

## Helping Yourself through Grief...

As you work through your grief, it helps to know that:

- you will grieve in your own way
- a supportive, caring environment can help the healing process
- working through grief doesn't mean forgetting or letting go of your memories; nor, does it mean not talking about or sharing stories about the person who has died
- it's okay to feel what you feel and to give yourself as much time as it takes
- sharing your thoughts and feelings can help
- you can ask for more help if you feel you need it

Grief shared is grief diminished.

*Rabbi Grollman*

## Location and Contact Information

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

*Southeast corner of 17 Ave. & Richmond Road SW*

Main: 403 955-8011  
Fax: 403 955-8022

## Parking Services

### Parking locations:

- Underground Parkade – Lot B Level 1
- Public Parking – Lot A (main entrance)
- Public Parking – Lot DI (Diagnostic Imaging area)
- Street Parking – there is limited free 2 hour parking on the street

**You need exact change or a credit card.**

Your parking costs will be (on average):

- 1.5 hours \$5.25 for individual counselling session\*
- 2.5 hours \$8.75 for group session\*

When parking underground, take the elevators to the main floor and follow the signs to the Bob Glasgow Grief Support Centre. Take the elevators by the cafeteria to the third floor.

\*These prices may change without notice.

*This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.*

Grief Support Program – Calgary Zone

# Grief Support Services When Someone Has Died



The Grief Support Program offers grief counselling to adults 18 and older who are grieving the death of someone. The program offers individual and group services.

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## Counselling and Grief Support Group Services

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During your first appointment, the counsellor will talk with you about which counselling services would be most helpful.

### Individual counselling:

- Up to 8 sessions, based on need.
- There are daytime and limited evening appointments.

### Grief Support Groups:

- The groups are held once a week for 6 weeks.
- The groups are led by a member of our clinical team and two volunteers
- In the group, people learn about the grief process. They learn that it can be helpful to share their experience, receive support, and understand they're not alone.

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## The Counselling Team

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All our counsellors have specialized training and skills in grief and bereavement care. The programs are offered in a safe, supportive, and healing environment.

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## Education Services

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The Grief Support Program offers grief and bereavement education to the public, community, and Alberta Health Services (AHS) staff.

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## Cost

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There is no charge for grief services. If you wish, tax deductible donations can be made to the Grief Support Program Fund.

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## Our Volunteers

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Our program is supported by volunteers, many of whom have been through the Grief Support program themselves.

Our volunteer program partners with AHS Volunteer Resources. If you're interested in volunteering, please contact us for more information.

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## What We Believe about Grief

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Grief is a natural response to death.

Healing from a loss doesn't happen overnight – it takes time and patience. Everyone experiences grief differently and at their own pace – there is no set time for healing.

You may be surprised by how your loss affects you. It's common to feel the effects of grief physically, emotionally, socially, and spiritually in different degrees. You might also find that you have trouble concentrating.

Grief often takes much longer, and is sometimes more challenging than what people expect. However, by letting yourself grieve, you will find your way and at the same time be able to remember the person in a meaningful way.

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## When Grief Becomes too Much...Asking for Help

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Although there's nothing abnormal about the pain, loneliness, and disruption often felt when grieving, there are times when you may need to ask for support.

You may want more support if you:

- are having trouble doing everyday tasks (this can include work, social, and relationships)
- find yourself going over and over in your mind how the loss happened (including traumatic or upsetting images or memories)
- find your eating or sleeping patterns change
- have less energy and/or interest in caring for yourself or your family
- feel overwhelmed, helpless, or hopeless (“No matter how hard I try, I'll never get through this,” or “What is there to live for?”)
- find yourself in need of support from others who have gone through a loss like yours