

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.

Websites Online Resources
Fraser Health
On their website <u>www.fraserhealth.ca</u> you can find information on pregnancy loss and grief.
Pregnancy Info
www.pregnancyinfo.ca/birth/special-considerations/stillbirth/
Pregnancy and Infant Loss Awareness Day
www.october15.ca/category/events
The Mother's Program
www.themothersprogram.ca/during-pregnancy/miscarriage
Baby's Breath
www.babysbreathcanada.ca
BC Women's Hospital
http://www.bcwomens.ca/health-info/pregnancy-parenting/stillbirth-newborn-loss#Coping
<u>withgrief</u>

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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

Kearney Funeral home

https://kearneyfs.com/

Location: Columbia-Bowell Chapel 219 6th Street

Phone: 604-245-8820

email: columbia-bowell@kearneyfs.com

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Councilors, Doulas, Call In Lines
Services

B.C Counsellors

Type: Directory

Website: 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

Phone and Text: 778-889-9396

Email: <u>elderflowerdoula@gmail.com</u>

Location: New Westminster

Coverage: Bereavement Fund, Sliding Scale

Emilie Salomons

Type: Doctor of Chinese Medicine

Website: www.emiliesalomons.com

Phone: 778-355-9596

Email: 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

Location: Burnaby

Coverage: Extended Health Plans

Living Through Loss Counselling Society

Type: Individual and Group Counselling

Phone: 604-873-5013

Website: www.ltlc.ca

Location: Vancouver

Coverage: Sliding scale fees considered

Michelle Srdanovic

Type: Councilor

Website: www.michellesrdanovic.com

Phone: 604-880-6512

Email: info@michellesrdanovic.com

Location: New Westminster

Coverage: Extended Health Plans

Nicole Chambers

Type: Councilor (specialist in pregnancy/infant loss)

Website: www.nicolechamberscounselling.com

Phone: 604-479-0800

Email: nicolechamberscounselling@gmail.com

Location: Maple Ridge

Coverage: Extended

Pacific Postpartum Support Society

Type: Peer Support, call center

Website: 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

Phone: 604-875-2025

Location:New Westminster

Fee: No Fee

Sacred Journey Pathways

Type: Death Care and Education

Website: www.sacredjourneypathways.com

Location: Serves New Westminster and surrounding areas

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Support Groups

Physical Support

www.bcwomens.ca

B.C Women's Hospital Vancouver

604-875-3788

Canuck Place Parent and Sibling Grief Support Group

www.canuckplace.org

Canuck Place Vancouver

604-742-3473

Kerry Keats - kkeats@canuckplace.ora

Children's Bereavement

For children between ages 5-12 years

Surrey Hospice Society

604-584-7006

Empty Cradle

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

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

Miss Foundation

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

Metro Vancouver - Burnaby

778-222-0446

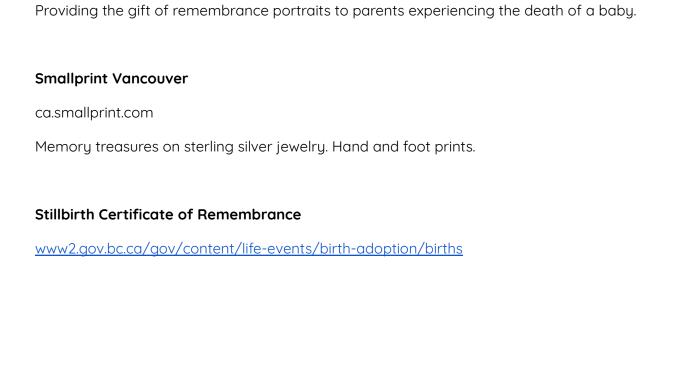
 $\underline{MetroVancouverBurnaby@TCFCanada.net}$

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Photographers, Remembrance **Memories**

Now I Lay Me Down To Sleep

www.nowilaymedowntosleep.org





ElderFlower Doula New Westminster, B.C, Canada www.elderflowerdoula.ca