Grief Resources for Families

Finding the right support

Many families may need a variety of supportive services to work through the grieving process.

Check your coverage. Your employer may have an Employee Assistance Plan (EAP) that provides free confidential counseling. Professional counseling may also be covered by private medical insurance plans.

Find a counselor

- Ask your doctor for a referral to a qualified counselor.

- Ask your spiritual leader for suggestions.

- See the Yellow Pages listing under Counselors.

Professional organizations

- Psychological Association of Manitoba, 204-487-0784

- Manitoba Institute of Registered Social Workers, 204-888-9477

- College of Registered Psychiatric Nurses of Manitoba, 204-888-4841

- www.mygrief.ca

- www.ruralsupport.ca

Professional counseling

Canadian Virtual Hospice

- Email: info@canadianvirtualhospice.ca
- www.canadianvirtualhospice.ca
- CVH provides information and support on palliative and end-of-life care, loss and grief.

Palliative Manitoba

- 204-889-8525
- Toll-free 1-800-539-0295
- Email info@palliativemanitoba.ca
- www.palliativemanitoba.ca and click on Programs and Services, then Bereavement Services.

The Counseling Centre

- 335-9th St, Brandon
- 204-726-8706

Eden Health Care Services

- 309 Main Street, Winkler
- Toll-free1-866-895-2919
- 204-325-5355

Pembina Counseling Centre

- 103-400 Stephen St, Morden
- 204-822-6622

- 385 Mountain Ave, Winkler
- 204-331-3930
- Email: pccwinkler@gmail.com