

# Indigenous Patient Support Webinar Series

## Session 2: Grief and Loss Through the Lens of the Medicine Wheel

Thursday, February 15, 2024

Grief and Loss for the person dealing with a cancer diagnosis and their loved ones.

Grief and loss are often first experienced by the person who has been diagnosed with cancer.

- Loss of health
- Loss of the future
- Changed sense of self
- Loss of normalcy
- Loss of identity, change in identity
- Loss of perceived sense of control in relationship to the body
- Advanced cancer: grieving loss of life, concern for family and relations.

### Patient and Family Support Services can help:

- **Clinical Counselling Services** through Psychosocial Oncology:
  - \* a safe and private space to talk about and express feelings.
  - \* Help locating additional community-based and online supports, for example, the **Traditional Healer Program** [mkonation.com/traditional-healer-program/](http://mkonation.com/traditional-healer-program/) and **We-Say Healing Centre** [wa-say.com/programs/](http://wa-say.com/programs/)
- **Group Support:** Listed in the Navigator such as - Coping with Cancer, Expressive Arts Program for People with Cancer. To register or for more information, 204-787-2109
- **The Navigator patient newsletter** features support and service information: [cancercare.mb.ca/Patient-Family/support-services/patient-newsletter](http://cancercare.mb.ca/Patient-Family/support-services/patient-newsletter)
- **Peer Support** – to reduce feelings of isolation and provide information, validation and support, talk to your healthcare provider or your psychosocial counsellor to get connected.
- **Dignity Therapy** is a type of therapy that focuses on the creation of a Legacy Document. For more information, contact Psychosocial Oncology at 204-787-2109
- **Books and Webinars:** offered by the Patient and Family Resource Centre: [cancercare.mb.ca/Patient-Family/support-services/resource-centre](http://cancercare.mb.ca/Patient-Family/support-services/resource-centre)

Contact: Kathleen Helgason, Coordinator

Location: Main Floor, Room ON1016-675 McDermot Ave.

Phone: 204-787-4357 or toll-free at 1-866-561-1026 (request to be transferred)

Open weekdays 9:00 a.m. – 4:00 p.m.

## Connecting for Cultural Support: Indigenous Health Services in your health region

There are services available in each part of the province. Listed below are services available at hospitals in Winnipeg.

Call WRHA Indigenous Health for patient services if you or your family member:

- Speaks an Indigenous language
- Is being discharged
- Wants a patient advocate
- Wants ceremonies or traditional medicines
- Needs additional support
- Are not sure if you need us – we can assess to assist you

### Contact Patient Services

Phone: 204-940-8880

Toll-free: 1-877-940-8880 or email [indigenoushealth@wrha.mb.ca](mailto:indigenoushealth@wrha.mb.ca)

## Links to Helpful Resources when dealing with advanced cancer and planning for healthcare.

It is important to talk to your healthcare providers and your loved ones. Here are some forms and guides you may find helpful:

### Manitoba Health Care Directive

Manitoba Citizens can accept or refuse medical treatment at any time. The Health Care Directives Act allows people to express their wishes about the amount and type of health care and treatment they want to receive should they become unable to speak or communicate this themselves. It also allows people to give another person the power to make medical decisions for them.

### Coming Full Circle: Planning for Your Care

Quality palliative care respects people's cultural traditions and spirituality. The Coming Full Circle: Planning for Your Care booklet was developed by Indigenous Peoples to ensure their choices for future health care are heard and respected. It assists First Nations, Inuit and Métis in planning for and having discussions about their care should they become seriously ill or unable to speak for themselves.

### My Wishes, My Care: Thinking it Through

A step-by-step guide to help you think about and record what matters most to you – your values, beliefs and wishes for future health care and personal care. This guide can help you create a written or audio/video record of what matters most to you.

### Proud, Prepared and Protected

Proud, Prepared, and Protected is a collection of online resources to assist people who identify as 2SLGBTQ+ to access and receive inclusive, respectful care. These resources were developed by people who identify as Two-Spirit and LGBTQ+ and more than 40 organizations and Canadian Virtual Hospice to fill a national gap. This information is also helpful for allies, people working in healthcare education and communities.

