

AVAILABLE TO SUPPORT YOU EVERY DAY BETWEEN 9 AM TO 5 PM.

Coping with Loss and Grief

Windsor Women Working with Immigrant Women
Mental Wellness Community Connections

Contact us:

Tel: 519 973 5588 X 701

For service in English and Arabic

Tel: 519 551 8922

For service in English and Mandarin

Tel: 519 551 7878

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BE AWARE

Understand that loss and grief is not linear. People often cycle between the different stages of grief.

TAKE TIME

Do not rush your grieving process. There is no "timeline" for grieving, every grieves at their own pace. Understand and respect that you have your own process.

ACKNOWLEDGE

Allow yourself to feel your emotions. Do not bottle it up. Let yourself cry. Expressing your emotions is healthy and will help in reaching acceptance.

REACH OUT

Reach out to friends and family. Allow yourself to speak about it. Find someone who is grieving as well to help in not feeling alone. Let your loved ones know what you need from them.

DO SOMETHING

Take time for yourself and do something in memory of that person. Whether that's looking at old photos, reading their favourite book or sharing stories about them.