



ElderFlower Doula

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# Life after Loss

In here you will find online & local resources to help during this difficult time.



by Vancouver Birth Photographer Kandes Krepski

Loss can happen at any time, this doesn't mean you have to go through it alone. The loss of a child no matter what stage of life can be the most difficult. In this brochure you will find information on resources available to you in New Westminster and surrounding areas as well as online information and loss support organizations. Together with your community we are here to help, your not alone.

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Websites  
**Online Resources**

Fraser Health

On their website [www.fraserhealth.ca](http://www.fraserhealth.ca) you can find information on pregnancy loss and grief.

Pregnancy Info

[www.pregnancyinfo.ca/birth/special-considerations/stillbirth/](http://www.pregnancyinfo.ca/birth/special-considerations/stillbirth/)

Pregnancy and Infant Loss Awareness Day

[www.october15.ca/category/events](http://www.october15.ca/category/events)

The Mother's Program

[www.themothersprogram.ca/during-pregnancy/miscarriage](http://www.themothersprogram.ca/during-pregnancy/miscarriage)

Baby's Breath

[www.babysbreathcanada.ca](http://www.babysbreathcanada.ca)

BC Women's Hospital

<http://www.bcwomens.ca/health-info/pregnancy-parenting/stillbirth-newborn-loss#Coping--with--grief>

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Funeral homes  
**Services**

Burquitlam Funeral home

<https://www.burquitlamfuneralhome.ca/contact-us>

Location : 815 Brunette Avenue Coquitlam

Phone: 604-936-9987

F: 604-468-2575

Email: [info@burquitlamfuneralhome.ca](mailto:info@burquitlamfuneralhome.ca)

Kearney Funeral home

<https://kearneyfs.com/>

Location: Columbia-Bowell Chapel 219 6th Street

Phone: 604-245-8820

email: [columbia-bowell@kearneyfs.com](mailto:columbia-bowell@kearneyfs.com)

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Councilors, Doulas, Call In Lines  
**Services**

B.C Counsellors

Type: Directory

Website: [www.bc-counsellors.org](http://www.bc-counsellors.org)

Phone: 1-800-909-6303

B.C Bereavement Helpline

Type: Helpline

Phone: 604-738-9950

ElderFlower Doula

Type: Doula

Website: [www.elderflowerdoula.ca](http://www.elderflowerdoula.ca)

Phone and Text: 778-889-9396

Email: [elderflowerdoula@gmail.com](mailto:elderflowerdoula@gmail.com)

Location: New Westminster

Coverage: Bereavement Fund, Sliding Scale

Emilie Salomons

Type: Doctor of Chinese Medicine

Website: [www.emiliesalomons.com](http://www.emiliesalomons.com)

Phone: 778-355-9596

Email: [emiliesalomons@gmail.com](mailto:emiliesalomons@gmail.com)

Location: Port Moody

Coverage: Extended Health Plans

Fraser Health Crisis Line

Type: Crisis Line, Community Services

Phone: 604-951-8855

Hours: 24h

Holding Space Psychotherapy

Type: Psychotherapy

Website [www.holdingspace.ca](http://www.holdingspace.ca)

Location: Burnaby

Coverage: Extended Health Plans

Living Through Loss Counselling Society

Type: Individual and Group Counselling

Phone: 604-873-5013

Website: [www.ltlc.ca](http://www.ltlc.ca)

Location: Vancouver

Coverage: Sliding scale fees considered

Michelle Srdanovic

Type: Councilor

Website: [www.michellesrdanovic.com](http://www.michellesrdanovic.com)

Phone: 604-880-6512

Email: [info@michellesrdanovic.com](mailto:info@michellesrdanovic.com)

Location: New Westminster

Coverage: Extended Health Plans

Nicole Chambers

Type: Councilor (specialist in pregnancy/infant loss)

Website: [www.nicolechamberscounselling.com](http://www.nicolechamberscounselling.com)

Phone: 604-479-0800

Email: [nicolechamberscounselling@gmail.com](mailto:nicolechamberscounselling@gmail.com)

Location: Maple Ridge

Coverage: Extended

Pacific Postpartum Support Society

Type: Peer Support, call center

Website: [www.postpartum.org](http://www.postpartum.org)

Phone and Text: 604-255-7999

Location: Burnaby, Call and Text Peer Support for all of BC

#### Public Health Nurse

Type: Public Health Professional

Phone: 604-777-6740

Location: #218-610 6th Street, New Westminster

Hours: 8:30am to 4:30pm Monday to Friday

#### Reproductive Mental Health Services

Type: Need to be referred by your healthcare provider

Website: [www.reproductivementalhealth.ca](http://www.reproductivementalhealth.ca)

Phone: 604-875-2025

Location: New Westminster

Fee: No Fee

#### Sacred Journey Pathways

Type: Death Care and Education

Website: [www.sacredjourneypathways.com](http://www.sacredjourneypathways.com)

Location: Serves New Westminster and surrounding areas

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#### Support Groups **Physical Support**

BC Women's Perinatal Loss Support Group

[www.bcwomens.ca](http://www.bcwomens.ca)

B.C Women's Hospital Vancouver

604-875-3788

Canuck Place Parent and Sibling Grief Support Group

[www.canuckplace.org](http://www.canuckplace.org)

Canuck Place Vancouver

604-742-3473

Kerry Keats - [kkeats@canuckplace.org](mailto:kkeats@canuckplace.org)

Children's Bereavement

For children between ages 5-12 years

Surrey Hospice Society

604-584-7006

Empty Cradle

[www.emptycradle.bc.ca](http://www.emptycradle.bc.ca)

Second Wednesday of every month at 7:30 PM

Olivet Baptist Church, 613 Queens Ave. New Westminster

604-525-4347

[emptycradle@telus.net](mailto:emptycradle@telus.net)

In our Hearts

<https://m.facebook.com/inourheartsloss/>

In Our Hearts creates community and connection through pregnancy loss, Stillbirth and Neonatal Death.

[inourheartsloss@gmail.com](mailto:inourheartsloss@gmail.com)

Miss Foundation

[www.missfoundation.org](http://www.missfoundation.org)

International online support group

Hospice Society

Individual and Group Support

604-520-5087 Burnaby

604-584-7006 Surrey

The Compassionate Friends of Canada

[www.tcfcanada.net](http://www.tcfcanada.net)

Metro Vancouver – Burnaby

778-222-0446

[MetroVancouverBurnaby@TCFCanada.net](mailto:MetroVancouverBurnaby@TCFCanada.net)

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Photographers, Remembrance  
**Memories**

**Now I Lay Me Down To Sleep**

[www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)



Providing the gift of remembrance portraits to parents experiencing the death of a baby.

### **Smallprint Vancouver**

ca.smallprint.com

Memory treasures on sterling silver jewelry. Hand and foot prints.

### **Stillbirth Certificate of Remembrance**

[www2.gov.bc.ca/gov/content/life-events/birth-adoption/births](http://www2.gov.bc.ca/gov/content/life-events/birth-adoption/births)



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