Bereavement Support: for people grieving the death of a loved one Clinical Counsellors in Psychosocial Oncology provides:

- One on one grief counselling
- Grief group program: Re-Membering Bereavement Support Group offered online.  
Call 204-787-4119 or 1-866-561-1026 to talk to someone about registering for an upcoming group.
  - For adults who have been bereaved of a loved one due to cancer as recently as 3 months to 5 years
- Resource information, including online and community-based resources.

**Patient and Family Resource Centre** provides books and resources regarding grief and loss for children, youth and adults: [cancercare.mb.ca/Patient-Family/support-services/resource-centre](http://cancercare.mb.ca/Patient-Family/support-services/resource-centre)

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### **Local Community-based Grief Supports & Services**

Palliative Manitoba

- [palliativemanitoba.ca/support/](http://palliativemanitoba.ca/support/)
- Online Bereavement Support Group,
- One on one grief companionship support by phone,
- Monthly workshops and seminars (hosted by Winnipeg Funeral Homes)
- Recordings of past seminars are available on the website and other resources.
- Offers a newsletter to keep you in the know. Sign up here: [palliativemanitoba.ca/news-events/newsletter/](http://palliativemanitoba.ca/news-events/newsletter/)

### **Community Collaboration & Supplementary Resources**

- **Palliative Manitoba** responds to individuals seeking information, educational materials or accessing palliative care support programs and can recommend and connect Manitobans with supplementary end-of-life and grief support resources offered by other agencies.

### **The Grief Interagency Network (GIN)**

- A collaborative group of community representatives has developed an online central resource hub of grief support information for the public and professionals to utilize. Click below to find the variety of resources available in your area.
- [palliativemanitoba.ca/support/collaboration-supplementary-resources/](http://palliativemanitoba.ca/support/collaboration-supplementary-resources/)

### **Grief Supports Online**

- [mygrief.ca](http://mygrief.ca) Has modules that focus on different kinds of grief and loss, with videos of people who have been there.
- [kidsgrief.ca](http://kidsgrief.ca) Provides guidance to parents and educators on supporting children and youth when someone they love is dying or has died. Includes downloadable activity booklets for different kinds of situations (living with someone who is at the end of life, grieving someone who has died, MAiD-related death and grieving).

- [livingmyculture.ca/culture](http://livingmyculture.ca/culture) Includes information specific to First Nations, Metis and Inuit cultures, features videos about end of life, grief and loss from people who have been there, links to print information, **Coming full circle: Planning for your care.**
- [wellspring.ca/online-programs/programs/all-programs/bereavement-support-group-family/](http://wellspring.ca/online-programs/programs/all-programs/bereavement-support-group-family/) A national nonprofit organization supporting people affected by cancer in Canada through a variety of programs and services, including group grief counselling for spouses and family members.

### Support for Grieving Children and Youth

- **Psychosocial Oncology Clinicians** can help parents and caregivers support their children and youth when dealing with grief and loss due to cancer in the family. Call 204-787-2109 to request assistance, or if already in contact with a counselling clinician, let them know about your concern.
- The **Patient and Family Resource Centre** has helpful books and materials. Visit or request materials by phone. [cancercare.mb.ca/Patient-Family/support-services/resource-centre](http://cancercare.mb.ca/Patient-Family/support-services/resource-centre)

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- **Palliative Manitoba** offers groups from time to time. Call ahead to get the most current information. [palliativemanitoba.ca/support/youth-bereavement-support/](http://palliativemanitoba.ca/support/youth-bereavement-support/)

### Kids Grieve Too (Ages 9-12)

- Kids Grieve Too is designed to recognize physical, emotional, spiritual and cultural aspects of children's grief and is designed for both adults and children to receive the support and build skills to address the challenges of grief directly.

**Teens Grieve Too (Ages 13-17)** Teens Grieve Too is designed to help reduce isolation and offers a supportive group to meet with others. Every teen grieves differently.

- Peer support groups are an ideal way to help grieving teens heal as they realize they are not alone in this process.
- Although grief is unique to everyone, participants listen and support one another as they move through their individual process.

