



Help with Your Grief

Information for people coping with the loss of a loved one.

Georgetown Hospital
1 Princess Anne Dr
Georgetown, ON L7G 2B5
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Milton District Hospital
725 Bronte St S
Milton, ON L9T 9K1
(905) 878-2383

Oakville Trafalgar Memorial Hospital
3001 Hospital Gate
Oakville, ON L6M 0L8
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haltonhealthcare.com

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Reference: A Caregivers Guide: A Handbook about End-of-Life Care.

The Military and Hospitaller Order of St. Lazarus of Jerusalem in association with Canadian Hospice Palliative Care Association

What is Grief?

Grief is a normal reaction to a death or loss in a person's life. It can be hard, stressful and tiring but it is not an illness. It helps us to let go of the past and adjust to a new life without the person who has died.

How does Grief affect people?

You may experience a variety of feelings. These may come and go in no particular order or pattern and are all part of the experience of loss and the process of healing.

- Numbness or shock
- Loneliness
- Guilt
- Fear
- Anger
- Relief
- Confusion
- Questioning of your belief system, or faith
- Sadness and /or tears
- Change in sleep and /or eating pattern
- Physical symptoms: pain, fatigue, nausea etc.

“Those we love
don't go away
they walk beside us
every day
unseen
unheard
but always near
still loved
still missed
and very dear”

Coping with Grief

Grief touches individuals differently and it takes varying amounts of time for healing to occur. Memories may bring a smile or tears at other times. Talking to others about your loss and your relationship with them or with others who have also experienced a loss such as yours may provide comfort.

Some ideas for help include:

- Family members and friends who understand, will listen and may suggest ways to cope.
- Bereavement support groups in the community
- Your church or faith group
- Your funeral home
- Your family doctor



Help with Grief

Remember to find healthy ways to cope

If you are answering “yes” to any of these questions, consider contacting one of the resources listed in this brochure.

Since the death,

- are you always bad-tempered and angry
- do you have difficulty focusing
- are you afraid of getting too close to other people for fear of losing them again
- do you find that you keep going over and over the same things in your mind
- are you unable to get rid of guilty feelings about what you did or did not do for your loved one
- do you feel numb and alone all the time
- are you often thinking of your own death
- are you doing things that may be harmful to yourself such as drinking a lot of alcohol, using more medications or driving carelessly
- do you have frequent thoughts of suicide
- are you more fearful for no good reason

Bereavement Resources

Acclaim Health

905 827-8800 or toll free 1 800 387-7127
www.acclaimhealth.ca

Bereaved Families of Ontario

www.bereavedfamilies.net

hearthousehospice.com

kidsgrief.ca | mygrief.ca

The Coping Centre

www.copingcentre.com

The Lighthouse Program for Grieving Children

www.grievingchildrenlighthouse.org

Virtual Hospice

www.virtualhospice.ca

Wellspring

www.wellspring.ca

Widowed.ca

An online resource for Widows, Widowers and their Loved ones

Contact your local Hospice,
(e.g. Ian Anderson House)
