

# A message from your Palliative Care Resource Team



## How we can support others through grief.

Grief is a natural part of life, and most people will be able to manage their grief with support from family, friends, and their communities. The level of comfort and understanding of grief within a person's circle of care improves outcomes. Recent work regarding Canadians' experience of grief found that Canadian healthcare systems and providers could do more to meet the needs of grieving Canadians. (CHPCA, 2021.) In response, there has now been a national effort to create key recommendations for how we can positively influence Canadians' experience of grief. (Canadian Grief Alliance, 2020.)

The Grief Alliance, a Canadian coalition of over 170 organizations and professionals, identified the increased volume, complexity and impact of grief across Canada. In response, Canada's Grief Alliance created and released the "[Next steps action plan: A strategic approach to grief literacy and grief support in Canada](#)" in 2025. The Grief Alliance found that when surveyed, over 50% of Canadians felt that their grief was not adequately recognized or supported. They also noted that despite hesitancy of healthcare providers to broach the topic, 90% of respondents felt it would be helpful to be asked about their grief. (Canadian Grief Alliance, 2025.)

Unsupported and complex grief impacts families, communities and workplaces in all aspects of well-being. Key recommendations which can be brought into our work include improving grief literacy, adopting a public health approach to grief services, and enhancing support for professionals and volunteers. (Canadian Grief Alliance, 2025.)

### In this issue:

- Canadian Grief Alliance: Next Steps Action Plan
- My Grief modules
- Grief literacy tools for health care providers
- Yukon supports for grief and bereavement



**Canadian Hospice Palliative Care Association. (2021).** *The Canadians' Experience of Grief: A Report on the Findings of a National Survey.*

**Canadian Grief Alliance. (2020).** *Grief: A national strategy for Canada* [Briefing note]. Canadian Hospice Palliative Care Association. <https://www.chpca.ca/wp-content/uploads/2020/05/CGA-Briefing-Note-May-2020.pdf>

**Canadian Grief Alliance. (2025).** *Next steps action plan: A strategic approach to grief literacy and grief support in Canada.* [https://aboutgrief.ca/media/o5xi2wvq/next-steps-action-plan\\_final\\_link.pdf](https://aboutgrief.ca/media/o5xi2wvq/next-steps-action-plan_final_link.pdf)

**Canadian Grief Alliance. (n.d.).** *Grief is...* [Infographic]. <https://aboutgrief.ca/resources/grief-is-infographic/>

# Mygrief.ca – Self-Paced Online Modules

Mygrief.ca has a collection of 28 self paced modules covering a variety of grief related topics. Each module can stand alone. In addition to a lack of awareness of grief in general, the Grief Alliance's work found that there were specific grief experiences that were unique such as grief after trauma, unrecognized grief, or prolonged grief. Mygrief.ca does a great job of addressing these needs, providing general grief literacy, and highlighting how specific grief experiences may differ in specific situations.

*Because losing someone is hard...*

*Confidential and free, MyGrief.ca helps you to understand and move through your grief.*



- In your own place, at your own pace
- Developed by people who have "been there" and grief specialists
- Features "real life" stories and experiences
- A resource for professionals

## Grief Literacy Tools for Health Care Providers



Life and Death Matters Webinar on  
YG Learn: **Caring for Ourselves  
While We Care for Others**

<https://yglearn.gov.yk.ca/palliative-care/3942>

(copy and paste link into Google Chrome)



Community-Based Palliative Care  
COP Video: [Grief and Bereavement - beyond the basics](#)

For more sessions visit:  
<https://www.echopalliative.com/hub-partner-sessions/>



**Grief and Bereavement Literacy ECHO Series**

BC Centre for Palliative Care

[Learn More and Register Today](#)

Visit: <https://www.echopalliative.com/hub-partner-sessions/the basics>



The Learning Hub is your gateway to free, evidence-informed learning modules to support your practice. The modules help you build capacity and confidence in delivering palliative care and grief support. Modules for people working in Healthcare include:

- Indigenous Cultural Safety Training
- Healthcare Provider Grief: Recognizing and Responding
- Grief Training : Building Healthcare Provider Capacity
- Long Term Care: Understanding and Responding to Grief
- Social Workers and Counsellors: Building Your Grief Support Skills
- MyGrief Toolbox for Paramedics

<https://www.virtualhospice.ca/learninghub/>

# Yukon supports for grief, and bereavement

## Mental Wellness and Substance Use (MWSU)

offers a variety of free counselling services to children, youth, families, and adults in Whitehorse & communities across Yukon. To book an appointment, call 867-456-3838 or visit [their website](#) for more information on how to access their community hubs.



