

You are not alone.



A death in the family can be devastating. For a child, it changes everything.

Lighthouse offers children, youth, and their families a place to receive free grief support and to connect with others on a similar journey.

They need time, space, and understanding as they try to cope with their pain and readjust to a life forever changed. Lighthouse offers a community of understanding at a time when families are at their most vulnerable.

At Lighthouse, you are not alone.



Offering hope and encouragement to grieving children, youth and their families in Halton, Peel and beyond.

Please contact us for information on our grief support services, volunteer opportunities or to make a donation.

www.lighthousegriefsupport.org

Email: info@lighthousegriefsupport.org

905-337-2333

2522 Rebecca Street
Oakville, Ontario L6L 6N8



@LighthouseGrief | Lighthouse For Grieving Children and Families

"In a world where everything was turned upside down and seemed foreign, going to Lighthouse and being with people who knew exactly what we were going through was like walking into a warm loving embrace" - Mom from Oakville



We are a registered non-profit charitable organization.
Charity # 86105 9715 RR0001



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A Safe Place

Lighthouse family testimonials

"Listening to my children's laughter whenever we are here, is what warms up my heart and gives me peace and hope. At the same time Lighthouse is a place for me where I feel safe."

- Dad from Milton

"After our dad died, going to Lighthouse and being able to share our story with other kids, made us feel less isolated in our grief. The people we met there understood our pain and had a genuine interest in helping us through our journey."

- Teenage sisters from Mississauga

"You can really be yourself here and just say things like 'I'm so angry', or 'I'm so frustrated' and the people you're with...they get it."

- Marcia



What We Do

At Lighthouse, we realize that everyone grieves differently and in their own time

Lighthouse peer support groups are offered in-person and online, for children and youth ages 3-19 years, at no cost to families. Grief-related themes are explored through talk circles, games, art activities, and play, led by professional staff and trained volunteers.

Parents and caregivers of children and youth who attend a peer support group, are invited to participate in a concurrent adult group, to give attention to their own grief.

Groups are ongoing and open-ended, so families can stay for as long as they need, to actively explore their grief in their own time.

Lighthouse also offers:

- Telephone consultations for anyone wanting to understand how to support a grieving family
- Educational workshops and consultations to schools, community agencies, employers, etc
- Access to the Lighthouse library which contains grief-related books of various topics for all ages
- Service navigation for individual counselling and other community supports



How You Can Help

Spread the Word

If you know of a child, youth or family who is grieving a death, please let them know about Lighthouse.

Volunteer

We are always looking for caring and committed people to facilitate our many support groups or volunteer time and talents in other ways. Call or visit our website to learn more about how you can make a difference.

Support

Lighthouse is a self-funded organization. Our services and support groups are free to families and all donations are tax deductible. Your support is very much appreciated.

