

Grief Reactions

There are many natural reactions to grief and loss, which may include:

- confusion
- numbness
- shock/disbelief
- sadness/crying
- physical reactions
- lack of sleep
- no appetite/overeating
- poor concentration
- forgetfulness
- irritability/anger/hurt
- anxiety/worry
- guilt
- denial
- blaming
- loneliness

Each person's experience with grief is unique. If you are concerned about your own reactions or another person's reactions, please reach out for help and support.

"Grief has no shortcuts. It has to be lived through."

– Doug Manning

Remember

If you are a family member, friend, or caregiver, Interior Health social workers are available for support. They can assist in the short term and/or connect you with ongoing support that you may require. Each location has an assigned worker available upon request.

Additional Support Ideas

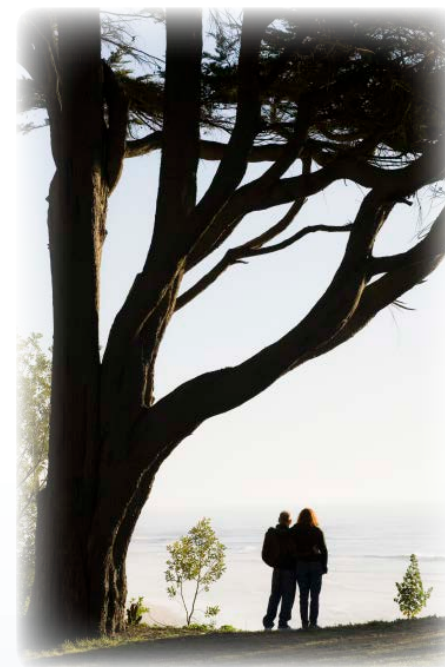
- books at the library or local bookstore
- visit with a friend
- relaxation/meditation
- yoga
- massage
- exercise and good nutrition
- writing in a journal
- creating a Memory Box or Album of the person you are grieving for

Created by Central Okanagan Social Work Department



Interior Health
Every person matters

Grief and Loss Support Options



Community Resource Information

"There are no experts on grief... grief is as unique as a fingerprint."

– Doug Manning

There are many resources that can help. The following is a list of some places to start....

Counselling and Support Help Lines

- Interior Crisis Line:
1-888-353-CARE (2273)
available 24/7, confidential
Online chat service for adults:
www.crisiscentrechat.ca
- Teen Line: 1-866-661-3311
Online chat service for youth:
www.youthinbc.com
12:00 pm – 1:00 am / 7 days a week
confidential
- BC Bereavement Helpline:
1-877-779-2223, confidential
Monday – Friday / 9:00 am – 5:00 pm
- www.onlinegriefsupport.com
a supportive online social community

Other Options to Locate Support

- Your employer: Is there an Employee Assistance Program?
- Your church, if applicable
- Hospital Spiritual Care Department
250-862-4114
- A school counsellor for your child's needs
- The Yellow Pages under counsellors for private practice counsellors (fees apply)
- Funeral Homes can offer support
- The Compassionate Friends of Canada
A local self-help group in Vernon and Kelowna for bereaved parents:
www.tcfc.ca

“Grieving is a necessary passage and a difficult transition to finally letting go of sorrow – it is not a permanent rest stop.”

–Dodinsky

Local Support Groups and Resources

in Kelowna, Vernon, Penticton and surrounding area

Central Okanagan Hospice Association

- offers support resources, I/I counselling, and bereavement support groups for adults in Kelowna
250-763-5511 www.hospicecoha.org

North Okanagan Hospice Society

- offers support resources, I/I counselling, and support group “Finding My Way” in Vernon
250-503-1800 panadda@nohs.ca

Penticton & District Hospice Society

- offers support group (Feb-April) and video series bereavement course (Nov)
250-492-9071
www.pentictonhospice.com



Grief Recovery Program

- 8-week program at Trinity Church, Kelowna, for grief recovery
- to register call 250-860-3273 or email jwoods@trinitybaptist.net

New Hope

- for widow/ers and their families
- **Kelowna:** monthly meetings at First Baptist Church at 7 pm on the 2nd Wednesday
250-860-6376 lorna@bohn.ca
- **Vernon:** monthly meetings at Vernon Office at 7 pm on the 2nd Thursday
250-545-6004 hope.bc.ca@gmail.com

Grief Share

- a Christ-centered 12-week program
250-765-6622 willowparkchurch.com