

GRIEF & BEREAVEMENT - COMMUNITY-BASED SUPPORTS & SERVICES IN THUNDER BAY

For comments or questions about this listing, please contact cerah@lakeheadu.ca



This listing is organized in the following categories to help you quickly find suitable support:

General services, support	Indigenous Culture, Practices, Approaches to Care	Services for Existing Clients, Patients of Health Care Clinics, Centres, Facilities	Services for Children, Youth, Students	Services for Age 55+	Services for Special Populations	Services for Crisis, Trauma, Complex Grief
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General Services/Support	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Hospice Northwest (807) 626-5570 Visit website for email options hospicenorthwest.ca	Peer Support: one to one		None	Self	Service offered by staff, volunteers with some grief training and support. No cost.	1 to 5 working days
Hospice Northwest (807) 626-5570 Visit website for email options hospicenorthwest.ca	Group Support: Hearts & Hope	Yes: Staff, volunteers have grief and bereavement training	None	Self	Must register for a spot. Service offered by staff, volunteers with specialized training. \$10 fee.	None when a group is running
Hospice Northwest (807) 626-5570 Visit website for email options hospicenorthwest.ca	Group Support: Circle of Friends		None	Self	May join after completing Hearts & Hope. Must register for a spot.	None when a group is running
Palliative Carelink - NorWest Community Health Centre (807) 626-7873 norwestchc.org	Support: Referral to grief and bereavement services through the Palliative Carelink program	Yes	Family members of Palliative Carelink Clients	Self, Doctor/Caregiver/ Agency/Self may initiate referral to Palliative Carelink while client still alive	The program is a no-cost referral service directing clients to suitable support and services. Referrals may be made by anyone and are encouraged very early in the diagnosis of a life-limiting illness. Referral to PCLink should take place for the client with the life-limiting illness while they are still living with their illness. Clients are accepted at ANY stage of their journey. Families/caregivers of registered clients may receive services through the grief and bereavement stages. All attempts will be made to provide services in a culturally relevant manner for clients and their families/caregivers.	1 to 5 working days
Thunder Bay Counselling Centre (807) 684-1880 community@tbaycounselling.com tbaycounselling.com	Counselling: One-to-one Phone	Yes	None	Self	Some services available from grief and bereavement specialists. Walk In and appointment-based counselling. Walk-in Counselling is available at the following times and places: The 1st and 3rd Wednesday of the month from 12 pm - 6:30 pm at Thunder Bay Counselling The 2nd and 4th Wednesday of the month from 12 pm 0 6:30 pm at The Childrens Centre Currently offering virtual and in person service. Non-Insured Health Benefit counselling. Service is no cost if qualify for subsidized services: Fees for services are subsidized for those eligible, and may be covered by EAP.	Wait times may apply

Indigenous Culture, Practices and Approaches to Care	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Anishnawbe Mushkiki (807) 623-0383 info@mushkiki.com mushkiki.com	Please contact for service information.					
Beendigen (807) 344-9579 Ext. 1600 beendigen.com	Support: Referral for Grief Counselling Group support		Women age 16 and over	Self	Weekly education and support group and circle provided with this service. Services are no cost and provided by Elder who utilizes holistic aboriginal healing approach to counselling. Elders , Culture, and Residential School Experience is discussed for Aboriginal women still grieving their losses.	1 - 5 working days

