



Dear Family and Friends,

We're thinking of you and wanted to connect with you after your loved one's death. We had the honour and privilege of caring for your loved one prior to their death and we continue to remember them.

As with all beginnings and endings, we hope you're making out the best you can. Please find in this package practical resources that might be helpful to you in the next while:

- General grief supports throughout Nova Scotia
- Help with grief handouts
- Postcards introducing online resources
- Offering soon: MAID grief groups, online and in-person, please contact the MAID social workers for more information

Family members and friends of former clients of MAID are welcome to access one-on-one **Bereavement Counselling** at any time after their loved one's death. Sessions are offered free of charge, via phone, video link or in-person. Please contact a MAID Social Worker to arrange for this support or to learn more.

We encourage you to call the MAID Social Workers at any time if you have questions or if we can help in any way.

With warm regards,

The MAID Team

Social Work Contact Information:

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Note: We would like to thank "Refuge in Grief" for the infographics included in this document. You can find their excellent resources at <https://refugeingrief.com/>

CARE & FEEDING of YOUR GRIEVING PERSON

@refugeingrief

LEAVE THEM CARE PACKAGES



BE SPECIFIC ABOUT HOW YOU CAN HELP



ASK QUESTIONS



REMEMBER BIG DATES

SET A CALENDAR REMINDER FOR BIRTHDAYS, ANNIVERSARIES, HOLIDAYS AND SEND A TEXT OR NOTE.



PARALLEL PLAY

YOU DON'T HAVE TO TALK TO SPEND TIME TOGETHER. YOUR PRESENCE MATTERS.



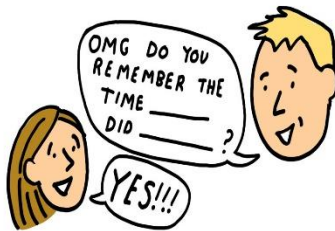
ACKNOWLEDGE THE LITTLE DATES

AN ORDINARY SATURDAY CAN SUCK TOO.



SAY THEIR NAME

SHARE A MEMORY, SAY THEIR PERSON'S NAME.



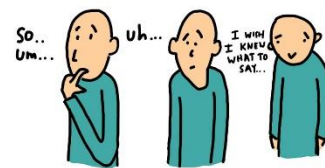
LET THEM BE SAD

SADNESS IS HEALTHY.



BE AWKWARD

IT'S OK IF YOU DON'T KNOW WHAT TO SAY OR DO. YOUR FRIEND NEEDS YOU! DON'T LET FEELING AWKWARD STOP YOU.



YOU DON'T NEED TO BE PERFECT, JUST PRESENT. 

How To Survive EARLY GRIEF

8 SIMPLE ACTS FOR AN UNBEARABLE TIME

1

STAY SAFE

Stay safe. Do it for yourself if you can. Do it for others if you must. If you are driving while crying too hard to see straight, pull over. If you are about to get in the car, help yourself calm down. Distracted driving is dangerous.

2

TEND SOMETHING

Water the plants.
Brush the animals.
Send a care package.

Thinking of others, or giving love, or getting out of yourself for a while can help.

3

GET OUTSIDE

Being outside in a non-human world is a relief. The trees will not ask - "How are you really?" The wind does not care if you cry. There's a lot to be said for being in places that don't need anything from you.

4

DRINK WATER

Crying for months on end is really dehydrating. Please drink water.

Your body needs it.

The first weeks and months after someone you love dies are a world unto their own. Your usual survival tactics won't work. Words of intended comfort just grate. Encouragement from others doesn't feel good.

POSITIVE THINKING AND PLATITUDES CAN'T HELP. THEY JUST CAN'T.

5

SHOWER

Really.

You will feel just the tiniest bit better clean. The same goes for sweeping the floor or any other seemingly tedious or irrelevant task of hygiene.

6

MOVE

Moving your body is likely to bring a little measure of calm. Do yoga, go for a hike, or walk the dog. Even to the end of the block is a good start.

It won't solve anything but movement is good.

