

Grief Support Program

When Someone Has Died

Grief can last longer and be harder than expected. It's normal to feel pain, loneliness, and confusion when grieving. There are times when you may want to ask for support and this program is here to help.

Education Session

- new clients can attend an education session to help while waiting for their first counselling appointment.
- this session provides helpful information on grief and loss and gives you a chance to hear from volunteers who share their personal grief experiences.

Individual counselling

- the Grief Support Program is a self-referral program, meaning you can contact us directly for support.
- this program is not for urgent situations and provides up to eight sessions per person based on your needs.

Grief groups

- after individual counselling, you may be invited to join a grief group.
- each group is led by a grief counsellor and trained volunteers.
- group sizes usually have about 15 people.
- groups are organized based on the type of loss (for example, losing a parent)
- groups meet once a week for six weeks in person



Who is this service for?

This service is for individuals 18 years or older who are grieving the death of someone. This is not a crisis service, and it may take some time to see a grief counsellor. If you need urgent grief support, call 811.

Is there a cost?

The program is mainly funded by Alberta Health Services (AHS), but donations are appreciated to support grief groups, volunteer training, and education by grief specialists.

How do I access this service?

To book an appointment, call 403-955-8011

You will be asked for:

- your Alberta Health Care number
- legal name, date of birth, address and phone number
- type of loss you've experienced

Hours of operation:

Monday to Friday 8:30 a.m. – 4:00 p.m.

Location

The Bob Glasgow Grief Support Center, 3rd floor
Richmond Road Diagnostic and Treatment Centre
1820 Richmond Road SW, Calgary AB T2T 5C7

To learn more about palliative care:

Visit: myhealth.alberta.ca/palliative-care

To learn more about Calgary Zone palliative services:

Visit: ahs.ca/palliativecalgary