Indigenous Culture, Practices, Approaches to Care	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Dilico Anishinabek Family Care (807) 623-8511 dilico.com	Social Work & Cultural Services: one to one phone virtual		None	Self, Doctor/Caregiver/ Agency may initiate service request on behalf of client	No cost services. Some services available in client's language. Contact Dilico Anishinawbek Family Care for more information.	1 to 5 working days
Ontario Native Women's Association – Mental Health & Addiction Program (807) 623-3442 1-800-667-0816 reception@onwa.ca onwa.ca	Counselling, Support: - Land-Based Therapy - Traditional counselling - Access to Elders & Healers - Traditional Healing & Ceremony - Sharing/Healing circles - Grief Services - Addictions - Referrals to internal/external supports and services	Yes	Clients of ONWA, Family Members of Clients, Members of General Public of Indigenous Ancestry (regardless of status or locality)	Self, Agency or organization referral may initiate service request on behalf of client	The Mental Health & Addiction program provides access to culture and ceremony through land-based therapy, traditional practices and teachings, and Elders and Traditional Healers. Trauma-informed, holistic approach using wrap around services in the delivery of mental health, addiction, aftercare, case management, and counselling services. Services offered to Indigenous women and their families regardless of their status or locality. Support is provided a variety of ways: through workshops, healing camps, groups, one-to-one, etc. Approaches may vary. There is no cost for services.	1 to 5 working days
Ontario Native Women's Association – Mental Health & Addiction Program (807) 623-3442 1-800-667-0816 reception@onwa.ca onwa.ca	Counselling, Support: - Land-Based Therapy - Traditional counselling - Access to Elders & Healers - Traditional Healing & Ceremony - Sharing/Healing circles - Grief Services - Addictions - Referrals to internal/external supports and services	Yes	Clients of ONWA, Family Members of Clients, Members of General Public of Indigenous ancestry regardless of status or locality	Self, Agency or organization referral may initiate service request on behalf of client	The Missing and Murdered Indigenous Women and Family Support program provides access to culture and ceremony through land-based therapy, traditional practices and teachings, and Elders and Traditional Healers. Trauma-informed, holistic approach using wrap around services in the delivery of mental health, addiction, aftercare, case management, and counselling services. Services offered to Indigenous women and their families regardless of their status or locality. Support is provided a variety of ways: through workshops, healing camps, groups, one-to-one, etc. Approaches may vary.	1 to 5 working days
Talk 4 Healing 1-855-554-HEAL talk4healing.com	Please contact for service information.					
Thunder Bay Indigenous Friendship Centre Victim Advocate Caseworker Program (807) 345-5840, ext. 9095 tbifc.ca	Group Support: Healing Our Hearts Program	Yes	None	Self, Crowns, Defence Counsel, Duty Counsel, Police, and internal and external service providers may make a referral on behalf of client.	Program is group work with an Indigenous cultural component. 6 to 8 sessions. Grief and loss groups run 3 to 4 times a year. Program is no cost. Call for information on the next session. Can provide one-to-one peer support for those who have experienced grief/loss due to trauma, abandonment, failed relationships, victims of violence, domestic violence and of crime. Will make referrals for professional services. Traditional healing or cultural teachings can be available upon request.	Wait time depends on start up of the next session.
Thunder Bay Indigenous Friendship Centre Victim Advocate Caseworker Program (807) 345-5840, ext. 9095 Visit website for email contact method tbifc.ca	Support: One-to-one peer support	Yes	None	Self, Crowns, Defence Counsel, Duty Counsel, and internal and external service providers may make a referral on behalf of client	Program is group work with an Indigenous cultural component. 6 to 8 sessions. Grief and loss groups run 3 to 4 times a year. Program is no cost. Call for information on the next session. Can provide one-to-one peer support for those who have experienced grief/loss due to trauma, abandonment, failed relationships, victims of violence, domestic violence and of crime. Will make referrals for professional services. Traditional healing or cultural teachings can be available upon request.	1 to 2 working days. Immediate if in a crisis.
Hospice Northwest Gashkendamide'e Grief Support Group for Indigenous Peoples' (807) 626-5570 HospiceNorthwest.ca	Support: Group Support	Yes	None	Self	Led by an Elder, this two-day workshop is delivered in a culturally relevant and spiritually-based manner. This loss and grief workshop is individualized depending on the unique needs of each participant and has at least one Indigenous helper who has experience, education and knowledge in grief support.	

