

# Grief Support and Services

**After the death of a child, the days, years and months that follow are a journey filled with grief.**

It's a journey where support can make all the difference. Roger Neilson Children's Hospice provides grief support and services, whether or not the child has previously received services from us. We accompany families through their grief journey, following our deeply held core principles:

- Grief is unique for each person.
- Sharing your experience with others who understand often brings comfort.
- Groups help reduce the isolation common to grieving families.





## Our Grief Support Programs

**We offer individual counselling and support groups at no cost.**



### Individual Grief Counselling

We offer personalized grief counselling for families coping with the death of a child. Counselling provides a safe space for families to discuss their feelings and difficulties. Our team uses a range of interventions to help families cope and heal. If you need support, we're always here to help.

### Grief Support Groups

Grief over the death of a child is incredibly hard. We offer facilitated groups for those struggling with loss. Our groups cater to different types of loss and meet weekly or biweekly over a few sessions. Our Grief Support Groups are available at no charge.

### Support Groups Offered

#### Parent Grief Support Group

Any parent or guardian who has experienced the death of a child aged 28 days to 19 years can meet other grieving parents in a facilitated group that brings together people with similar life experiences to share support and inspire one another.

#### Grandparent Grief 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 grief-related themes foster discussion.



[RogerNeilsonChildrensHospice.ca](http://RogerNeilsonChildrensHospice.ca)

399 chemin Smyth Road | Ottawa, ON, K1H 8L2 | Tele.: (613) 523-6300 | Fax: (613) 523-3617



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### **Sibling Grief Support Group**

We understand that every child grieves the loss of a brother or sister differently. We offer personalized support to siblings, involving therapeutic activities for children aged 4-18. We create a supportive and safe environment where children can express themselves, normalize their feelings of grief and feel heard.

### **Perinatal Loss Parent Support Group**

Available to any parent whose infant died after 20 weeks gestation up to the first 28 days, including death due to a life-limiting condition, stillbirth, death while in the Neonatal Intensive Care Unit, pregnancy interruption and induction where a palliative diagnosis existed for the child.

### **Pregnancy After Loss Support Group (P.A.L.S.)**

We provide support for families following the death of their infant. Pregnancy after the loss of a baby is a time when families can benefit from increased emotional support. This group is open to pregnant families who have previously accessed our services.

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### **Find out more about Grief Support at Roger Neilson Children's Hospice**

[rogerneilsonchildrenshospice.ca](http://rogerneilsonchildrenshospice.ca)

Call: [613-523-6300](tel:613-523-6300), extension 4619

[griefsupport@rogerneilsonchildrenshospice.ca](mailto:griefsupport@rogerneilsonchildrenshospice.ca)



### **Roger Neilson Children's Hospice**

Specialized care from diagnosis to end-of-life and grief support. Roger Neilson Children's Hospice is an independent, not-for-profit pediatric hospice. We offer a unique, home-like environment for families' most challenging journeys.

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