

Grief Counselling

Personal and family counselling
Sliding fee scale
Employee Assistance Programs

Family Service Saskatoon

103, 506 - 25th Street East
www.familyservice.sk.ca

Saskatoon (306) 244-0127

Catholic Family Services

206, 506 25th Street East
www.cfssaskatoon.sk.ca

Saskatoon (306) 244-7773

FEEL

(Families Experiencing Exceptional Loss)

FEEL offers support and programming for families who have lost a loved one with a disability.

Coordinator (306) 341-2416

Grief Share

A 13 week group to help and provide encouragement after the death of a loved one.

Louise Avenue Congregational Church

Lynn (306) 382-4123

The Neighbourhood Church

Jodi (306) 717-6679

West Portal Mennonite Brethren Church

Office (306) 382-1622

Emmanuel Baptist Church

Kari (306) 477-1234 ex133

Mental Health and Addiction Services

Bereavement counselling for all ages.

Saskatoon: (306) 655-7950

Humboldt: (306) 682-5333

Wadena/Wynyard: (306) 338-9950

Lanigan/Watrous: (306) 365-3400

Rosthern: (306) 232-6001

Wakaw: (306) 233-4363

Grief and Loss Resources

Humanitas Library

Palliative Care Unit, St. Paul's Hospital

Saskatoon (306) 655-5530

Bereavement Resource Library

W. A. Edwards Family Centre

333 - 4th Ave. N.

Saskatoon (306) 244-5577

Compassionate Friends Library

(for parents who have lost children)

Saskatoon (306) 374-8862

Catholic Pastoral Centre

100 - 5th Ave. N.

Saskatoon (306) 242-1500

Saskatoon Public Library

www.saskatoonpubliclibrary.ca

Information Desk (306) 975-8000

Canadian Virtual Hospice

www.virtualhospice.ca

Palliative Care Services

Annual Walk of Memories

A summer event to remember loved ones and support Palliative Care Services.

Saskatoon (306) 655-5868

Memory Tree

People are invited to place a card in memory of loved ones on a tree as a way to help express their feelings of grief during the holiday season. Late November to early December each year.

Saskatoon (Market Mall) (306) 655-5868

Hospital Bereavement Follow-Up

Inter-denominational memorial services for relatives and friends of those who have passed away.

St. Paul's Hospital (306) 655-5000

Royal University (306) 655-1249

Saskatoon City Hospital (306) 655-8250

Humboldt District Hospital (306) 682-8139

Memorial gatherings are followed by coffee and conversation.



saskhealthauthority.ca

Revised July 2019

www.saskatoonhealthregion.ca/palliative-care

Groups, Support and Resources for the Bereaved



"Green Skies and Purple Seas Sunset"
courtesy of Gina De Gorna

Palliative Care Services



Saskatchewan
Health Authority

Community Services

A bereavement support group for women of all ages.

Please phone for more information :
(306) 655-3400

Mourning to Dawn

An 8 week support group of healing and encouragement for bereaved spouses. This program is open to participants who have been widows/widowers between two months and two years.

Roman Catholic Diocese of Saskatoon
Dianna Knaus (306) 382-0535
Email: **dknaus@sasktel.net**

Grief Support Group

An adult grief and loss support group for those grieving the death of a loved one.

Mondays 7:00pm-9:00pm
Acadia Funeral Home (306) 955-1600

Saskatoon Community Contacts for the Widowed

A peer-led support group for widowed persons. This self-help organization provides guidance, encouragement, support and social activity in a friendly and non-denominational environment.

St. Martin's Church (306) 343-7101

Saskatoon Funeral Home Sponsored Groups

Hold On! A Group For Grieving Teens

A facilitated group for teens 13-17 years who have experienced the death of a parent, sibling or friend. An 8 week series.

Bereaved Parents of Adult Children

8 week facilitated group for parents who have experienced grief following the death of their adult child.

Professional Facilitated Bereavement Support Groups

For adults who have experienced the death of either a spouse, parent or sibling. Offered on need basis.

Pre-registration for all groups is required.
Please call for more information.

Saskatoon Funeral Home (306) 244-5577
Dr. Phil Carverhill (306) 651-7445
(Registered Doctoral Psychologist)

Soaring Spirits

An in-person and online community helping those living through the loss of a life partner. Soaring Spirits is secular, inclusive and life affirming and meets twice monthly.

Rhonda Reddekopp/Leah McInnes
Facebook: Soaring Spirits Regional Group
Martensville/Saskatoon
Email: **Saskatoon@soaringspirits.org**

Compassionate Friends

The Compassionate Friends is an international peer-support network for bereaved parents and their families. This welcoming group meets the last Tuesday of the month, 7:30 - 9:30 p.m. at the Edwards Family Centre.

Contact: (306) 374-8862
Email: tcfsaskatoon@gmail.com
www.tcfsaskatoon.wordpress.com

Aboriginal Support

Saskatoon Tribal Council
2010 7th Street East
Saskatoon (306) 956-6100

First Nations and Metis Health Service
Patient and Client Support
St. Paul's Hospital (306) 655-0518
Royal University Hospital (306) 655-0166

Strength: Support For Young Widows

A private virtual support group that allows women to vent, read, reminisce or share. In person meetings and play time for families from time to time. Time since loss varies, all are welcome.

Tiara Dietrich (306) 290-4008

After Suicide Support

Offers a variety of services in and around Saskatoon: one-on-one visits to survivors. Two very different types of support groups (one time-limited and one ongoing). Provides information to communities who have had to deal with suicide.

(306) 249-5666

Hope

Support for those who have lost a child through miscarriage, stillbirth or infant death.

Amy (306) 374-0393
email: **hopegroupsaskatoon@hotmail.com**

Empty Arms Perinatal Loss Support Services

Providing support to individuals and families that experience grief and bereavement due to perinatal loss.

Office (306) 244-5677

Pet Loss Support

Family pet cremation services provides material and literature to help with pet loss and pre-euthanasia decisions. The Pet Loss Support Group meets the 1st and 3rd Sunday at the Edwards Family Centre.

Please call for more information.
Bev (306) 343-5322