



Bereavement Resources

For those who have recently experienced the loss of a loved one.

If you find Wellspring after the death of a loved one, you can access our public programs by clicking here: [“Public Classes and Events”](#). Some of our public programs are specifically geared to those who have lost someone including the below. Additionally, you find grief and bereavement resources available in the community listed below. Please connect with our Centre Managers with any questions.

Wellspring Calgary Bereavement Resources

Connection...

“Thursdays with Cindy” - “Tuesdays with Cindy” - Cindy Lang

Cindy Lang is a Grief Support worker and Transitions Support Coach who worked with Bob Glasgow, the founder of the Alberta Health Services Grief Support Program. The first Thursday of the month from 11:00 am – 12:30 pm at Carma House and the third Tuesday of the month from 12:30-2:00 pm at Randy O’Dell House, Cindy offers group opportunities for reflection on grief and loss and provides information on community-based programs and resources. Call either Wellspring location to register for either group session.

Wellspring Calgary Speaker Series

These events are open to the public. We offer speaker sessions with recognized leaders in the community whom present research, education and information on health and wellness issues. As part of our speaker series, we offer House Music concerts. Register online or call Wellspring Calgary.

Someone to talk to... Cindy Lang is a Transitions Support Coach:

Cindy can meet with you individually or with your family to offer guidance and support. Please contact Wellspring to request an opportunity to speak with either of them. Appointments with Cindy are scheduled on Thursday afternoons at Carma House and Tuesday mornings at Randy O’Dell House. Call either Wellspring location to book an appointment. A volunteer will contact you to arrange a time.

Practical support... Money Matters

The Money Matters program provides direct support and information to individuals or families before and after bereavement (e.g., estate planning, income replacement programs, funeral planning, emergency assistance, community resources, form completion and more). Call Wellspring Calgary to book a one-on-one appointment with one of our Money Matters staff members.

In house resources... Library

We invite you to use the library and library resources available at Wellspring Calgary at both Carma House and Randy O’Dell House.

Community Grief Counselling / Support:

Alberta Health Services Grief Support Program: 403.955.8011

Grief counselling and group support for adults, including bereaved adult children.

Please be aware that there is typically a waiting period to get into this program.

Bob Glasgow Grief Support Centre, Third Floor 1820 Richmond Rd. SW

Alberta Health Services Department of Psychosocial Services: 403-355-3207

Department of Psychosocial Services offers counselling for individuals, couples and families after the loss of a loved one. No fee or referral required.

2202 – 2nd St. SW, Calgary, AB

www.virtualhospice.ca

This website offers on-line support to articles, grief supports etc.

Kids Grief and Bereavement Resources:

Sage Centre: 403.263.4525

Sage Centre provides professional counselling support for children, youth and families when someone close to them is living with a life threatening illness of any kind. No fee or referral required for service during illness and support continues following a death. Counselling is provided at any convenient location for the caregiver, person with illness or family (e.g., in the home, hospital, etc.). Sliding scale fee. 1245 70 Avenue SE

Alberta Children's Hospital: Family Bereavement Support and Children's Grief Care Services

403.955.5474 – direct line for grief support worker

403.955.5463 – direct line for children's palliative care

KidsGrief.ca: A Canadian website that provides grief resources and information for parents and kids

Bernie's Buddies: Bernie's Buddies provide a unique, integrated workshop approach using peer groups where kids living with a loss can interact and support each other while engaging in unique activities available at each session: animal-assisted visit, movement and relaxation techniques, and creative grief conversation

Other Counselling – Immediate Needs

Distress Centre: 403.266.4357 (HELP) 24-hour assistance

Eastside Walk in Clinic: 403.299.9696 - Walk-in counselling

Calgary Counselling: 403-265-4980