

Bereavement Services in Greater Edmonton

Grief is a very individual, and natural response to loss, often involving much pain and confusion. If you feel you need support through this, it may help to receive some counseling. One of the following services may meet your needs.

Online Search Directories

Inform Alberta

An online search directory for non-profit bereavement services in your area.
www.informalberta.ca

You can also search for fee-based grief therapists in your area by going to therapists.psychologytoday.com

Type your city or town in the search bar. On the left side of the page under “Issues,” click on “more +” and then click on “grief.” www.therapists.psychologytoday.com

Online Grief Support

mygrief.ca

A division of Canadian Virtual Hospice, mygrief.ca offers grief support modules, information and support. www.mygrief.ca

Telephone Support

Canadian Mental Health Association – Edmonton Region

24-Hour Distress Line - 780-482-HELP (4357). If you're outside of the greater Edmonton region, call our Rural Distress Line at 1-800-232-7288.

Immediate support through the Canadian Mental Health Association.

211 - 24-Hour Information and Referral Line

Helps people connect to social, health and government services. Edmonton and area.
www.ab.211.ca. Call 211.

Counselling and Support

Momentum Walk-In Counselling Society of Edmonton 780-757-0922

Momentum is a mental health triage center, helping individuals who cannot pay for or wait for aid through the traditional health care system. It is a walk-in agency providing support and guidance to people in need of counselling services. Momentum is staffed by a team of volunteer, Registered Health Professionals who collaborate to provide clients Single Session Therapy solutions. www.momentumcounselling.org

Canadian Mental Health Association – Edmonton Region, Single Session Drop-In Counselling

Drop-In Single Session Counselling offers no-cost single-session counselling to individuals, couples, and families when they need it most. This is a drop-in service with multiple locations throughout Edmonton with flexible days and times. For additional information please visit www.dropinyeq.ca

Catholic Social Services 780-420-1970

Provides non-denominational individual and family grief counseling. Call to speak with an intake worker. 8212-118 Avenue Edmonton. www.catholicsocialservices.ab.ca

Edmonton Healing Center for Grief and Loss 780-454-1194 Ext. 224

A non-denominational program of Jewish Family Services. Individual, group support and education to people grieving loss through death or who are supporting others who are grieving. 100 – 8702 Meadowlark Road, Edmonton. www.ifse.org

HIV Network 780-488-5742

Support offered (one-on-one) by staff following an AIDS death.

Inner City Pastoral Ministry 780-424-7652

Provides bereavement counselling. No fee. 10527 – 96 Street, Bissell Centre East. Reverend Rick Chapman. www.icpmedmonton.ca

Pilgrims Hospice 780-413-9801 ext 102

Individual counseling, drop in grief support, workshops for adults and children. 9808-148 Street, Edmonton. www.pilgrimshospice.ca

Starfish Family Resources Society 780-448-1180. Toll free Alberta 800-416-4673

A program to help children heal from a loss related to death, divorce, separation and abandonment. There is a concurrent program for single and step parents. . 1107B-10235-124 St www.starfishfamilyresources.org

St. Albert Bereavement Fellowship

A non-denominational, non-profit, volunteer society providing grief information evenings, social events and group support. Visit website for current contact name and phone number, and location.

www.stalbertbereavement.com