

PREFACE

When someone close to you dies, it is difficult dealing with the thoughts and feelings surrounding the loss. It is also difficult determining what needs to be done following a death. This is **ONLY A GUIDE**; in some cases other options must be considered. You are likely to have strong feelings, and dealing with the difficult experience may be overwhelming. This booklet explains the feelings and emotions experienced during a time of grief. It offers guidance and reference to those needing assistance.

Information Gathered by:



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VICTIM SERVICES

Specially trained volunteers, referred to as “Victim Services Advocates”, are available 24 hours a day 365 days a year. At the request of a police officer, they come to the immediate aid of a shattered life. This may include someone who has been sexually assaulted, harassed, beaten, robbed, or has experienced the sudden death of a loved one. They provide compassion, a listening ear, and perhaps some direction on where to go and what to do in the days to come. Advocates will also accompany a victim to court, help transport them to a shelter or sit with them while they grieve.

Victim Services is a program within the R.C.M.P. or Local Police Service but is a nonprofit organization funded primarily by grants and donations. Most Police Agencies in Alberta have a Victim Services Unit. You may contact them through your local Police Detachment.

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MAKING TIME FOR YOURSELF

There is so much business at the time of a loved one's death that those who are going to find it hardest to cope, are often the very people who have been too busy to even think about what this change will mean.

Never be hesitant about saying "I need a hug" or about giving one.

Your personal grief will be individualized for you and for the people around you. It often takes months or longer to reconcile the loss of someone special.

Grief is an emotional experience, often including feelings of confusion, anger, loneliness and despair, disbelief, and denial. Motivated by regret for lost time and opportunities, it tries to put your world back in order.

Expect your mind, your spirit, even your body to show the symptoms of grief. Some of them include: change in sleep patterns, change in appetite with weight gain or loss, loss of concentration, dwelling on the past, restlessness, nervousness, irritability, overwhelming sadness, fatigue, lack of interest in usual things, and even a sense of the presence of the lost person.

If you had "unfinished business" with the deceased, you may feel that you have been left alone with an impossible burden to carry. If you were wronged by them, or if you have regrets of your own, you may need some help to work through your distress.

Grief is not a process that you can hurry or avoid. Alcohol, drugs, or overwork may numb your pain; but it will still be waiting for you when the chemicals and the fatigue have worn off. There is no "right way" to grieve. Men and women often grieve differently; adults and children deal with loss in different ways. Shutting yourself off from those who love you may hide your grief from them but will not diminish your pain. You will only have more time to think of your loss.

Grief can be shared with others who understand and who care about what you are feeling. Talking to someone you trust may provide comfort, and help you find your focus.

ONGOING EMOTIONS

- Shock** An unexpected death is a great *shock*. Shock can leave you feeling numb emotionally. You may be unable to cry. It can also affect you physically, so that you may feel tired, weak or cold. Keep warm and rest; the physical symptoms will likely pass fairly quickly and the feeling of numbness will be replaced by other feelings.
- Denial** Often an initial reaction to death can be *denial*. At first, your mind may refuse to acknowledge that your loved one has died. This is temporary. You will gradually adjust to the new reality that the person is no longer alive and with you.
- Anger** You may feel *anger* at the circumstances of the death, at your loved one for deserting you, or at yourself. If you feel angry, do not be afraid to tell someone about it. Anger is a normal part of grieving. If you have lost someone as a result of a crime, you may feel especially angry. Talking to someone about it can help provide a safe outlet for this anger.
- Guilt** Many people feel *guilt* because of “unfinished business” at the time of the death. You may not have said all the things you wanted to say to your loved one; you may have had differences that were not resolved. You may simply feel “guilty” for being the one who survived. These feelings also will fade with time.
- Sadness** Intense *sadness* often comes and goes during the months after you have lost someone. Especially at first, it may feel as though the pain and sorrow is unbearable. Crying is a very natural response and can be a great release for anyone.
- Loneliness** You may suffer from *loneliness*, even when other people are present. You miss the person who has died. At first, you may feel a need to isolate yourself while grieving, but as soon as you are able, reach out to family and friends.
- Panic and Fear** You may have sudden feelings of *panic and/or fear*. You may fear that you cannot cope with all the feelings of losing someone you love. You may be afraid of such a large change in your life, or of your own death or the death of other loved ones.

Stress The shock of losing a loved one may result in physical symptoms of *stress*, such as changes in sleeping or eating habits, depression, or illness. You may experience nausea, headaches, or fainting. It is normal to have these disruptions, but as soon as possible, try to get back to regular eating, sleeping, and exercise routines. You may also want to talk to your family doctor about what you are experiencing.

Confusion Feelings such as denial and anger toward the person who has died are often unexpected and can lead to *confusion* about your feelings. You might find yourself laughing one minute and crying the next. You may also be uncertain as to how to take care of the practical details at this time. If you have lost someone as a result of a crime, you will likely feel confused and overwhelmed by the police and the court system with which you must deal.

