we can assist you through this season of your life, please do not hesitate to contact us.

Sincerely yours,

Luann Jones-Anderson

Pre-Arrangement Counselor/Funeral Director

Index

Alton, Gordon.	1
Anshuetz, Dr. Barbara	1
Applecreek Seventh Day Adventist Church	1
Barnett, John & Jennie Ormson, MSW	1
Bereaved Families of Ontario	1
Bereaved Young Spouses.	2
Catholic Community Family Services of York Region	2
Centre for Meaning Focused Therapy	2
Centre for the Grief Journey.	2
Community Care Access Centre.	2
Distress Centre of Toronto	3
Evergreen Hospice.	3
Fleming, Alcock, Vigna.	3
Fournier, Susan, R.N., B.R.S. MDIV (CAND).	4
Havelock, Zena, MSW, RSW	4
Hospice Georgina partnered with the Chippewas of Georgina Island	4
Hospice King-Aurora.	4

Hospice Newmarket-(Doane House Hospice)	5
Hospice Richmond Hill	5
Hospice Thornhill	5
Hospice Vaughan	5
Kids Help Phone	6
Jewish Family & Child Services	6
Macri, Nancy	6
Markham Stouffville Hospital-Religious and Spiritual Care	6
Meade, Dr. Edward S.	6
Ogus, Beverly, R. N.	7
Parent Assistance Help Line	7
Penrose, Ken, B.A., C.G.T., C.B.E.	7
Perinatal Bereavement Services of Ontario	7
Reflections	8
St. Justin Martyr Parish- Bereavement Support Services Parish Office	8
Survivor Support Program	8
Victim Assistance Program	8



Alton, Gordon

114 Glengall Lane, Stouffville, ON, L4A 1W4

905-640-9730

gordalton@aol.com

Pastoral counselor that specializes in grief counseling of all types, affiliated with the Community Care Access Centre of York Region (CCAC).

Anshuetz, Dr. Barbara

679 Davis Drive, Suite 309, Newmarket, ON, L3Y 5G8

905-830-0819

Individual and group counseling and therapy for grief and trauma with children, adolescents and adults.

Applecreek Seventh Day Adventist Church

700 Applecreek Boulevard, Markham, ON, L3R 7X9

905-946-8751

Bereavement support services for seniors

Barnett, John & Jennie Ormson, MSW

187 Second Street, Stouffville, ON, L4A 1B4

905-640-7007

Individual and family counseling, including grief coaching.

Bereaved Families of Ontario, York Region

Karen Simmonds, Program Coordinator

17070 Yonge Street, Newmarket, ON, L3Y 4V8

905-898-6265 or 1-800-969-6904

Programs for families who have experienced the loss of a child regardless of age or cause. Other bereavement groups include parent's group, adolescent group, infant loss group, children's group; special needs group, sharing and support night.



Bereaved Young Spouses

Ed Pakes, Mount Sinai Hospital
416-586-4665

Catholic Community Family Services of York Region

Lenore Hennegan, Intake Coordinator
21 Dunlop Street, Richmond Hill, ON L4C 2M6
905-770-7040

Bereavement counseling and support for those who are grieving.

Centre for Meaning Focused Therapy

Dr. Brian Cunnington, E.D.D., R.F.M.T, clinical member
and approved supervisor for American Association for
Marriage and Family Therapy.

86 Liebeck Crescent, Unionville, L3R 1Y5
905-415-9335

Email: bdc@ica.net

Marriage and family therapy, individual counselling.

Centre for the Grief Journey

Dr. Bill Webster

3243 Grassfire Crescent, Mississauga, ON, L4Y
905-624-8080 Fax: 905-624-6742

Website: www.griefjourney.com

Email: bwebster@griefjourney.com

Grief counseling of all types and presentations to groups.

Community Care Access Centre

Information and Referral Representative

1100 Gorham Street, Unit 1, Newmarket, ON, L3Y 7V1
Newmarket-905-895-1240

Stouffville-905-640-2662

Toll Free-1-888-470-2222

Referral service for a wide range of health related issues.



Distress Centre of Toronto

Karen Letofsky

P.O. Box 243 Adelaide Street Postal Station,
Toronto, ON, M5C 2J4

416-408-4357

Anonymous telephone support to persons who are depressed, lonely or suicidal. Lines are staffed twenty-four hours a day by trained volunteers.

Evergreen Hospice

Esther F. Mitchell, Executive Director

6060 Highway 7 East, Markham, ON, L3P 3A9

905-472-5014

Website: [-www.evergreenhospice.org](http://www.evergreenhospice.org)

Support and assistance for person and families dealing with advanced terminal illness. Bereavement services provide support, guidance and education to help families and friends adjust to the loss of a loved one. Services include bereavement support programs, individual counselling, bereavement volunteers, correspondence program, a Not So Jolly Christmas and Celebration of Life.

Fleming, Alcock, Vigna

Dr. Leslie Balmer

Dr. Stephen Fleming

Suite 403, Bramalea Medical Centre, 18 Kensington Road,
Brampton, ON, L6T 4S8

905-793-8858

Email: info@fav.on.ca

Website: www.fav.on.ca

Bereavement Support for children, adolescents, adults and families.



Fournier, Susan, R.N., B.R.S. MDIV (CAND)

81 Ashglen Way, Unionville, ON, L3R 3A6
905-944-8424

Individual, family and group counseling that focuses on the spiritual, social, psychological, emotional and relational aspects of the individual.

