

## When to Seek Support?

Everyone grieves in their own time and way but sometimes, additional support can make a big difference. You might consider talking to a grief counsellor if you are experiencing:

- Persistent sadness or hopelessness that doesn't ease over time
- Withdrawal from friends, family, or daily activities
- Trouble functioning at work, school, or home
- Difficulty coping with anniversary dates or major life changes

## Why Seek Professional Support?

Grief counselling supports you as you:

- Navigate difficult emotions
- Understand your unique grief process
- Reconnect with hope and meaning
- Learn to live with your loss, not “get over” it

## Community & Crisis Resources:

- 24/7 Mental Health Crisis Line (Peel Dufferin): 905-278-9036
- The Lighthouse for Grieving Children and Families 905-337-2333
- Bereaved Families of Ontario (Central West): 905-848-4337
- Punjabi Community Health Services: 905-677-0889

## Program and Locations

### Grief Counselling

9:00 am to 5:00 pm (Monday – Friday)

### How to make a referral?

Self-Referrals, Family Members, Health Care Providers, Funeral Home or anyone can make a referral with client's consent.

### Who are Eligible for the Services?

Any Individual residing in the Region of Peel and surrounding areas.

### For More Information:

Please Call: 416-579-4142

Email: [jaslene.singh@pchs4u.com](mailto:jaslene.singh@pchs4u.com)

**The services are provided at NO COST to the participants.**

### Community Door Office:

7700 Hurontario Street  
Brampton, ON. L6Y4M3

### Brampton Crematorium and Visitation Centre:

30 Bramwin Court.  
Brampton, ON. L6T 5G2

**PCHS provides services in the Peel Region and surrounding areas.**



## Grief Counselling Support

Healing Through Connection,  
Culture, and Care



[jaslene.singh@pchs4u.com](mailto:jaslene.singh@pchs4u.com)

**416-579-4142**

# Understanding Grief

## What is Grief

- Grief is the natural emotional, physical, and spiritual response to losing someone or something important to us.
- Loss isn't just about death — it can also come from divorce, migration, identity changes, or illness.
- Grief looks different for everyone — there's no "right way" or timeline to heal
- Grief can come in many different forms and waves, it can be unexpected
- It will get better, with the right coping strategies, care, and support, grief can be managed and there is hope for life after loss

## Grief in the South Asian Community

- In Punjabi and South Asian culture, we're often told to "stay strong" and hide our pain.
- Many people suffer silently, thinking grief should be private.
- Speaking about grief helps break stigma and supports true healing.
- Having conversations about grief will open doors to connecting with your community and support systems



## Meet Your Grief Counsellor

A message from your Grief Counsellor:

"Grief can feel isolating, especially when others don't understand your pain. My goal is to provide a safe, compassionate space where you can talk, process, and find strength in your own way."

## About your Grief Counsellor

- Experienced in supporting individuals and families in the South Asian community
- Offers culturally sensitive, person-centred and faith-inclusive counselling
- Provides sessions in English and Punjabi
- Approachable, empathetic, and dedicated to walking beside you through your healing journey



# Coping Strategies for Grief

## Healthy Ways to Cope with Loss

- Talk about your feelings: sharing your story helps lighten the emotional load.
- Connect with loved ones or join a support group for understanding and community.
- Engage in remembrance: light a candle, pray, write a letter, volunteer, in honour of your loved one.
- Take care of your body: sleep, nutrition, and gentle movement support emotional healing.
- Be patient with yourself: healing takes time and looks different for everyone.
- Seek professional help if you feel overwhelmed, isolated, or stuck in grief
- Accept help: let loved ones cook, talk, or sit with you. You don't have to "be strong."
- Know it's okay to laugh: happiness and grief can co-exist. Smiling doesn't mean you've forgotten or that you don't care.
- Breathe through the waves: try deep breathing when overwhelmed to support calming your nervous system down

