







ORGANIZATION	CONTACT INFORMATION	SERVICES PROVIDED
<p>Bereaved Families of Ontario (Halton/Peel)</p> 	<p>33 City Centre Mississauga, ON L5N 2V8 Phone: 905-848-4337 Fax: 905-813-4339 Email: bfo.haltonpeel@bereavedfamilies.ca Website: www.bereavedfamilies.ca</p>	<p>Support to parents who have lost a child, and to children, adolescents and young adults who have lost a parent or sibling. The goal of the organization is to help families cope with Grief.</p>
<p>Bereaved Families of Ontario (Hamilton/Burlington)</p> 	<p>Mission Services Building 293 Wellington St N, Unit 118 Hamilton, ON L8L 8E7 Phone: 905-318-0070 Fax: 905-318-9181 Email: bfo-hb@on.aibn.com Website: www.bfo-hamiltonburlington.on.ca</p>	<p>A self-help and mutual support organization whose primary focus is to support families where a child, of any age, has died. The organization also helps children and youth cope with the loss of a parent or other caregiver, sibling, or friend.</p>
<p>Access Counselling & Family Services</p> <p>(Formerly Burlington Counselling & Family Services)</p> 	<p>460 Brant St, Suite 200 Burlington, ON L7R 4B6 Phone: 905-637-5256 Fax: 905-637-8221 Email: info@burlingtoncounselling.com Website: www.accesscounselling.ca/</p>	<p>Individual or family counselling for people who are experiencing issues such as: depression, anxiety, loneliness, feeling overwhelmed, grief, job loss, alcohol or drug abuse, or chronic illness.</p>
<p>Carpenter Hospice</p> 	<p>2250 Parkway Drive Burlington ON L7P 1T1 Phone: 905-631-9994 Fax: 905-631-6823 Email: admin@thecarpenterhospice.com</p>	<p>Supportive Care and Bereavement Care is a form of emotional and spiritual support. It can help those who are facing death and dying and those loved ones caring for the dying.</p>

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<p>Diocese of Hamilton</p> 	<p>Diocese of Hamilton 700 King Street West Hamilton, Ontario L8P 1C7 Tel: 905-528-7988 Fax: 905-528-1088</p>	<p>Grief is a difficult journey which all of us must travel at some time. Grief is normal, so give yourself time to walk its path. Some have the need for further support and we are here to help you through this difficult time.</p>
<p>Canadian Mental Health Association</p> 	<p>Phone: 877-693-4270 (Oakville) Email: info@cmhrc.ca Website: http://www.halton.cmha.ca</p>	<p>Suicide – Sibling, Child, Adult to assist with coping</p>
<p>THRIVE (formerly Halton Family Services)</p> 	<p>465 Morden Rd, Suite 200 Oakville, ON Phone: (905) 845-3811 Fax: (905) 845-3537 Email: info@thrivecounselling.org Website: https://www.thrivecounselling.org/</p>	<p>Bereavement counselling is offered on an individual basis. Bereavement counselling offers people support to deal with feelings of grief and to assist in rebuilding their lives.</p>
<p>Lighthouse Program for Grieving Children</p> 	<p>2522 Rebecca St Oakville, ON L6L 6N8 Phone: 905-337-2333 Email: lighthouseprogram@bellnet.ca Website: www.grievingchildrenlighthouse.org</p>	<p>Peer support for grieving children, teenagers and their families. Founded on the belief that every child deserves the opportunity to grieve in a safe, supportive and understanding environment. A unique and creative program to the Halton region -- offers hope and encouragement to bereaved children and those who are part of their lives.</p>

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<p>North Halton Distress Centre</p>  <p>Distress Centre Halton (Burlington/Oakville)</p> 	<p>Phone: 905-877-1211 www.distresscentrenorthhalton.ca</p> <p>Phone: 905-849-4541 Text: 647-557-6250 Email: Martha.dchalton@bellnet.ca Website: www.distresscentreoakville.com</p>	<p>Crisis Support</p> <p>Available 7-days a week, 24 hours a day</p>
<p>COAST Halton</p> 	<p>Phone: 1-877-825-9011</p>	<p>The Halton Regional Police Service Crisis Outreach and Support Team (COAST) provides Halton Region residents aged 16 and over with mental health issues in crisis with outreach and support, It is comprised of health care workers and HRPS officers trained in mental health and crisis intervention.</p>
<p>R.O.C.K. Reach Out Centre for Kids</p>  <p>R.O.C.K. Crisis Response Program</p>	<p>Burlington: 905-634-2347 Milton: 905-875-2575 Oakville: 905-339-3525</p> <p>Intake for all locations: 905-634-2347 ext. 239</p> <p>Website: http://www.rockonline.ca/</p> <p>Crisis Response phone number: 905-878-9785</p>	<p>A regional non-profit children's mental health centre serving children aged 0-18 years and their families who live in Halton Region and who are experiencing emotional, behavioural, developmental, learning and/or social difficulties.</p> <p>Crisis Response Program -- provides immediate outreach for children, youth and their caregivers and community members. The crisis response telephone number will connect families to our 24-hour answering service. You will then be connected with a crisis counselor as soon as possible.</p>

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<p>E-Mental Health</p>  <p>Mental Health Services, Help and Support in Your Community</p>	<p>Website: http://www.ementalhealth.ca</p>	<p>Provincial website that facilitates access to region-specific community and government agencies for support and the most recent, updated contact information.</p>
<p>Woodview</p>  <p>mental health & autism services</p>	<p>69 Flatt Rd. Burlington, ON L7P 0T3 Phone: 905-689-4727 Email: www.woodview.ca</p>	<p>Woodview supports individuals and families to build on their strengths to live socially and emotionally healthy lives.</p>
<p>Kids Help Phone</p>  <p>1 800 668 6868 KidsHelpPhone.ca Kids Help Phone</p>	<p>Phone: 1-800-668-6868 Website: http://www.kidshelpphone.ca</p>	<p>Professional counselors for kids, teens and young adults. Available by phone or online 24 hours a day, 365 days a year.</p>
<p>ADAPT</p>  <p>ADAPT HALTON ALCOHOL, DRUG and GAMBLING ASSESSMENT PREVENTION & TREATMENT SERVICES</p>	<p>Phone: 905-639-6537 Website: www.haltonadapt.org/</p>	<p>ADAPT is dedicated to empowering persons with alcohol, drug or gambling concerns, and their families, to manage these concerns and lead more fulfilling lives through the provision of comprehensive assessment treatment services corresponding to need.</p>
<p>SAVIS</p>  <p>No Names No Judgement Just Support SAVIS of Halton</p>	<p>1515 Rebecca St, Suite 227 Oakville, ON L6L5G8 Toll Free: 1-877-268-8416 Office: 905-825-3622 (Mon-Fri 9 – 4:30) 24 Hour : 905-875-1555 Text: 905-691-4873 Email: savis@savisofohalton.org Website: www.savisofohalton.org</p>	<p>SAVIS of Halton is a feminist community-based organization that incorporates anti-oppression/anti-racism politics and practices in to all aspects of our agency's operation. Our mandate is to provide free, confidential, and non-judgmental 24 hour support to all survivors of violence including women, men, and members of the transgender community.</p>