



MyGrief.ca - CANADA



Created by [*Virtual Hospice Canada*](#)

[MyGrief.ca](#) is an online resource for grieving adults launched by the Canadian Virtual Hospice in 2016, with funding by the Canadian Partnership Against Cancer. MyGrief.ca is an online resource to help people work through their grief from the comfort of their own home, at their own pace. It was developed by family members who've "been there," and grief experts to complement existing community resources and help address the lack of grief services particularly in rural and remote areas. It is also an education tool for health providers.



MyGrief.ca consists of nine sections that people can navigate through easily to find the information they need. It covers a variety of topics including: recognizing how grief affects you before and after death; facing emotions such as sadness, loneliness, anger, fear and guilt; managing situations that trigger grief; managing family dynamics; dealing with unhelpful comments and unwanted advice; recognizing if you are stuck in grief; and creating a life without the person who died.

MyGrief.ca has received innovation awards from the Canadian Foundation for Healthcare Improvement and the Canadian Health Informatics Association.

Visit [KidsGrief.ca](#) to learn how to support a grieving child.

[Explore MyGrief.ca](#)