

Local Bereavement Resources

The Compassionate Friends

tcfcanada.net

NorthShore@TCFCanada.net

604-926-6513

Meets monthly on north shore.

Self-help group, especially for parents who have lost children.

Lions Gate Hospital Bereavement Program

604-988-3131 ext 4701

Several drop-in or registered groups

Lower Mainland Grief Recovery Society – North Shore

604-979-1600

lmgr.ca

6 week program, 2 hour meetings

BC Bereavement Helpline

<http://www.bcbereavementhelpline.com>

Referral service within BC