### Camps for Grieving Children and Youth

**Camp Stepping Stones** offered through Interlake-Eastern Regional Health Authority.

[ierha.ca/programs-services/palliative-care/camp-stepping-stones/](http://ierha.ca/programs-services/palliative-care/camp-stepping-stones/)

- Ages 7-17 years. Hosted at Camp Arnes, near Gimli, Manitoba
- Sleepover camp - 3 days, 2 nights
- Held in June. Donations accepted.

**Camp Bridges** offered through Prairie Mountain Health

[prairiemountainhealth.ca/programs-and-services/palliative-care/camp-bridges/](http://prairiemountainhealth.ca/programs-and-services/palliative-care/camp-bridges/)

- Ages 7-15 years. Hosted at Circle Square Ranch, Spruce Woods, Manitoba
- Sleepover camp - 3 days, 2 nights
- Held in May. Free for children to attend. Donations are accepted.

## Support for Grieving Spouses/Partners

**A & O Support Services for Older Adults (55+)** offers services to Manitobans 55 and older. Grief services include group and individual counselling:

**Transitions Bereavement Support Group for Widowed Adults 55+**

Wednesdays 10 a.m. - 12 noon, February 21 - April 3, 2024

Hybrid format: Online using Zoom and in-person in Winnipeg.

To register or for more information, call 204-956-6440 or toll-free 1-888-333-2121

**Counselling services**

Call and ask to speak to the Intake Worker at the main line: 204-956-6440 or toll-free 1-888-333-2121

[aosupportservices.ca/our-three-pillars/counselling-services/counselling/](https://aosupportservices.ca/our-three-pillars/counselling-services/counselling/)

## Additional Counselling Supports for Indigenous Peoples:

**First Nation & Inuit Health Branch - Non-Insured Health Benefits (NIHB)** - [www.canada.ca](http://www.canada.ca)

Call the regional office of NIHB to explore eligibility under 1 of 3 streams listed below:

- Manitoba Region - 204-983-4571 or toll-free 1-800-665-8507
- Nunavut Region - toll-free 1-866-509-1769
- Ontario Region - toll-free 1-888-301-6426

**PLEASE NOTE:** the information provided from outside of CancerCare Manitoba is from websites viewed February 7, 2024.

## **Immediate Support Available 24/7 for all Indigenous People in Canada**

Hope for Wellness Help Line and Chat - 1-855-242-3310

National Indian Residential School Crisis Line - 1-866-925-4419

Missing and Murdered Indigenous Women and Girls Support Line - 1-844-413-6649

- Service available in English, French, Cree, Anishnaabemowin (Ojibway) and Inuktitut

## **CancerCare Support Numbers**

CancerCare Counselling Support - 204-787-2109 or 1-866-561-1026

Cancer Helpline at CancerCare Manitoba - 204-787-8900 Toll-free 1-866-561-1026

- Ask for the Cancer Helpline - Hours 8:00 a.m. to 6:00 p.m. Monday to Friday.

## **Other CancerCare Support Numbers**

Nurse Navigators Interlake Eastern - toll-free: 1-855-557-2273 or fax 1-204-785-9242

Nurse Navigators Northern - toll-free: 1-855-740-9322 or fax 1-204-677-5387

Nurse Navigators Prairie Mountain - toll-free: 1-855-346-3710 or fax 1-204-578-2833

Nurse Navigators Winnipeg - toll-free: 1-855-837-5400 or fax 1-204-235-0690

Nurse Navigators Southern - toll-free: 1-855-623-1533 or fax 1-204-331-8899

## **General Support Numbers**

Klinik Crisis Line - 204-786-8686 or 1-888-322-3019 or TTY 204-784-4097

Manitoba Suicide Prevention & Support Line - 1-877-435-7170 (1-877-HELP170)

Suicide Crisis Helpline: 9-8-8

Kids Help Phone (national line available to Manitoba Youth) - 1-800-668-6868 or text 686868

Manitoba Farm, Rural & Northern Support Services - 1-866-367-3276 (hours Monday-Friday 10 am to 9 pm)

- [supportline.ca](http://supportline.ca) - online counselling