

RESOURCES

Hospice Peterborough

325 London Street, Peterborough

(705) 742-4042

www.hospicepeterborough.org

Community Counselling & Resource Centre

540 George Street, Peterborough

(705) 743-2272 ext 308

www.ccrcc-ptbo.com

Bereaved Families of Ontario – Peterborough

(705)743-7233

www.bfoptbo.ca

www.mygrief.ca



Victim Services Unit
500 Water Street
Peterborough, ON K9J 7Y4



Grief is an Unwelcome Experience

People who have lost someone they loved would much rather be anywhere else and they are not happy about what has occurred to change their world.

Grief is a Natural Human Experience

Losing someone you care about is one of life's most difficult and challenging experiences. We must never be tempted to think that because it is normal that it can be dismissed or underestimated.

Grief is a Uniquely Personal Experience

Every individual is unique, and the relationship they lost was unique, all of which have their own unique stresses and challenges.

Grief is an Emotional and Painful Experience

To experience grief is to acknowledge that you have loved someone and now that person has gone. Tears are not a sign of weakness but an indication of how special the relationship was.

Grief is a Manageable Experience

Grief is possibly the most difficult experience of life. There will be times that the grieving person will wonder if they can make it. Grieving people need continued support from community, family and friends.



VICTIM SERVICES UNIT

After A Sudden Death

Office Hours:

Monday-Friday

0700hrs-1700hrs

victimservices@peterborough.ca

Death Investigations

The first contact with Peterborough Police will be at the death notification of your loved one.

Other people that may be involved in your case are the Forensic Identification Unit, the Criminal Investigations Unit, the Victim Services Unit, the Coroner and Body Removal Services.

The Coroner is a medical doctor who specializes in death investigations. They are the ones who decide if an autopsy will take place to determine cause of death. The Coroner will want to speak with immediate family of the deceased person.

The police officers, either a uniform member or a detective in plain clothes, may want to take a statement from immediate family or witnesses to assist in determining cause of death

For more information about the Coroner's Responsibilities and Death Investigations:

<https://www.ontario.ca/page/death-investigations>

What is Grief?

The grieving process can be:

Physical (shaking, pain, dizziness)

Psychological (thoughts, feelings, behaviours)

Spiritual

A social adjustment

Grief is a normal and natural experience to a significant loss. There is no one neat orderly way to describe the grief.

Mourner's Bill of Rights

1. *You Have the right to experience your own unique grief*
2. *You have the right to talk about your grief*
3. *You have the right to feel a multitude of emotions*
4. *You have the right to be tolerant of your physical and emotional limits*
5. *You have the right to experience "grief bursts"*
6. *You have the right to make use of ritual*
7. *You have the right to embrace your spirituality*
8. *You have the right to search for meaning*
9. *You have the right to treasure your memories*
10. *You have the right to move forward your grief and heal*