

Grief Resources



Resources

- www.mygrief.ca
- www.centerforloss.com Dr Allen Wolfelt
- www.virtualhospice.ca
- David Kessler
 - Website (www.grief.com)
 - Facebook group called Grief: Releasing Pain, Remembering Love & Finding Meaning

Classes on going, check for dates and times

- Alberta Journey Through Grief Program – virtual 8 weeks
www.reddeerpcn.com 403.314.3297
- Airdrie hospice 7 weeks www.airdriehospice.ca 403.880.0420
- Community Links 8 weeks mycommunitylinks.ca 403.945.3900
- Faith Based groups check with your local church or
Grief Share www.griefshare.org 13 week program may have virtual

Important Numbers

If you need to talk, 24-hour help line:

- Mental Health Help Line at 1.877.303.2642
- Addiction Help Line at 1.866.332.2322
- Kids Help Phone at 1.800.668.6868

In the Calgary Health Zone you can also call:

- The Distress Center at 403.266.4357

Urgent mental health care is available at Airdrie Urgent Care Monday to Friday from 9 a.m. to 9 p.m., and Saturday and Sunday from 10 a.m. to 5 p.m. For more information call 403.943.1500.

Check out our Health Improvement
Program at www.hpcn.ca