Havelock, Zena, MSW, RSW

745 Steeles Avenue, W., Unit 3, North York, ON, M2R 2S5
416-225-4545

Counseling, consulting and education in the area of palliative care, bereavement, disabilities, long term illnesses, workshops in groups, personal and family counseling.

Hospice Georgina partnered with the Chippewas of Georgina Island

Kim Slack, Office Manager
152 High Street, P.O. Box 721, Sutton, ON, L0E 1R0
905-722-9333

email: caring@hospicegeorgina.com

Website: www.hospicegeorgina.com

Support for person and families coping with advanced terminal illness, offers non-medical palliative care. Bereavement support one on one individual counselling.

Hospice King-Aurora

Sandra McComb-Durant, Bereavement Coordinator
155 King Road, Oak Ridges, ON, L4Y 2W1
905-773-0155

Hospice service, caregiver relief and bereavement support for adults, adolescents and children.



Hospice Newmarket (Doane House Hospice)

Ms. Barb Abel, Executive Director
194 Eagle Street, Newmarket, ON, L3Y 1J6
(inside the Newmarket Health Centre)
905-967-0259
*Support groups and individual counselling in ongoing
eight week cycles.*

Hospice Richmond Hill

Marina Smith, Executive Director
10256 Yonge Street, Richmond Hill, ON, L4C 3B7
905-884-6683
Six months or less bereaved: drop in 1:30-3:00 pm on
Thursday
*More than six months: individual companioning, closed bereavement
support groups, closed groups for children six to twelve years old.*

Hospice Thornhill

Isabelle Welsh, Bereavement Program Coordinator
18 Centre Street, lower level, Thornhill, L4J 1E9
905-764-0656
Fax: 905-764-6963
*Offering assistance before, during and at the time of bereavement
and continuing support through Take Heart Self Help Groups.*

Hospice Vaughan

Pia DiMaio, Executive Director
150 Woodbridge Avenue, Woodbridge, ON, L4L 2S7
905-850-6266
Email: hospicevaughan@globalserve.net
*One on one counselling, support groups, running in the
spring and fall, memorial candlelight service.*



Kids Help Phone

1-800-668-6868

Website: www.kidshelpphone.ca

Jewish Family & Child Services

Sheila Walker

416-638-7800 Ext. 260

Macri, Nancy

679 Davis Drive, Suite 309, Newmarket, ON, L3Y 5G8
905-833-8441

*Counseling and psychotherapy for adolescents, adults, couples,
on individual or group basis: speaker/group facilitator; specialty:
bereavement and loss issues.*

Markham Stouffville Hospital-Religious and Spiritual Care

Chaplain Don Shields

381 Church Street, Markham, ON, L3P 7P3

905-472-7106

Available by appointment to discuss issues with loss of a loved one.

Meade, Dr. Edward S.

16 Victoria Avenue, Unionville, ON

905-479-3255

ed.meade@3web.net

*Registered psychologist, clinical member and approved supervisor
of Ontario Association for Marriage and Family Therapy.*



Ogus, Beverly, R. N.

1136 Centre Street, Suite 207, Thornhill, ON, L4J 3MB
905-763-9055

ogus@on.aibn.com

Grief and bereavement counseling, offered on group or individual basis, also offered marital therapy or public speaking on issues surrounding suicide.

Parent Assistance Help Line

1-888-603-9100

Website: www.parenthelpline.ca

Bilingual, toll-free 24-hour telephone & internet service that gives parents a place to turn for any parenting concerns. Staffed by trained, paid counselors.

Penrose, Ken, B.A., C.G.T., C.B.E.

Grief Counselor and Educator

Supporting the bereaved to find new life beyond loss.

905-967-0526

Website: www.embracinggrief.ca

Email: ktp@interlog.com

Perinatal Bereavement Services of Ontario

Anne Smith, Executive Director

Kelly McLatchey, Administrative Assistant

Suite 205, 6060 Highway 7 East, Markham, ON, L3P 3A9

905-472-1807 or 1-888-301-pbso

Email: pbsocares@on.aibn.com

Website: www.pbso.ca

Support groups for parents experiencing miscarriage, ectopic pregnancy, medical termination, still birth or neonatal loss, one on one telephone support, lending library, training for professionals; subsequent pregnancy prenatal classes and support groups; sensitivity training and counsellor training for health care workers.



Reflections

Connie Cairns, R.N. Grief Counsellor/ Educator
4997 Highway 7, Markham, ON, L3R 1N1
416-566-5160 or 416-485-6415

Email: gdgrf@hotmail.com

Individual counselling, support groups, presentations/workshops to schools and community groups, resource library, self help bereavement support groups.

St. Justin Martyr Parish- Bereavement Support Services Parish Office

3898 Highway 7 East, Unionville, ON, L3R 1L3
905-479-2463

*Anyone experiencing a loss to death or any other circumstance.
They are there to listen, offer information and support.*

Survivor Support Program

Karen Letofsky
10 Trinity Square, Toronto, ON, M5G 1B1
416-595-1716

Face to face two on one individual counselling for those experiencing the death of a loved one by suicide or homicide.

Victim Assistance Program

York Regional Police or OPP
16715-12 Yonge Street, Suite 295
Newmarket, ON, L3X 1X4
905-895-1221 ext. 7125

Victims Information, Crisis Assistance and Referral Service



Notes



Notes



*Chapel
Ridge*

FUNERAL HOME
& CREMATION CENTRE



8911 Woodbine Avenue,
(3 blocks north of Hwy. 7)
Markham, Ontario L3R 5G1
(905) 305-8508