

Crisis helplines

Kids Helpline:
1-800-668-6868

Assaulted Women's Helpline:
1-866-863-0511

Suicide Crisis Line:
1-800-448-3000

Sexual Assault Line:
1-800-205-7100

LGTBQ Youth Line:
1-800-268-9688

Talk 4 Healing (for Aboriginal Women):
1-855-554-HEAL

Mental Health Crisis Line:
1-866-531-2600

Residential School Survivor Crisis Line:
1-866-925-4419

Community organizations with Grief Edu-Therapy trained staff:

Victims Services:
705-658-2164 or 705-336-8605

Mushkegowuk Health & Wellness:
705-658-2066

Child & Youth Milopemahtesewin Services:
705-658-2701

Moose Cree Healing Centre:
705-658-4674

Moose Cree Health Services:
705-658-4619 x 256

Mocreebec Health Department:
705-658-4769 x 2003

Payukotayno Child and Family Services
1-866-615-1681

Community Mental Health & Addictions Program (WAHA):
705-336-2164 x 424

Ministik Child & Youth Wellness program:
705-658-4535



Do's & Don'ts of supporting someone who is grieving



- Allow them to express emotions
- Just listen and validate feelings
- encourage self care



- Do not tell the person to get over it
- do not use meaningless one-liners such as "time heals all wounds," or "there are plenty of fish in the sea"
- do not tell the person to "be strong" this makes the person think that expressing emotions is weak.

Grief Edu-Therapy Information Pamphlet

"HEALING BROKEN HEARTS"

"Grief..Never ends but it changes.
its a passage, not a place to stay.
grief is not a sign of weakness, nor a lack of
faith..it is the price of love"



What is Grief?

Grief is a normal and multifaceted response to significant loss with emotional, physical, spiritual & cognitive aspects. Grief is not only for adults, children can experience it too.

Grief can include:

- Death of a loved one
- End of any relationship
- loss of job or finances
- Parents separating
- loss of health
- loss of lifestyle after recovering from addictions
- relocating
- Unrealized hopes, dreams and expectations
- feeling sadness, relief, loneliness, anger, shock, regret and/or confused.
- can experience headaches, digestion issues, fatigue & joint pain, appetite can be affected
- sleep problems
- high blood pressure
- difficulties remembering things
- thinking deeply about past memories

What can grieving look like?

Grief is NOT the problem

Grief is a NORMAL part of life. Its how we choose to cope with grief that can hurt us and those around us. If we do not resolve grief it can become cumulative over time and overwhelm us.

Some things that can help with grieving

- Allowing yourself to express your feelings
- Talking to friends, family or a counselor
- talking with others who have experienced loss
- Attending Grief Workshops such as Grief Edu-Therapy
- physical activity
- refraining from alcohol and drugs
- praying, meditating or attending ceremony

How long does the grieving process take?

There is no set timeline for grieving, everyone's experience is different.

"The length in time you grieve isn't a measure of your love, its okay to let go when you are ready".

What is Grief-Edu-Therapy?

The Edu-Therapy™ process of grief resolution is recognized as one of the most effective programs for dealing with the pain caused by loss and the grief that is often created by conflict within our relationships. This 3-day program will address the conflicting emotions caused by loss and enhance your ability to participate fully in your life and relationships.

Grief Edu-therapy session themes

- how we learn not to grieve
- Grief and its impacts on the body, feelings and cognitions
- Grief coping strategies (healthy vs. non-healthy)
- review of life events and how grief has affected your life
- reviewing impacting relationships
- understanding what forgiveness is and isn't.
- completing a statement of resolution
- self-care

Eventually the sadness and pain that comes with grief will subside and your life will gradually go back to how it once was. Some of the conflicting feelings will come back from time to time (anniversaries, birthdays, holidays, and other reminders) this is NORMAL. Although you cannot avoid the pain, you can find ways to cope with it in a health way and move forward.

Registration criteria

- First 10 registrations are accepted
- Commitment is required for the full 3 days
- 1 participant per family