



Perinatal Bereavement Support

Individual or Couples Counselling: Roger Neilson House provides support to families throughout their highly individual experience of grief. From a child's diagnosis, throughout their illness, and after their death, grief support and bereavement care are offered to the entire family.

Perinatal Loss Parent Bereavement Group: At Roger Neilson House we understand the unique challenges faced by parents who have experienced a perinatal loss. The Perinatal Loss Parent Bereavement Support Group is available to any parent who has lost an infant over 20 weeks gestation up to the first 28 days of life, including stillbirth, neonatal death, pregnancy interruption and/or induction where a palliative diagnosis existed for the child. The group is facilitated by registered social workers on staff. The group is held weekly over the course of eight sessions.

Pregnancy After Loss Support (P.A.L.S) Group: Roger Neilson House is committed to providing on-going bereavement support to families following the loss of their child. There is growing evidence that, during future pregnancies, families can benefit from receiving increased emotional support, surrounded by other families who understand that, during subsequent pregnancies, it is possible to be anxious, happy and sad all at the same time! The group will be an open monthly drop-in for families who have already accessed RNH services and are currently pregnant and struggling emotionally. The group will be held on the first Wednesday of every month from 5:00-6:30 PM.





Grandparent Bereavement Support Group: Grandparents, who often have a special relationship with their grandchildren, can feel hopeless and isolated in their experience of grief, and may not know how to support their bereaved adult children. As with the Parent Bereavement Support Group, different themes are raised each week for discussion. The Grandparent Bereavement Support Group is a six session therapeutic support group.

Sibling Bereavement Support Group: Roger Neilson House offers a sibling bereavement support group for children from 4 to 18 years of age who have experienced the death of a sibling. The group uses a developmental model to help siblings understand their grief and learn coping strategies through peer interaction and facilitated therapeutic activities. The group is facilitated by Roger Neilson House staff and is held over the course of 6-9 sessions. Participation is based on individual assessment.

For more information please e-mail
perinatalhospice@rogerneilsonhouse.ca

**The full schedule of bereavement groups and events is posted at
www.rogerneilsonhouse.ca under News and Events**

