

# Referral Options for Grief Support

Bereavement Resource Centre: 250-490-1107



PENTICTON & DISTRICT  
HOSPICE SOCIETY

## No Charge Services

### **Michelle Wikerd**

Interior Health Social Worker  
Individual Grief Counselling  
and Grief Support Group  
**250-770-3486**

### **Susan Kast**

Child/Youth Grief Counsellor  
**250-490-1107**

### **Tannis Hiebert**

Hospice Social Worker  
**250-492-9071 ext.2203**  
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

### **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**

(no area code needed)

**310-6789**

### **Suicide Helpline**

**1-800-784-2433**

### **Penticton Regional Hospital**

-State that you have a Mental Health Emergency

-There are crisis counsellors available until 11pm

**250-492-4000**

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

**CALL 911**