Indigenous Culture, Practices, Approaches to Care	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
NAN Hope 1-844-NAN-HOPE NanHope.ca	Support: One-to-One	Yes	Member of of the 49 First Nations communities in NAN Territory	Self	The Nishnawe Aski Mental Health Wellness Support Program provides community-driven, culturally appropriate and timely mental health and addictions support to members of the 49 First Nations communities in the NAN Territory. There is a 24/7 crisis support line, or clients can access their live web-chat and text support through their website NanHope.ca .	None

Services for Existing Clients, Patients of Health Care Clinics, Centres, Facilities	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Family Health Team - Fort William (807) 626-1233 fortwilliamfhn.ca	Counselling: one to one		Clients of FWFHT	Doctor	Services are no cost.	6 - 8 weeks
Family Health Team – Harbourview Clinic: Mental Health Team (807) 346-1240 info@hfht.ca hfht.ca	Social work support: Grief Recovery Method (one to one, group) SUSPENDED DURING COVID 19 RESTRICTIONS. Please call for updates on services.	Yes: Grief Recovery Method	Clients of HFHT	Doctor or Nurse Practitioner of clinic	This grief support is not available during Covid outbreak/restrictions. At this time, social workers will only provide short term, brief intervention for grief/bereavement and direct clients to other appropriate services in the community once they have assessed the client. Please contact clinic for updates on the resumption of regular grief support services using the Grief Recovery Method. Services are no cost.	more than 10 working days
Lakehead Nurse Practitioner Led Clinic (807) 475-9595	Counselling: one-to-one		Patients of LNPLC	Self, Nurse, Nurse Practitioner		
St. Joseph's Hospital: Hospice Unit (807) 343-2431 (must request 4th floor hospice unit social worker) sjcg.net	Grief Counselling	Yes	Anyone who has had a loved one die on the 4th floor of St. Joseph's Hospital	Self: Must directly contact hospice unit social worker to determine eligibility for the grief counselling service	Grief counselling for anyone who had a family member die on the 4th floor of St. Joseph's Hospital. Service is no cost. Individuals must directly contact the 4th floor hospice unit social worker to make arrangements to access this service. Services to support cultural and language needs available upon request.	1 to 10 working days
St. Joseph's Hospital: Spiritual Care (807) 343-2431 (ask for spiritual care, ext. 2638) sjcg@tbh.net sjcg.net	Counselling/Grief Support: One-to-one (in person or on the phone)	Yes	SJCG Patients, Family Members of SJCG's Patients	Self, Doctor, SJCG staff, family may initiate service request on behalf of SJCG client	Services are no cost. Translator can be requested for language needs.	1 to 5 working days
St. Joseph's Care Group: Mental Health Outpatient Program (Vicville site) (807) 624-3400 sjcg.net	Complex Grief Support, Counselling: One-to-one Group	Yes	Adult Patients (16+ years)	Doctor (using Access Point Northwest)	Group support through an 8 week treatment group for clients who may be dealing with atypical or prolonged grief (e.g., grief to a suicide, persistent depression as a result of a loss). All clients must go through a welcome workshop before going on to complete a treatment plan. Only the client is able to access service (family services are not offered). This program also provides counselling on a case by case basis for trauma, depression, etc. that may be connected to a loss. Clients experiencing typical grief are referred to community organizations for support.	More than 10 working days (approx. 6 months)
Thunder Bay Regional Health Sciences Centre: Spiritual Care & Psychotherapy (807) 684-6236 laitine@tbh.net, tbrhsc@tbh.net tbrhsc.net	Counselling: One to one	Yes	Inpatients	Self, Doctor, Health Care Provider working in the hospital may initiate service request on behalf of client	Patients may self refer, a physician may refer, or a health care professional within the hospital may initiate the referral process. Service available in Finnish (currently; Nov 2021) and an Indigenous Spiritual Care Provider is also available to provide culturally appropriate bereavement support for Indigenous patients. Services are no cost.	0 to 1 working day

