

# About Us

Bereavement Ontario Network is a diverse group of organizations and individuals throughout the province that work in the field of grief, bereavement, and trauma as professionals and volunteers.

Membership in the Bereavement Ontario Network is open to individuals, volunteer organizations, small businesses, and corporations. We are here to support you and your loved ones through your bereavement journey.

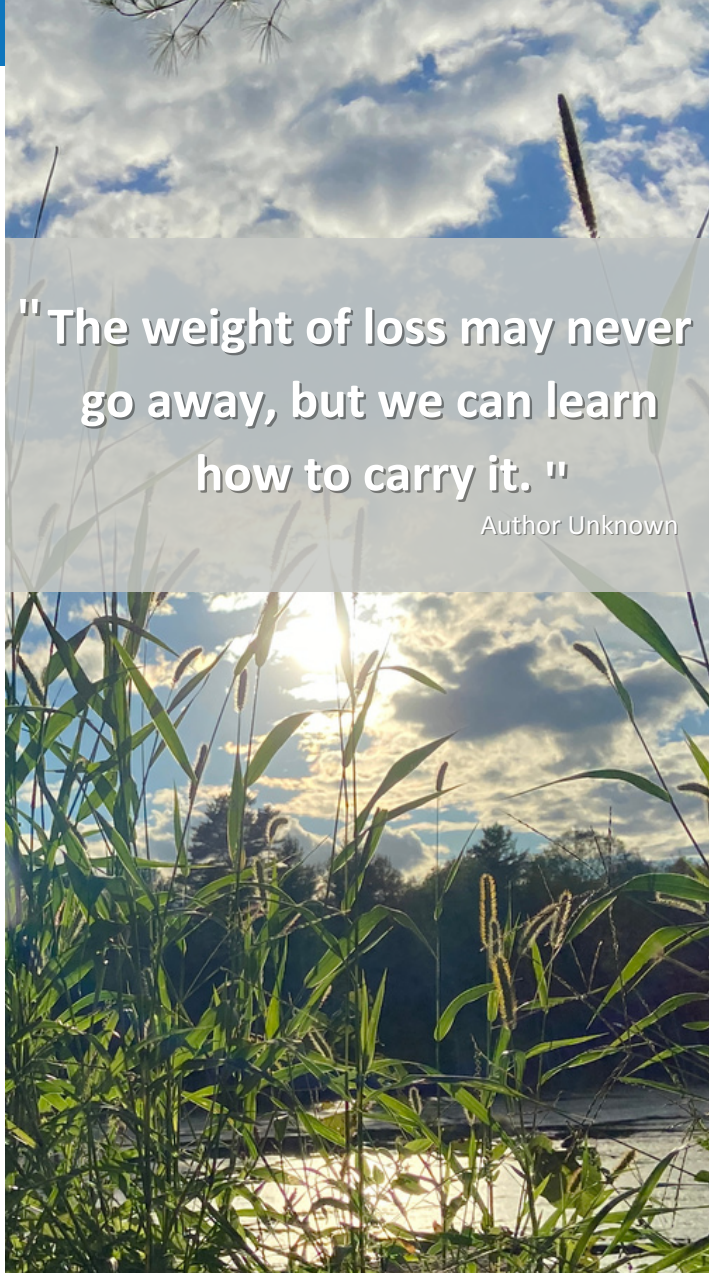
# Our Goals

- To encourage information sharing and networking among individuals and organizations who come in touch with grief, bereavement and trauma.
- To increase public awareness of issues of death, dying, and bereavement.
- To identify service gaps on a regional basis and encourage service provision through advocacy and support.
- To support the members of Bereavement Ontario Network and their goals and activities.



