

Thompson Grief/Loss Support



What is Grief and Loss?

“Grief is the normal and natural reaction to loss of any kind”

Common examples of loss are: death of a loved one, moving, graduation/starting school, retirement, death of a pet, major health changes/disability, empty nest, miscarriage, stillbirth, financial changes (positive or negative), divorce/marriage.

“We grieve for the loss of all relationships we deem significant – which are thus also emotional”.

(James and Friedman, 2009)

Do I Need Help?

Often, it is our natural supports that can help us through a difficult time.

Friends and family who know you and whom you trust can be just what you need. However,

You know you best!

And if you feel that you need to widen your circle of support, the following list outlines a variety of options for support in your loss.

As each person is unique and their grief is unique to them supports need to be chosen individually

Finding the Right Companion for you

“When you are grieving, you need the support of people who will walk beside you. You do not need people who want to walk in front of you and lead you down the path that they think is right. Nor do you need people who want to walk behind you so that they don’t have to be present to your pain. Instead, you need and deserve the companionship of people who will come alongside you and let you express whatever you are thinking and feeling. Their role is not to try to “fix it” or give you unasked for advice.

Their role is to be there, actively listen, and offer their love and presence”

(Dr. Alan Wolfelt)

Peer Support & Support Groups (In person)

Thompson Volunteer Open Adult Grief Support Group

Typically runs every other Thursday. To find out if a group is current and to get further details, contact one of the following co-facilitators:

Lori Landers **204-679-1660** or bouncer@mymts.net

Margaret Friesen **204-384-8483** or mf@mymts.net

Thompson Pet Loss Support Group

Printed materials on the topic of loss are available through book loan through the group and/or you can also follow their Facebook page “*Thompson Pet Loss Support Group*”.

Group meets **7:00pm on the last Thursday each month.** Location is the **Thompson Vet Clinic, 40 Nelson Road, Thompson, MB., R8N 0B4**

The group offers a safe space to remember lost loved ones and provide support to those who have lost, or in the process of losing, their pet.

For more information, messages can be left for Delsie Jack by phoning the Vet Clinic at: **(204) 778-8309**

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<u>Self-Help Agency Support</u>	
<p>Canadian Mental Health Association (CMHA) – Self Help 43 Fox Bay, Thompson, MB R8N 1E9</p>	<p>204-677-6056 Individual – one to one peer/self-help support.</p>
<u>Telephone & Online Support</u>	
<p>Bereavement Services, Palliative Manitoba Palliative Manitoba offers one-to-one telephone support by trained bereavement volunteers for individuals grieving the death of their loved one.</p> <p><i>Note: support is available to anyone regardless whether your lost loved one was involved with palliative care services or not.</i></p>	<p>The telephone bereavement program offers a safe anonymous environment to grieving individuals where they can speak freely and openly about their feelings. Each individual can expect to receive a weekly call from a trained bereavement volunteer once a match has been made. For more information, including requesting telephone support, please contact by phone: 204-889-8525 or email info@palliativemanitoba.ca</p>
<p>Compassionate Friends 685 William Avenue, Winnipeg, MB. R3E 0Z2</p> <p>They are not counsellors or therapists; they are people who have journeyed (in varying degrees) the same road you are now travelling.</p>	<p>The Compassionate Friends is an international, non-profit, non-denominational, self-help organization offering friendship, understanding, grief education and HOPE for the future for all families who are grieving the death of a child at any age from any cause including miscarriage, stillbirth, infant and adult. They also offer a newsletter and resource material and information.</p> <p>Please contact them at: 204-787-4896</p>
<p>Crisis Pregnancy Center of Winnipeg - Free Helpline 650 Broadway Ave West, Winnipeg, MB R3C 0X3</p> <p>We are a volunteer center, not a crisis center, please be patient awaiting a response. If urgent or in crisis, please contact emergency response.</p>	<p>Confidential and free helpline. This is for you if:</p> <ul style="list-style-type: none"> • I think I am pregnant and need options • I had an abortion and just want someone to talk to • I have had infant loss (SIDS, stillborn, miscarriage) <p>Call: 1-800-665-0570 Text: 204-813-0555 Email: loss@pregnancy.ca Web: pregnancy.ca/index.php/infant-loss/</p>
<p>Pembina Valley Pregnancy Care Center</p>	<p>Couples or any individual impacted by miscarriage or infant loss. Anyone grieving the loss of a little one and wanting someone to talk to.</p> <p>Call: 204-325-7900 or 204-822-9591</p>

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Manitoba Farm, Rural & Northern Support Services

No matter what the issue, you can call.

