

Grief Support Program

When someone has died

Individual counselling and grief groups are offered in a safe, supportive and healing environment. All counsellors have specialized training and skills in grief and bereavement care.

Grief often takes much longer, and is sometimes more challenging than what people expect. Although there is nothing abnormal about the pain, loneliness, and disruption felt when grieving, there are times when you may want to ask for support.

Education night

- Clients who are newly registered can attend an education session to help bridge the time between registration and the first counselling appointment.
- This session provides information on grief and loss along with an opportunity to hear from program volunteers about their personal grief experiences

Individual counselling

- The Grief Support program provides up to eight sessions and is based on client need.
- The program is available during the day and limited evening appointments are available.

Grief groups

- After you participate in individual counselling, the possibility of attending a grief group will be discussed.
- Each group is led by a grief counsellor and trained volunteers.
- Group sizes vary, but generally average 15 participants per group.
- Various groups are run based on type of loss (i.e., loss of a parent).
- Groups meet once a week for six weeks.

Who is this service for?

Individuals who are 18 years or older and are grieving the death of someone. This program is not a crisis service and it is typical to wait to see a grief counsellor. If you need urgent help with your grief, call 811.

Is there a cost?

The program is primarily funded by Alberta Health Services (AHS), however, donations are appreciated to fund the lending library, grief groups, volunteer training and education facilitated by specialists in grief and bereavement care.

How do I access this service?

Call 403-955-8011 to book an appointment.

At that time you will be asked to provide:

- Alberta Health Care number
- Legal name, date of birth, address and phone number
- Type of loss experienced

Hours of operation:

Monday to Friday 8:30 a.m. – 4:00 p.m.

Location

The Bob Glasgow Grief Support Center, 3rd floor
Richmond Road Diagnostic and Treatment Centre
1820 Richmond Road SW, Calgary AB T2T5C7

To learn more about palliative care:

myhealth.alberta.ca/palliative-care

To learn more about Calgary Zone palliative services:

ahs.ca/palliativecalgary