



We talk about the hard stuff.



[childrensgriefcentre.ca](http://childrensgriefcentre.ca)

## Children's Grief Centre...

is a place for grieving children, teens, and families to find **support** and discover they are not alone.

## Children's Grief Centre...

is for families facing grief to find expert help and **hope** in creating a brighter future.

## Children's Grief Centre...

is a resource hub for community professionals to seek expert consultation, educational programs, and **engage** in building compassionate communities.

## Children's Grief Centre...

- **Empowers** family members to identify their strengths
- **Helps** build new coping skills to manage losses and associated challenges
- **Connects** peers, creating natural support systems for families
- **Shares** the knowledge of past clients through the guidance of our team
- **Acts** as a child and family grief resource hub for other agencies

## We support:

- » Families with children and teens aged 19 years or younger
- » Families facing grief during advanced illness and end-of-life
- » Families facing grief after a sudden or expected death

We support clients in a way that suits their unique needs. We know that:

- » everyone experiences loss differently
- » people may need services at different times during their grief
- » grief takes time -- we support people as long as needed



## Our Services:

### Individual & Family Counselling

Counsellors use a wide range of clinical practice approaches depending on the client's need (including: play therapy, narrative therapy, art therapy, and family therapy).

Provided by certified counsellors during flexible hours from Monday to Friday; either on-site or in the community.

### Counsellor-Led Group Programs

Interconnected, distinct groups for children, teens, and parents.

Evening programs that are facilitated by certified counsellors, peer mentors, and trained volunteers. Dinner is included.

### Peer-to-Peer Connection

A variety of drop-in groups for children, teens and parents/caregivers.

Evening programs at locations that vary.

### Telephone & Online Support

For grieving families wherever they live.

Monday to Friday from 9am - 5pm.



## Education, Consultation, Support & Resources

We have been supporting grieving children, teens, and families since 1991. Our team of educators help build capacity in our communities through education, consultation, and resources.

### Collaboration & Consultation

We work as part of a care team with community members, such as victims services, teachers, health and mental health professionals. [403.263.4525](tel:403.263.4525) & [consult@childrensgriefcentre.ca](mailto:consult@childrensgriefcentre.ca)

### Workshops & Seminars

We offer keynote speakers and customized seminars for school staff, student mental health days, community-based agencies, and other groups. We also provide accredited continuing education programs for teachers, health and mental health care professionals, and other professionals. [On location.](#)

For current information on our educational opportunities, to access additional resources, or to learn more about how you can book a speaker, visit [childrensgriefcentre.ca/education](http://childrensgriefcentre.ca/education)

The Children's Grief Centre:  
where no child grieves alone.

We guide children, teens and parents through the grieving process towards healthier futures.

We build community capacity.

We are here when needed, where needed, for as long as needed.



1245 70th Avenue SE Calgary, AB T2H 2X8  
403.263.4525

[info@childrensgriefcentre.ca](mailto:info@childrensgriefcentre.ca)



Children's Grief Centre is a part of  
Hospice Calgary Society

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[childrensgriefcentre.ca](http://childrensgriefcentre.ca) | [hospicecalgary.ca](http://hospicecalgary.ca)

Charitable Registration # 118963669 RR0001

Counselling fees are on a sliding scale based on family income. No one is refused service because of an inability to pay.