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

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.