## The Canadian Mental Health Association Yukon (CMHA)

offers **free** counselling services for youth, adults, families and couples. To book an appointment, call 867-668-6429 or visit their website to learn more [Find Help Now - CMHA Yukon](#). **CMHA –Yukon Reach Out Support Line** is a **free**, volunteer based phone line to support individuals **24 hours a day 7 days a week** who need to talk to someone about their distress or trauma. They provide confidential, non-judgemental support and help callers find options no matter how big or small the issue. To access, call 1-844-533-3030



# How can Hospice Yukon help with my grief?

Hospice Yukon offers many **free** services to help people cope with different kinds of grief and loss.

**Free grief counselling** is available for people who are facing death or have experienced a death in their circle. This can include the person who is dying, and their friends, family and/or professional caregivers, before and after the death.

**Free Healing Touch** sessions can be booked for people with advanced life-limiting illness or people grieving death(s) – a gentle energy therapy that can help people relax.

**Living with Loss** is a free workshop that describes the nature of grief and its impacts on our mind, body, emotions and spirit. This workshop can be helpful during bereavement but also teaches transferrable skills that support people experiencing losses other than deaths (such as divorce, job loss, eco-grief and more).

A **free lending library** with hundreds of great books on grief, loss, living fully and more. A wonderful **Kids Corner** includes children's books on grief and welcoming toys for little ones.

**Free resources** are available to download at [hospiceyukon.net](http://hospiceyukon.net). The Events tab shows upcoming workshops and grief groups. Hospice Yukon also promotes its services on Facebook and Instagram.

## CONTACT Hospice Yukon:

Visit their office at 409 Jarvis St.

11:30-3:00, M-F

Appointments can be booked by calling (867) 667-7429

Upcoming at



Jan - Caregiving Through Loss and Grief

Feb - Living with Loss

May - Grief and the Frontline Professions

Details at [www.hospiceyukon.net/events](http://www.hospiceyukon.net/events)



# Grief and Loneliness— How Nav-CARE Can Help

As we get older, many of us face the loss of a partner or close friend. This can lead to a deep sense of loneliness that is hard to shake. When you are grieving, it can feel impossible to reach out to others or start new friendships. If you know someone who is at risk for social isolation, a Nav-CARE volunteer may make a big difference.



**Nav-CARE** is a **free** program designed to help people who are managing health challenges stay connected and live well at home for as long as possible.

Visit [Yukon.ca](https://yukon.ca) or contact us at (867) 667-9360 / [navcare.yukon@yukon.ca](mailto:navcare.yukon@yukon.ca)

## The Palliative Care Resource Team

How does PCRT support Yukon health care providers?

- We assist with health systems navigation.
- We support care transitions and discharge planning.
- We offer symptom management consultation.
- We link health care providers to best practice resources, tools and information.
- We facilitate and provide palliative care education for health care providers.



### NEW FREE YG Learn Education Module

Introduction to Palliative Care in the Yukon

<https://yglearn.gov.yk.ca/marketplace/courses/7560>



### NEW PCRT Grief & Bereavement Presentations

We are currently offering 45min—1 hour presentations for health care providers on the topics of grief and bereavement. Please reach out to us to arrange a presentation in your work area.

For more information about the Palliative Care Resource Team and our services please contact us:

Email: [palliativecare@yukon.ca](mailto:palliativecare@yukon.ca)

Phone: (867) 667-9380

Online resources for Health Care Providers and the Public <https://yukon.ca/en/palliative-care>