Services for Existing Clients, Patients of Health Care Clinics, Centres, Facilities	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Thunder Bay Regional Health Sciences Centre: Cancer Clinic - Supportive Care (807) 684-7200 tbrhsc@tbh.net tbrhsc.net	Supportive Care: one to one	Yes	Patients, Family Members of Patients Who have Recently Passed Away	Self, Doctor/Caregiver/ Agency may initiate service request on behalf of client	Family member eligible to receive grief counselling up to 18 months following patient's death. Counselors are registered social workers with Master's Degrees in Social Work. There is no cost.	10 working days

Services for Children, Youth, Students	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Children's Centre Thunder Bay (807) 343-5000 Visit website for email contact method childrenscentre.ca	Counselling & Therapy: one to one phone virtual	Yes	Children Students Current or Existing Client	Self, Doctor/Caregiver/ Agency may initiate service request on behalf of client	No cost services provided by staff trained in grief/bereavement. The use of interpreters are often a part of service delivery.	10+ working days
Confederation College Counselling Centre (807) 475-6618 studentsuccess@confederationcollege.ca confederationcollege.ca/counselling-services	Counselling: one to one		Students	Self	Indigenous services available at no cost.	1 to 5 working days
Lakehead University Student Health & Wellness (807) 343-8361 health@lakeheadu.ca lakeheadu.ca/students/wellness-recreation/student-health-and-wellness/counselling-services	Counselling: one to one		Students	Self	Indigenous Initiatives has a counsellor (MSW) available for Indigenous students, along with other cultural services (elders, sweatlodge, etc.). Services are no cost.	1 to 5 working days
Thunder Bay Counselling Centre (807) 684-1880 community@tbaycounselling.com tbaycounselling.com	Counselling: One-to-One	Yes		Self	Some services available from grief and bereavement specialists. Walk in and appointment-based counselling. Walk-in Counselling is available at the following times and places: The 1st and 3rd Wednesday of the month from 12 pm - 6:30 pm at Thunder Bay Counselling The 2nd and 4th Wednesday of the month from 12 pm 0 6:30 pm at The Childrens Centre Currently offering virtual and in person service. Non-Insured Health Benefit counselling. Service is no cost if qualify for subsidized services: Fees for services are subsidized for those eligible, and may be covered by EAP	Wait times may vary
Help Us Understand Grief (HUUG) - Hospice Northwest (807) 626-5570 HospiceNorthwest.ca	Group grief support	Yes	Children between the ages of 4-18	Self referrals can be done through the website (or by a third party if there is consent from the family). Once they receive a referral the family will be contacted to schedule an intake.	The HUUG Program was created to help kids process their grief after a loved one has died. This program provides children with the tools and resources they need to understand their feelings and develop healthy coping strategies. The HUUG Program provides group support through 2 hour monthly workshops. The workshops are guided through arts, crafts, books and various activities. There are also cultural pieces in the program to ensure cultural safety for Indigenous children. Please contact HNW for more information regarding programing and their monthly workshops by phone or on their website.	No wait time; once referral is complete clients are welcome to attend any and all monthly workshops.
Our Kids Count (807) 623-0292 info@ourkidscount.ca ourkidscount.ca	Please contact for service information.					

Services for Age 55+	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Lutheran Community Care Centre (807) 345-6062 main office (807) 345-6062 Ext. 117 for Pastoral Care Worker info@lccare.ca lccare.ca	Pastoral Care Program: One to one Group Phone	Yes	Seniors in long term care facility with Lutheran affiliation	Self	Services offered by worker with specialized training in grief and bereavement. Service available in Finnish and English and are no cost.	1 to 5 working days
Thunder Bay 55 Plus Centre (807) 684-3066 thunderbay.ca	Support: One-to-one Grief Caregiver Support Group	Yes	Age 55 and over	Self	The Grief Support group meets every Friday afternoon at the Thunder Bay 55 Plus Centre. A referral can be made by calling the Support Services Program at 684-3471. The Caregiver Support Group meets the third Wednesday of each month and a referral can be made by calling the Support Services Program at 684-3471. There is no cost for these support services.	None when a group is running

