

Grieving Strategies

Some suggestions on how to deal with your grief.

Grief is a natural response to losing someone. Understand that you can and will adapt to this loss and survive. Humans are resilient and can cope and adapt.



For additional tips and resources, see: www.ontario.ca/faq/where-can-i-find-programs-help-grief-and-loss
Please note: Websites are updated all the time. These links are accurate as of January 2019.