

# Referral Options for Grief Support

Penticton Hospice Society: 250-490-1107



PENTICTON & DISTRICT  
HOSPICE SOCIETY

## *No Charge Services:*

### **Shannon Stewart**

250-770-3486

Interior Health Social Worker

Individual Grief Counselling  
and Grief Support Group

### **Susan Kast**

250-490-1107

Child/Youth Grief Counsellor

### **Kate Cook**

250-492-9071 ext.2203

Hospice Social Worker

If you have lost someone who was in Hospice/Part of the palliative care program

## *Private Counselling (fee for service):*

### **Sam (Sandra) Lucier**

250-487-8784

[valleysolace@shaw.ca](mailto:valleysolace@shaw.ca)

### **Irene Brady**

250-490-7956 (cell)

## *Other Options:*

### **BC Bereavement Helpline**

1-877-779-2223

[bcbereavementhelpline.com](http://bcbereavementhelpline.com)

### **The Compassionate Friends of Canada**

*(support for those who have lost a child)*

Contact Leslie:

[lbuxton@frictioncreative.ca](mailto:lbuxton@frictioncreative.ca)

**MyGrief.ca** is a free online option to access loss and grief support

## **Emergency Options:**

### **24 Hour Crisis Line**

310-6789

(no area code needed)

### **Suicide Helpline**

1-800-784-2433

### **Penticton Regional Hospital**

250-492-4000

-State that you have a Mental Health Emergency

-There are crisis counsellors available until 11pm

**If you are needing immediate assistance at anytime:**

**CALL 911**