

Bereavement Support

Grief Groups, Programs and Events Provided and/or Sponsored by the Edwards Family Centre

Bereavement Support groups offer a unique opportunity for individuals and /or couples to share experiences of a similar nature. They receive compassion, friendship, understanding and hope in a non-threatening atmosphere. Support groups may be provided by volunteers or facilitated by trained or professional leaders. The structure may be a program of a defined time period, a weekly or monthly gathering. It can be as simple as an online support or as extensive as including a meeting, newsletter, website, library, candlelight memorials and walks.

The Edwards Family Centre has established a number of bereavement support groups, programs and events as well as partnering with, and providing financial support and facilities to many organizations and individual grief support groups and activities. The Centre fields many calls each day and helps direct people towards appropriate support.

Bereaved Parents of Adult Children

A professionally facilitated support group for parents who have experienced the death of an adult child. Participants will explore ways of living with this tragic loss, in a safe, supportive environment. (No fee to participate)

- Meets for a 6 – 8 week series
- Pre-registration required as group is limited to 10 participants
- Facilitator – Phil Carverhill Ph.D.
- Edwards Family Centre
- 333-4th Avenue North
- Phone 306-244-5577 or 306-651-7445
- Email address is: mail@saskatoonfuneralhome.com

Care, Share and Remembrance Service

A Candlelight service provided by Saskatoon Funeral Home, Westwood Funeral Chapel, PrairieView Chapel and Crematorium and the Edwards Family Centre for the people of Saskatoon and area to gather and honour loved ones in a meaningful way.

- Held in a local church
- Takes place the first week of December
- Service at 7:30 p.m.
- Refreshments to follow
- Phone 306-244-5577 or 306-653-3434

Colours of Grief and Loss

A workshop retreat for children, teens and families who have experienced the loss of a loved one. Qualified facilitators, artists and specially trained volunteers provide a full range of mediums to explore the colour of our loss and healing in a supportive environment. Workshop activities include art, music, journaling, and storytelling. (No fee to participate)

- Meet for a one day session
- Registration required
- 9:15 a.m. – 4:30 p.m.
- Held annually in July – date and place to be determined
- Phone 306-655-5519 (Palliative Care Services)
- Email: annamaria.buhr@saskatoonhealthregion.ca

Creative Expressions of Loss and Healing

A professionally facilitated support group for those who have experienced loss. Each week participants explore themes of loss and healing through the use of music and art. This may include such things as relaxation exercises, painting, drumming, group singing, musical improvisation and creative writing. No prior musical or artistic experience is necessary. All supplies are provided and refreshments included. (No fee to participate)

- Meets for a five week series
- Limited capacity – registration required
- Edwards Family Centre
- 333–4th Avenue North
- Phone 306–655–5519 (Palliative Care Services)
- Email annamaria.buhr@saskatoonhealthregion.ca

Gone Too Soon

A peer support group for parents who have lost their precious babies due to miscarriage, stillbirth, or neonatal loss. No matter what the circumstances, or how much time has passed since a baby has died, their life should be honored and celebrated. Their story should be shared and our grief should be validated. No matter where you are in your grieving journey, we invite you to come and share your story or to just find comfort in the fact that you are definitely not alone. (No fee to participate)

- Meets every 3rd Tuesday of each month
- 7:30 p.m. – 9:30 p.m.
- Edwards Family Centre
- 333–4th–Avenue North
- Contact is Jasmin or Lynnette
- Phone 306–260–6806
- Email: jasmin@emptyarmspls.com or lcrellin@sasktel.net

Grief Talk

This professionally led support group is intended to provide support and connection for those living with grief. This group is open to individuals who have experienced the loss of someone significant in the last 2 – 48 months. The group will explore Alan D. Wolfelt's 10 Essential Touchstones for Understanding Grief, finding Hope and Healing One's Heart. (No fee to participate)