7

SAY NO - SAY YES

You can't afford any big drains on your energy, and you can't afford to miss too many ways to replenish it. Say no to people, places, and events that are too much for you. Say an occasional yes to things that bring even a tiny bit of goodness.

8

EAT

Some people eat under stress. Some lose all interest in food. Some experience serious, lasting physical challenges due to their "grief diet." Small doses of healthy, nutrient dense food might be more easily tolerated by your mind and body than full meals.

The core parts of you, the ways you find solace and connection - these have not completely changed, though they may feel irrelevant. Grief pares things down.

YOU MAY JUST NEED TO EXPERIMENT A BIT.

Adding to this list, or creating a whole new one of your own might just provide a road map inside this wholly disorienting time.

 **REFUGE IN GRIEF**
Emotionally Intelligent Grief Support
www.refugeingrief.com

Grief Support Groups in Nova Scotia

Halifax and Surrounding Area

Hospice Halifax Bereavement Support Groups – Halifax

In person, virtual, educational and movement-based options, open to all.

(902)446-0929 www.hospicehalifax.ca/group/

Grief Support Group, Bereavement Program – Palliative Care Program

For people who have had loved ones in the care of the Palliative Care Service, Central Zone. Call to register, in-person groups. Jocelyne Tranquilla (902)473-1622

Silver and Gold Grief Support Group – Sackville Seniors Advisory Council, Lower Sackville

Group meets Thursdays Tom LeBlanc (902) 404-6882

St. John Vianney Grief Group – Lower Sackville Holy Trinity Parish Everyone is welcome – non-denominational. Judith Fraser (902)864-2778 Group meets the 3rd Wednesday of every month with a little break in the Summer.

Widowed in Self-Help (WISH) – Halifax For people who have lost a life partner – open to all genders and orientations. Now virtual only. Register by calling: (902)700-7803 ext. 3370 or 1(844)333-3692 ext. 3370 (toll free)

St. Clement Bereavement Group – Dartmouth - An 8-week closed group that runs twice a year starting in mid-March and in mid-September. Open to all and free to attend. To pre-register call Susan Duggan (902)446-9599

Lewis Lake, Saint Margaret's Bay: Gone but Never Forgotten Grief Support Group Two Groups – adult and children's group(aged 5 to 15). Held at Estabrooks Community Hall. Lorna Zinck-Gordon (902)989-3217 lorna_ken222@hotmail.com
<https://estabrookscommunityhallblog.wordpress.com/free-grief-counselling/>

Outside HRM/Central Zone (Alphabetical, by location)

Amherst, Cumberland County: Healing and Hope Grief Support Group Sharon Skinner (902)667-5400 ext 6344 Terry Lynn Smith (902)667-5400 ext 6248

Cape Breton – Strat Area Women's Place – Port Hawkesbury - 6-week grief groups offered a few times a year. Free trauma therapy sessions as well (902)625-1614
straitareawomensplace@gmail.com

Bereaved Families of Cape Breton Groups and programs for adults and teens. (902)564-6795 <https://bfocb.ca/>

Outside HRM/Central Zone Cont.'d

Colchester East Hants Hospice Society/Truro Individual and group grief counselling for adults and children Jane Rogers (adults) and Shanda White (children) (902)893-3265

Lunenburg: Widowed Grief Support Group - Jane Hall (902) 634-3484

Yarmouth Community Support Group

One-on one and in-person supports Bertha Brannen (902)740-2146

Summer Camps for Children and Youth

Camp Kedooopse Grief camp at Brigadoon Village - Annual summer camp in Aylesford NS for children aged 7-18 who are experiencing grief due to the death of a loved one. 1(888) 471-5666 <https://brigadoonvillage.org/event/camp-kedooopse/2022-07-24/>

Camp Skein at Greenhill Lake - A camp for children who are grieving the death of a parent or sibling, run by Camp Maple Leaf in Greenhill Lake, NB. 1(905)338-5200 <https://www.campmapleleaf.ca/greenhill-lake-programs/>