

Donor Family Support Guide

Every year in BC, many families choose to make the ultimate gift: the gift of life. However, although this gift is much appreciated by transplant recipients, there are many complex emotions involved when a loved one becomes an organ donor.

The following is a list of some resources available to donor families throughout BC:

BC Bereavement Helpline

Non-profit, free, and confidential service that connects the public to grief support services within the province of BC.

Phone: 604-738-0050

Toll free – 1-877-779-2223

<http://www.bcbereavementhelpline.com/>

Funeral Services

<http://bcfunerals.com/public/funeral-planning>

<http://www.canadianfunerals.com/>

Grief Counselling for BC

<http://counsellingbc.com/counsellors/practice/grief-and-loss-general-132>

<https://www.griefrecoverymethod.com/>

Helpful links

These thoughtful articles provide guidance and direction for anyone touched by grief.

- [The Journey Through Grief](#)
- [The Mourner's Bill of Rights](#)

Helping Yourself with Grief

Someone you love has died. You are now faced with the difficult, but important, need to mourn. Mourning is the open expression of your thoughts and feelings regarding the death and the person who died. It is an essential part of healing. The following articles provide many practical suggestions to help you move toward healing in your unique grief journey.

- [Mustering the Courage to Mourn](#)
- [Love and Grief: In Communion and Greater Than the Sum of Their Parts](#)
- [Will I Befriend My Feelings Or Will I Deny Them](#)

- Will I Grieve or Will I Mourn
- Helping Yourself Heal When Someone Dies
- Helping Yourself Heal When Your Child Dies
- Helping Yourself Heal When Your Spouse Dies
- Helping Yourself Heal When a Parent Dies
- Helping Yourself When a Baby Dies
- Exploring the Uniqueness of Your Suicide Grief
- Healing Your Traumatized Heart: Seeking Safety, Understanding, and Peace Part 1
- Healing Your Traumatized Heart: Seeking Safety, Understanding, and Peace Part 2
- Healing Your Grieving Body: Physical Practices for Mourners
- Dispelling the Misconceptions About Suicide and Grief and Mourning

For and About Grieving Children and Teenagers

Children and teenagers have special needs following the death of a friend or family member. The following articles provide wonderful insight in helping children and teens understand and express their grief.

- Helping Children Cope with Grief
- Helping Teenagers Cope with Grief
- Helping Infants and Toddlers When Someone They Love Dies
- Helping Children with Funerals
- Helping Children Understand Cremation
- Helping a Child Who is Seriously Ill
- Helping a Child Who is Dying
- Helping Grieving Children at School
- Helping Bereaved Siblings Heal

<http://www.horancares.com/grief-support/griefwords-library/>