POLICE PROCEDURE INVESTIGATING SUDDEN DEATH

Police attend the scene to determine the extent of investigation warranted.

Statements will be required from persons who identify the deceased, those who found the deceased, and who last spoke to the deceased.

The scene will be secured, examined for evidence, and photographs will be taken.

The Medical Examiner will be contacted and attend, if required, and authorize the transfer of the deceased.

Personal property is secured and turned over to an adult relative upon conclusion of investigation.

The notification of next of kin will be done by the Police, and assistance is available from Victim Services for support, information and referral.

The body is transferred to the local hospital morgue by a Funeral Home Service contracted by the Provincial Government. Costs incurred after the body is released by the Medical Examiner are the responsibility of the funeral home of the family's choice. Information regarding the release of the body may be obtained by your funeral home or crematorium.

If an autopsy is ordered by the Medical Examiner, the body is transported to a specified medical facility, i.e. Red Deer, Calgary, Edmonton, etc.

The immediate family may, if not satisfied with the Medical Examiner's explanation, request an autopsy.

Autopsy results may not be available for six weeks to six months.

Family will be re-contacted by Police if the investigation is continuing. In most cases the Police will do the necessary preliminary investigation but will return at a later time to complete it when time is not of the essence.

Cleaning may be a necessity, depending on the circumstances. It may be covered by an insurance policy. If special cleaning needs to be done after a death, you may ask the funeral home of your choice or contact your local Police or Victim Services units for names of possible contacts.

IF A CRIME IS INVOLVED

If you have lost someone as a result of a crime, the grief process may be more complicated. There will be a police investigation. Criminal charges may be laid by Government lawyers called Crown counsel, and charges may proceed to criminal court. Other people will be making decisions that affect you and your family. You may feel frustrated that you do not have control over what is happening. Under these special circumstances, you might find that you delay the process of grieving because you are very involved with the police and the court system. Remember that mourning for your loved one is a normal and important part of recovering, even during the court process it is important to allow yourself time to grieve.

DEALING WITH THE JUSTICE SYSTEM

You may also have to deal with the police and court system. The police will ask many people questions as part of their investigation. You may have to go to court as a witness if they find the person they think is responsible for the crime. There are services to help you, with trained people available to provide information, practical help, and emotional support. These Victim Assistance Programs may be based at your local police station, the local Crown counsel office, or in the community.

PLANNING THE FUNERAL SERVICES

Funeral services are tributes and an opportunity for friends and family to celebrate the life of the deceased. They are an important social ritual as they allow family and friends to reflect, grieve and say good bye and to begin their journey of healing. Guidelines and customs vary about how services can be conducted. Your pastor and/or funeral director can help you make appropriate choices. Bear in mind the more elaborate the ceremony the more expense you may incur.

(See Page 20 of this Pamphlet for list of Funeral Directors in Central Alberta)

If the funeral was not prearranged, you will need to select people to be included in the funeral ceremony - pall bearers, honorary pall bearers, clergy, readers, eulogist, soloist or special music, accompanist, etc. The pastor, funeral director or other family and friends can assist you with these decisions.

Contact those individuals selected as soon as possible to determine their availability. Be prepared to tell them time and place of service, and what their duties would be. Expect some to refuse; they may feel too overwhelmed with their own grief, have unavoidable complications with the time frames, or other things that make their involvement impossible. Have an alternate available who is able to serve at the last moment in case of illness or bad weather, etc.

Arrange hospitality for visiting relatives and friends. This might be with local family or close friends, or if they request it, make a reservation at a local hotel (their cost). If baby sitting might be needed you could have someone on call.

Most airlines offer "Compassionate Fare" for family members who fly in for a funeral on a full price return economy fare, which is a partial fare reimbursement that must be applied for. Usually, the airline requests a document from the funeral home or from the attending physician in order for family to qualify for this reduced rate. Their travel agent can provide details when the flight is booked.

Consider needs of the household: stocking the cupboards for guests, cleaning, etc. which might be done by friends or could be contracted with a cleaning service.

OBITUARY FOR _____

Full name _____

Age at death _____ Place and Date of Death _____

Personal information (usually including some or all of the following):

Date & Place of Birth _____

Origin of Family (optional) _____

Occupation _____

Educational Degrees & Awards _____

Memberships held _____

Military Service _____

Outstanding Work or Achievements _____

Civic Awards or Honors _____

Predeceased Family Members (if desired) _____

Survivors in the Immediate Family _____

Date & Time of Viewing, Prayers, Memorial Service, Service of Committal, Wake, etc. - with other special information that would be relevant _____

Disposition of Flowers or Tributes & Donations _____

Deliver the obituary in person to newspapers. Some papers charge for death notices, and prices vary widely, so check beforehand. Ask funeral homes if their fees include assistance with writing or editing the obituary, delivery to newspapers, and if they cover part or all of the paper's fees.

