

Online Grief Resources

[Canadian Virtual Hospice](#)

Information and support on palliative and end of life care, loss and grief.

[A Resource Centre for When You've Lost Someone You Love](#)

Life. Love. Legacy. Love lives on.

[MyGrief.ca: Because losing someone is hard](#)

Tools to help you understand grief and work through some of the difficult issues you may be facing.

[How do I get through this?](#)

The stages, symptoms, and supports for your grief.

[How Grief Can Make you Sick](#)

Losing a loved one is an emotionally painful experience that can have a significant impact on your mind and body.

[Bereaved Families Online Support Centre](#)

Provides compassionate non-denominational mutual aid support for families and individuals who have lost a significant person to death.