

Grief Support Program

How to Access Service

<http://www.albertahealthservices.ca/4072.asp>

The Grief Support Program operates within Alberta Health Services and offers individual Counselling and group counselling to adults who have experienced the death of a loved one and are in need of support.

Grief counselling is offered to:

- individuals who have lost a family member or significant other including a child, sibling, parent or spouse
- families who have experienced a loss through suicide or other traumatic means

To request grief counselling services call our program at (403) 943-3533 during work hours 8:30-4:00 Monday to Friday.

At the time of booking an appointment a secretary will need some basic information such as:

- legal name, date of birth
- address, phone number
- Alberta Health Care number
- type of loss
- how you heard about our program

Counseling sessions are 1 hour long. Evening hours are limited.

To register to attend a 6 week grief group, your grief counsellor must sign you up. He or she can help you determine the best timing of when you should attend.

You must attend a individual counselling appointment prior to being registered for a grief group.

