

Mailing Program

The mailing program is designed as an information resource for families following your child's death. Families will receive packages at: one month, four months, seven months, 11 months and at other points during the year.

Information will include resources for siblings (as appropriate) and parents, articles and other potentially helpful support.

Families are provided an opportunity to receive a Certificate of Life, with personalized information about your child for your mementos. If you haven't received one within the first couple of months, please contact the Grief Support Coordinators to have one created for you.

Resources Available to Support Families

Paediatric Advanced Care Team

Website:

<http://www.sickkids.ca/ProgramsandServices/paediatric-advance-care-team/index.html>

Information and resources for the Pathways Grief Support Program are available online, at your convenience.

The website is updated regularly so you are encouraged to visit and share any new resources with your Grief Support Coordinator.

Tel: 416-813-6905

Email: grief.support@sickkids.ca



Pathways Grief Support Program

The Hospital for Sick Children
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Paediatric Advanced Care Team
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SickKids Grief Support Program

Available to all families
who have experienced
the death of their child
who received care at SickKids

SickKids[®]

THE HOSPITAL FOR
SICK CHILDREN

Paediatric Advanced
Care Team (PACT)

Pathways

Grief Support Coordinators are hospital staff who have knowledge and expertise in grief and bereavement support and are available to help families with a child who has died and has been cared for at SickKids.

The Pathways Grief Support Program is part of the Paediatric Advanced Care Team, or PACT, and collaborates with clinical teams to support your child and family as you transition through bereavement. The Grief Support Coordinators provide the following services to families like yours and are available to assist with information and resources before and soon after the death of your child as well as in the months and years to come.

Bereavement Follow-Up

Our goal is to ensure that all SickKids families who experience the death of a child are supported in their grief. Once the hospital has been informed of your child's death, you will be contacted by a Grief Support Coordinator within 5 business days after your child's death. Alternatively, you can contact the Pathways Grief Support Program on your own at any time. You can contact us through grief.support@sickkids.ca or call 416-813-6905 and leave a message.

The Grief Support Coordinators provide emotional support tailored to each family's unique needs. They help you liaise with your primary teams to facilitate meetings, share your experiences or help you to obtain any outstanding results from your child's care.

Legacy Building in Palliative and Bereavement Care while your child is still at SickKids

Grief Support includes making memories and finding ways to tell your child's story. Pathways Grief Support Program has Grief Support Carts that assist with making memories. Staff have received training on how to use the items in the carts. Memory making can include:

- Photography (either with Grief Support Cart Camera and SD card provided or through contacting a community/hospital photographer who offers professional photography at no charge)
- Hand/foot prints (in blue/black ink and/or embossed)
- 3D molds made with family and child
- Model Magic molds
- Sound disks to capture a heart beat or the sound of a child's voice (10 seconds)
- Painted hands/feet
- Memory Boxes
- Specific written resources to support families are also available on the Grief Support Cart for:
 - parents, grandparents, siblings
 - special circumstances (single parents, twin loss, same sex couples, etc.)

After death, legacy creation can include writing, scrap booking and finding other ways to tell your child's story and honour them. If you have questions, feel free to contact one of the Grief Support Coordinators for ideas. We also want to learn from you about what helped you as a family.

For Grieving Families

Resources and Referrals

The Pathways Grief Support Program has many relationships with programs and resources in the community (i.e. counselling, support groups, funeral planning etc.). Grief Support Coordinators can refer you to programs in your community.

Support Groups/Family Days/Special Events

These events are opportunities for bereaved families to meet one another, learn about community resources, participate in activities with their other children (if appropriate), and to celebrate the life of your deceased child.

If you are interested in finding out more information about these events or would like to be added to our email list please email us at grief.support@sickkids.ca.