Bereavement Ontario Network (BON)  
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 Business Number (BN) 13932 2317 RT 0001

**COVID-19 Bereavement Support Group  
 provided in partnership with:**



**"The weight of loss may never go away, but we can learn how to carry it."**  
 Author Unknown

**Bereavement Support Groups and Resources for Covid-19 Bereavement**

## COVID-19 Bereavement Support Group

If you have experienced the loss of a loved one due to COVID-19 please know that we are here for you. We are now offering a FREE closed six week support group. Each group will be facilitated by two leaders and will include up to 10 participants.

Registration required for the COVID-19 Bereavement Support Group. Please email [info@bereavementontarionetwork.ca](mailto:info@bereavementontarionetwork.ca) with the subject line to read: Covid-19 Group Referral. There will be follow up email and phone contact providing further details and information.

## Mental Health

### Resilience presentation

This 52 minute video focuses on 14 resilience factors, as well as self care strategies that can help professional caregivers adapt in the face of adversity, trauma and stress.

<https://youtu.be/zvUdhdp2CvM>

### Mind Control: Managing Your Mental Health During COVID-19

This course will give a better understanding of how your brain reacts to crises, along with some powerful tools for managing it before it manages you. Free, self-directed online course.

<https://www.coursera.org/learn/manage-health-covid-19>

## Advance Care Planning

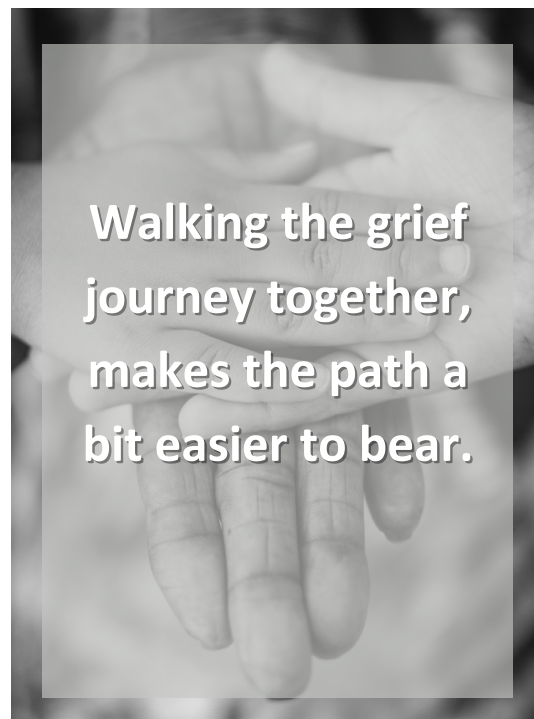
Health can change without warning. The new COVID-19 reality is driving that home. Let's help patients, families, and health care providers talk about what's important!

[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

## COVID-19 Specific Person-Centred Decision Making

Tools Developed for Health Care Providers  
To support the growing need for Advance Care Planning (ACP), Goals of Care (GoC), and Person-Centred Decision Making (PCDM) resources in the context of the COVID-19 pandemic.

<https://www.speakupontario.ca/>



## Covid-19 Toolkit by NSMHPCN

Information, and links to appropriate websites/documents regarding the current COVID-19 pandemic. Also available, the Palliative Nursing Support Line to assist health care providers and family members with questions related to pain and symptom management of patients in all sectors. The support line is available 24 hours a day, 7 days a week. To access palliative support please call (705) 329-0340 or toll free (844) 429-0340

<http://nsmhpcn.ca/home/covid19hcw/>

## Canadian Virtual Hospice

The team at Canadian Virtual Hospice has gathered links on COVID-19 that may be useful to people working in healthcare and to members of the public who are living with an advanced illness or who are caring for someone with an advanced illness.

<http://www.virtualhospice.ca/covid-19>

## Grief in a COVID-19 World

For those who were already grieving before this pandemic or for those whose loved ones have died as a result of the coronavirus, quickly evolving policies and game plans are adding another element to bereavement and mourning

<http://bereavementontarionetwork.ca/wp-content/uploads/2020/04/GRIEF-IN-A-COVID-19-WORLD.doc>