

We never stop yearning and missing someone we love. We may even feel sad when memories surface *years later*.

As time passes, the intensity of feelings decreases and the way we miss the person changes.

We move toward integrating the loss into our lives not just by grieving, but by mourning. Some examples of mourning can include: talking, crying, journaling, letter writing, using art or music, etc.

Even though at times, the pain may feel unbearable and unending, it is helpful to remember that this lifelong journey will change as new life meaning is discovered. This transformation is different and unique for everyone. It is natural to need the support of others.

The philosophy of the Bereavement Program is based on professional and peer support, healthy interaction and teaching of skills to assist you in rebuilding your life after the death of your loved one.

Adult Bereavement Resources Program

We offer:

- Educational Seminars about coping with grief
- Services for bereaved individuals at risk of developing complex grief
- Structured therapy for individuals experiencing traumatic death and complicated grief
- Loss specific groups

Register online at:
[windsor-essex.cmha.ca/
programs/bereavement-education/](http://windsor-essex.cmha.ca/programs/bereavement-education/)



Canadian Mental
Health Association
Windsor-Essex County



Please visit our website to review and download our bereavement resources:
windsor-essex.cmha.ca/bereavement/

It is important to recognize that children grieve differently than adults.

Death for children can present many long-term mental and physical consequences. Children's grief is often expressed through their behaviour, play and academic performance.

Griefworks Resources Program

Griefworks is a community based program designed to address loss experienced by children and adolescents up to 18 years of age. Services are provided in collaboration and partnership with the child's caregivers.

We offer:

- Short-term activity based clinical intervention for the child
- Parent education
- Community consultation with professionals involved in supporting the child
- Therapeutic Intervention Groups for similarly aged children who have experienced the death of a loved one
- Structured therapy for individuals experiencing traumatic death and complicated grief

To learn more about Griefworks, call
CMHA-WECB at 519-255-9940 x249

Death

ends the life;
it does not end
the relationship.

Grief is a natural response to losing someone or something that is important to you. You may feel a variety of intense emotions especially during the early weeks after the death.

BEREAVEMENT TIPS

- Give yourself permission to feel your emotions, and be patient with yourself
- Do not bury your feelings with food, alcohol, television, technology, shopping, work, etc.
- Find ways to express your emotions (mourn): talk, write, draw, paint, listen to music, play an instrument, engage in physical activities, etc.
- Surround yourself with supportive people; accept and/or ask for help
- Attempt to maintain friendships and be open to new ones
- Have signs of life around you: people, pets, plants
- Get plenty of rest
- Eat a balanced diet and drink lots of water
- Exercise lightly to help fight depression, relax, and sleep
- Try to avoid making major changes or important decisions during the first year. If you must, discuss with someone trusted
- Plan something special to acknowledge significant days
- Faith issues need to be faced and resolved; not avoided
- Do not force yourself to feel pain that is not there. It is acceptable and healthy to have moments of relief and enjoyment
- Trust you are “where” you are “supposed to be”; your emotions and experiences will fluctuate; know that this process is temporary



Contact Us

Bereavement Program

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BEREAVEMENT PROGRAM

Adults & Children

Helping to heal but not forget.



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1400 Windsor Ave., Windsor, ON
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