

Local grief and pregnancy loss support groups and funded counselling:

- <https://pacificperinatalfoundation.com/get-support/counselling/>
- <https://www.islandperinatal.ca/>
- <https://pacificperinatalfoundation.com/about/our-story/>
- <https://victoriahospice.org/events/>
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Resources specific to pregnancy and infant loss, but can also be useful for more universal grief:

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- <https://womenshealthclinic.org/resources/pregnancy-and-infant-loss-resources>
- <https://pailnetwork.sunnybrook.ca/support-for-families-menu/>

Resources for indigenous families

- <https://bipocwomenshealth.com/cultural-resources/indigenous/indigenous-patients-pregnancy-loss/>

Perinatal Specific Grief resources:

- <https://refugeingrief.com/>
- <https://modernloss.com/tag/miscarriage-pregnancy-loss/>

General Grief resources

- <https://www.centerforloss.com/grief/>
- <https://whatsyourgrief.com/>
- <https://blog.goodgriefapp.com/our-story/>
- <https://ttfa.org/>

Supporting children through grief and loss:

- https://victoriahospice.org/wp-content/uploads/2020/02/VH_ChildYthGrief-1912-gs-proof6.pdf

Counseling:

- Requires a midwife referral, may offer coverage if you don't have extended medical benefits - <http://www.tracimcgee.ca/perinatal>
- Victoria Hospice - 250-519-3040, (6 potentially funded/sliding scale sessions 3-4 week wait)
- Some private counselors to consider:
 - Jill Culver – Counselor 250-800-0744
E-mail: jill.culver@me.com
Website: <https://www.jillculver.ca>
Jill is a registered social worker and counselor. May be covered by extended health insurance. Offers a 20 min. free visit to ensure it's a good 'fit'.
 - Joss Hurtig-Mitchell, RCC 259-0415-9650
Does not specialize in grief but does a lot of work around birth trauma, sliding scale.
Email: counsellor@josshurtigmitchell.ca Website: <http://www.josshurtigmitchell.ca>
 - Sarah Nakatsuka, Grief counselor Website: <http://sarahnakatsuka.com>
Specializes in perinatal grief and loss.

Mindfulness and helpful coping skills:

- https://victoriahospice.org/wp-content/uploads/2019/07/26188-vichospice_relax_bro_sept14_proof.pdf