



# **Grief & Bereavement Counselling for Children & Youth**

*A free service provided by  
Alberni Valley Hospice*

Counselling services available for anyone experiencing any kind of loss:

- A death that has impacted you
- Parents separation/divorce
- Someone close to you has been diagnosed with serious illness or is dying
- Losing close friendships and/or relationships
- Big moves or events causing a sense of loss
- Dealing with the anniversary of a loss

SERVICES AVAILABLE AT ADSS:

- One-on-one sessions every 2nd Friday from 8:45-1:00
- Group at 1:30-2:30 every Friday (for students who have been impacted by a death)

If you know of any students who would benefit from support around their experience of grief and loss, please share with them that these services are available. Grief can be a difficult topic to talk about for many people so please be gentle in your approach to the conversation.

There are options for how they can connect with the counsellor:

- If it is easier for the student, you can fill out a referral form and the Child and Youth Grief and Bereavement Counsellor will contact them.
- They can also contact the Alberni Valley Hospice office directly if they prefer sessions at that location, located at 2579 10th Ave.  
(Call 250-723-4478 / Text Brianna 250-735-8035 for more information)
- They can drop by the Wellness Center when the counsellor is there
- Marla and Carrie can also help facilitate session times in the Wellness Center