- Series will run for five consecutive weeks
- Registration required
- 2:30 p.m. – 4:30 p.m.
- Edwards Family Centre
- 333 – 4th Avenue North
- Contact Anna Maria Buhr MSW
- Phone 306-655-5519 or 306-655-5526 (Palliative Care Services)
- Email: annamaria.buhr@saskatoonhealthregion.ca

Handling the Holidays

For many people the holiday season is a difficult time following the death of a loved one. This facilitated workshop takes place mid-November for a two hour session. The group will discuss ways of facing the holidays after your loss. This afternoon workshop will strive to present helpful ideas and practical suggestions on dealing with this profound loss. There will be handouts and resource material available. (No fee to participate)

- Meets at Edwards Family Centre
- Sunday, November 15, 2015
- 2:00 p.m. – 4:00 p.m.
- 333-4th Avenue North
- Phone 306-244-5577
- Email: mail@saskatoonfuneralhome.com
- Contact Barb or Eleanor

Hold On... A Group for Grieving Teens

A professionally facilitated support group for teens (13–18 yrs.) who have experienced the death of someone close to them(family member, friend or mentor). Participants will learn and explore ways of living with loss in a supportive peer environment. (no fee to participate)

- Meets for an eight week series
- Facilitator is Phil Carverhill Ph.D.
- Limited capacity – registration required
- Edwards Family Center
- 333–4th Avenue North
- Phone 306–244–5577 or 306–651–7445

Hope Support Group

A support group for mothers who have experienced the loss of a baby through miscarriage, stillbirth or newborn death. The group follows the book entitled, "Grieving the Child I Never Knew" by Kathe Wunnenberg (christian author)

- One on one contact by phoning Amy
- When there are 3–5 people a group will be arranged
- The group will meet once a month for a 6 month series
- Pre-registration required as participants need to purchase or borrow the book prior to the meeting.
- Last Sunday of each month from 2:00 p.m. – 4:30 p.m.
- Edwards Family Centre
- 333–4th Avenue North
- Contact Amy
- Phone 306–374–0393
- Email address is: hollyberryrose@hotmail.com

Motherless Daughters

A support group for women aged 18 years and older who have experienced the loss of their mother. The aim of this group is to provide an opportunity for women to talk about this most profound loss, and to learn ways of living well with their grief.

- Meets for a 6 week series
- 7:00 p.m. – 9:00 p.m.
- Edwards Family Centre
- 333-4th Avenue North
- Limited capacity – pre-registration required (6-10 women)
- Phone 306-244-5577 Saskatoon Funeral Home

Our Children Live Forever in our Hearts – Life Celebration Service

A gathering for those who have lost a child through miscarriage, stillbirth, ectopic pregnancy or neonatal death. This service recognizes, acknowledges and provides a focus for the very real grief, loss and mourning felt by parents and families. Parents, siblings and all other family members and friends are welcome.

- Service takes place on a Saturday in June
- 11:00 a.m. (generally a 30-45 minute service)
- Woodlawn Cemetery (1502 -2nd Avenue North)
- Shared Monument area
- Phone 306-244-5577

Palliative Care Services Walk of Memories

Everyone is invited to participate in the Walk of Memories to remember loved ones. (no fee to participate)

- Takes place on a Sunday in late August each year
- Kiwanis Memorial Park Band Shell (Spadina and 20th Street)
- Gathering time 1:30 p.m.
- Walk begins at 2:00 p.m and takes approximately 30 – 45 minutes
- Walk ends at the Edwards Family Centre (333 4th-Ave North)
- Refreshments provided
- Phone 306-655-0573 (Palliative Care Services)
- Shuttle service is available between the sites
- Parking provided at Saskatoon Funeral Home (338-4th Ave North)

Pet Loss Support Group

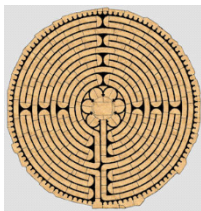
A peer support group for those who have experienced the death of a beloved companion animal. (no fee to participate)

- Meets on the 1st and 3rd Sunday of each month
- 2:00 p.m.
- Open meeting (no obligation to attend on a regular basis)
- Edwards Family Center
- 333-4th Avenue North
- Confidential telephone support for people dealing with pet loss
- Phone 306-343-5322 (Family Pet)

Prairieview Meditative Walk and Labyrinth

Available to all to bring peace and serenity at a time of loss and grief.