Services for Special Populations	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
Elevate (807) 345-1516 info@elevatenwo.org elevatenwo.org	Support: one to one	Yes: Some case workers and outreach workers have grief and bereavement training	Clients	Self, Doctor/Caregiver/ Agency may initiate service request on behalf of client	Referrals to Elevate NWO are related to a person's HIV or Hep C status. Grief and bereavement support is integrated into the service provided to individuals based on need (i.e. there is no separate grief/bereavement programming). Most Elevate NWO services (besides doctor's appointments) are offered at the time of need or as close to the time of need as possible. An Ojibwe elder is on site 5 days a week to offer culturally-specific, harm reduction focused support. All services are no cost.	1 to 5 working days
Lutheran Community Care Centre (807) 345-6062 main office (807) 474-9661 Street Chaplain info@lccare.ca lccare.ca	Support: Street Reach Ministries, one to one or by phone.	Yes	Street Involved Individuals	Self	Street Reach Ministries provides compassionate listening by a theologically trained chaplain at our drop-in centre, by phone or by appointment. There is no cost for services. Street Chaplain strives to be respectful of an individual's spiritual/religious values.	1 to 5 working days

Services for Crisis, Trauma, Complex Grief	Service Type	Specialized Grief/ Bereavement/ Loss Training	Criteria to Access	Referral	Support/Service Info Including Cultural Relevancy/Language	Wait Time
9-8-8 Crisis Hotline	Crisis Response Services: 24/7, 365 support, One-to-one phone support (to determine level of support/services needed)				Canadians can call or text 9-8-8 when they are in need of immediate mental health crisis support. Calls and texts will be directed to a mental health crisis or suicide prevention service free of charge. Support is available 24 hours a day, 7 days a week. These services are bilingual, trauma-informed, culturally appropriate and available to anyone in Canada.	
Canadian Mental Health Association (CMHA) (807) 345-5564 (main office) (807) 346-8282 (crisis response number) communications@cmha-tb.on.ca thunderbay.cmha.ca/programs-services/	Crisis Response Services: 24/7, 365 support, One-to-one phone support (to determine level of support/services needed)		None	Self, Doctor/Caregiver/ Agency may initiate service request on behalf of client	Service is a brief crisis service that includes: crisis assessment and intervention, providing support, referrals to appropriate community services, wellness planning and follow up (if agreed to). 24/7 phone line. Service is done over the phone by Thunder Bay CMHA staff. Mobile team will see people in crisis if necessary based on phone assessment (brief crisis services provided only by mobile team; will connect person to longer term resources). Translation and/or interpretation services utilized if required. All services are no cost.	None
NAN Hope 1-844-NAN-HOPE NanHope.ca	Crisis Response Services: 24/7, 365 support, One-to-one phone support (to determine level of support/services needed)	Yes	Members of the 49 First Nations Communities in the NAN Territories.		The Nishnawbe Aski Mental Health Wellness Support Access Program provides a community-driven, culturally appropriate and timely mental health and addictions support to members of the 49 First Nations communities in the NAN Territory. There is a 27/7 crisis support line that can be reached at the above phone number (via text or call) or you can receive support on their website via live chat or Facebook Messenger (www.nanhope.ca)	

<p>St. Joseph's Care Group: Mental Health Outpatient Program (Vicville site) (807) 624-3400 sjcg@tbh.net sjcg.net</p>	<p>Complex Grief Support, Counselling: One-to-one Group</p>	<p>Yes</p>	<p>Adult Patients (16+ years)</p>	<p>Doctor (using Access Point Northwest)</p>	<p>Group support through an 8 week treatment group for clients who may be dealing with atypical or prolonged grief (e.g., grief to a suicide, persistent depression as a result of a loss). Services are no cost. All clients must go through a welcome workshop before going on to complete a treatment plan. Only the client is able to access service (family services are not offered). This program also provides counselling on a case by case basis for trauma, depression, etc. that may be connected to a loss. Clients experiencing typical grief are referred to community organizations for support.</p>	<p>More than 10 working days (approx. 6 months)</p>
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