Counselors offer free, confidential & non-judgmental support for anyone on a farm, rural area or northern community.

Call our toll free Telephone Help Line or use our On-line support (Live web chat) today.

(Monday to Friday 10 AM to 9 PM)

Call: **1-866-367-3276**

Online Crisis Chat: supportline.ca

Indigenous Cultural/Spiritual

Ma-Mow-We-Tak Friendship Center

4 Nelson Road, Thompson, MB R8N 1B4

Call: **204-677-0971**

Aboriginal Spiritual Services/Elder. Provides Services at request.

Northern Health Region (NRHA)

Thompson Clinic, 50 Selkirk Avenue,
Thompson, MB., R8N 0M7

Cynthia Lathlin, Indigenous Health Liaison Worker

Call: **204-677-1776**

They offer listening skills, counsel as needed, offer a smudge, teachings & ceremonies – they request a respected community elder/advisor/healer of choice and/or make referrals to appropriate services to meet needs of the individual.

They also offer support services to assist with exploring options with individuals and making connections. Offering support in times of stress and in need.

Fee for Service/Independent:

Nancy Martin B.S.W., M.A., R.S.W

Setting Lake, MB

Independent Service Provider

Phone: 204-778-5225

Email: nbalfour2015@yahoo.com

Grieving a Suicide Loss:

MB Suicide Prevention & Support Line

This service is not only for those who are thinking of suicide, but also for **people who are grieving a suicide loss.**

If you have lost a loved one to suicide, you can access phone support here.

Call: **1-877-435-7170**

They also have a website:

<http://reasontolive.ca/>

REASON TO Live
SUICIDE
AFFECTS US ALL

Find your hope. We can help.
Talk to us if you, or someone you know, is **thinking about suicide** or dealing with a **suicide loss.**

Call Toll Free • 24 HRS
1-877-435-7170

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<p><u>Employee Assistance Programs (EAP):</u></p>	<p>Depending upon where you and/or your spouse works, you may be eligible for this support.</p> <p>For more details - Ask your HR representative.</p>
<p><u>Grieving a Homicide Loss:</u></p>	<p>Services for adults suffering from traumatic grief as a result of a loved one's death due to homicide, manslaughter and those loved ones reported missing.</p> <p>Jacqueline Walker Phone: 204-679-5277 or 204-484-2341</p>
<p><u>Helpful Links:</u></p>	<p>https://www.centerforloss.com/ http://www.recover-from-grief.com/ http://www.boardmanfh.com/Grief_and_Healing_871907.html</p>
<p><u>People I have as support:</u> Think about and add people below who might be willing and available to help you.</p> <p><u>1.</u></p> <p><u>2.</u></p> <p><u>3.</u></p> <p><u>Some examples to get you thinking....</u> Friends, Family, Elders, Clergy, Coaches, Mentors...</p>	<p><u>How you can reach them:</u></p> <p><i>*Any person that is supportive to you and that you trust can be an option - *Does not have to be professional/paid support</i></p>
<p style="text-align: center;">*We hope you find something on this list that fits for you*</p> <p style="text-align: center;">If this is a time of crisis or emergency for you, please call: Thompson General Hospital, 867 Thompson Drive, Thompson, MB. Call: 204-677-2381 Mobile Crisis Services for Youth, 70 Princeton Drive, Thompson, MB. Call: 204-778-1472 (17 yrs & younger) Or attend to your nearest hospital, health center or nursing station.</p> <p style="text-align: center;"><i>This resource developed by The Northern Health Region, Thompson and Area, Mental Health Promotion Department To obtain more copies of this list or to suggest edits/additions/corrections, please call: 204-778-6513 Ext 222 or email: jwhalen@nrha.ca</i></p>	