- **Meditative Walk** – this walk was designed to bring you peace and tranquility and perhaps a moment when being close to nature might allow healing of one's sorrows. It is a self initiated walk that begins across from the crematorium.
- **Labyrinth** – a unicursal path which means that it only has one path in and one path out. The path meanders its way into the center. The six petals in the center rosette symbolize mineral, plant, animal, human, angelic and Divine. Anybody is welcome to use it for meditation or prayer.



- Prairieview Crematorium
- Located south of Saskatoon off of Highway 11
- (7 minutes out of Saskatoon)
- Turn right onto Prairieview Road
- Call 306-244-5577

Saskatoon Suicide Grief Support

Provides support for those who have experienced the loss of a loved one or a friend to suicide. The loss can have been recent or in the distant past.

- **After Suicide Support** – a structured 15 week support group. Registration required. Email leftbehind@sasktel.net. Call 306-249-5666.
- **Left Behind By Suicide** – a monthly support group. Meets on the first Tuesday of each month. Open meeting (no obligation to attend on a regular basis). 7:30 – 9:30 p.m. Edwards Family Centre, 333-4th Avenue North, Email leftbehind@sasktel.net.
- **One on One Support** – provides visits with survivors. Email leftbehind@sasktel.net. Call 306-249-5666.

Shades of Grief & Healing

If you have lost someone you love and find it difficult to express your experiences through words this may be a great alternative through the creative process. This workshop is designed to explore the power of the creative arts to assist in the healing process. This is a Palliative Care Initiative. (No fee to attend)

- A one day workshop takes place in the spring each year
- Registration Required
- 9:15 a.m. – 4:30 p.m.
- Location to be announced
- Contact Anna Maria Buhr (social worker)
- Phone 306-655-5519

The Compassionate Friends (TCF Saskatoon Chapter)

This is a self-help support group for parents and siblings 18 years of age and older, who have experienced the death of a child or sibling, any age, any cause, any race and non-denominational. This group provides an opportunity to share your grief and meet others who have experienced loss as well. (No fee to participate)

- Meets on the last Tuesday of the month
- 7:30 – 9:30 p.m.
- Edwards Family Centre
- 333-4th Avenue North
- Phone 306-374-8862
- Email address is: bkachur@shaw.ca
- TCF Saskatoon Chapter hosts the following two functions for families every year. For specific information regarding these two events please phone 306-374-8862 or 306-931-0109.

1. TCF Saskatoon Chapter Barbeque and Balloon Release

- Held in June each year

2. TCF Saskatoon Chapter Candlelighting Program and Potluck Supper

- Always held on the 2nd Sunday in December each year

Walking Group

A professionally facilitated support group for individuals who have experienced the death of someone significant in their lives. The focus of the group is to provide people with an opportunity to meet with others who are experiencing grief, and to share and provide mutual support. The group will meet at the Edwards Family Centre for a brief orientation, followed by a walk and return for conversation and coffee.

- Registration required – (No fee to participate)
- Meets for a five week series
- 2:30 p.m. – 4:00 p.m.
- Meet at Edwards Family Centre
- 333-4th Avenue North
- Phone 306-655-5519 or 306-655-5526 (Palliative Care Services)

Annual Events

These events are open to the public and generally happen at a specific time each year, although the precise date may vary slightly from year to year. For specific dates and times please contact Eleanor Edwards at 306-343-3509 or visit the event section of our website.

- Our Children Live Forever In Our Hearts
- Caring, Sharing and Remembering Service
- Handling the Holidays
- Walk of Memories
- Colours of Grief



The Library at the Edwards Family Centre, 333 Fourth Avenue North, is open 9:00 a.m. – 5:00 p.m. Monday to Friday or by appointment by calling 306-343-5309.