ASSISTANCE FOR FUNERAL EXPENSES

Alberta Widow's Pension: RITE #310-0000 and ask for 422-4080

Canada Pension Plan: Death Benefit: 1-800-277-9914

Veterans Affairs Canada: 1-800-866-1240

“Last Post”. Veterans who served with Allied Armed Forces during WWI, WWII, or the Korean Conflict may apply to Last Post for assistance in the form of a basic funeral service with specific casket. Eligibility is on a needs basis and determined by the estate.

Memorial Society:

If the deceased was a member of a Memorial Society, please contact the local office.

Alberta Funeral Services Regulatory Board: 1-800-563-4652
www.afsrb.ab.ca

This board has useful information that can help you clarify cost related issues to funeral planning.

Alberta Social Services: RITE: 310-0000 ask for local office

Individuals who receive assistance from Alberta Social Services are provided with a basic funeral service and casket as stipulated by the department. Indigent persons and those receiving support from the Assured Income for the Severely Handicapped (AISH) program may also be eligible for assistance.

Worker's Compensation Board of Alberta (WCB): RITE: 310-0000
www.wcb.ab.ca ask for local office

Crimes Compensation: RITE: 310-0000 ask for 780-427-7217

CHECK LIST

Do you have a detailed list of these items and do you know where the items are located?

Personal Will _____

Birth Certificate of the Deceased _____

Marriage Certificate _____

Driver's License of the Deceased _____

Deceased's Social Insurance Number _____

Alberta Health Care Personal Number _____

Military I.D. card _____

Safety Deposit Box(s) _____

Property Deeds & Leases _____

Insurance Policies: employment _____

 life _____

 disability _____

 home _____

 auto _____

 business _____

 other _____

Bank Accounts: (branch, address, account numbers)

Investments: _____

Tax deductions _____

Government Bonds _____

Personal Property: vehicles _____
 jewelry _____
 collectibles _____
 other _____

Trust Funds _____

Outstanding debts _____

Were Funeral Pre-arrangements done? _____

Professional contacts: attorney _____

 accountant _____

 employer _____

 other _____

Personal contacts: executor _____

 co-executor _____

If the deceased lived alone, notify utilities and the land lord and tell the post office where to forward mail. Take precautions against thieves, especially during the funeral/memorial services. Have someone “house sit” for added security.

FINANCIAL & LEGAL PAPERWORK

In order to apply to the following agencies for benefit, a death certificate or a funeral director's statement of death, and proof of age and marriage may be required; (common-law marriages may be recognized). Phone the numbers listed for details.

Canada Pension Plan (CPP) 1-800-277-9914

Cancel pension cheques by phone, giving the name of the deceased, their address & social insurance number. *The estate is entitled to the pension cheque in the month in which the death occurred.* If another cheque comes after that month, it must be returned to the Income Security Department, care of the "the Receiver General for Canada." If you cash a late cheque in error, it must be repaid by a cheque or money order.

CPP Lump Sum Death Benefit 1-800-277-9914

This benefit is based on the CPP contributions of the deceased.

Guaranteed Income Supplement (OAS/ CPP) Widows/Widowers over 65 may be entitled to this benefit (if their income qualifies).

CPP Survivor's Benefit 1-800-277-9914

(spouse/common law partner &/or children's benefits)

This benefit is based on the CPP contributions of the deceased. The amount of this benefit will vary depending on the age of the surviving spouse/common law partner and other dependency factors. In addition, there may be benefits available for children who are under age 18, or who are between ages 18 and 25 attending school or university full time. An original or certified copy of the marriage certificate may be required.

Veterans Affairs Canada 1-800-666-1240

Benefits continue for a period of one year. Contact Veterans Affairs for specifics.

Allowance for the Survivor 1-800-277-9914
Widows/Widowers may be entitled to this benefit if their income qualifies. *This is not retroactive, so apply for it immediately.* Applications are available through the phone number listed. Proof of marriage is required, although common-law relations will be considered:

Mailing address: Alberta Widow’s Pension Program,
Family & Social Services,
12th Floor, Centre West, 10035-108th Street,
Edmonton, Ab. T5J 3E1

Disability Benefit 1-800-277-9914
If the deceased has been receiving this benefit it needs to be cancelled.

Alberta Senior’s Benefit 1-800-642-3853

This income-based program provides a benefit to low income seniors which fully or partially subsidizes Alberta Health Care premiums. Notify them by phone and give them the deceased’s personal health number. *The estate of the deceased is entitled to the benefit cheque for the month in which the death occurred,* so it is recommended that you wait until you have received that cheque and then notify the office that the death has occurred. You must return any additional cheques.

Alberta Health Care (AHC) Insurance Plan Rite #310-0000
ask for (780) 427-1432

To cancel the policy of the deceased, AHC requires notification of the name, address and personal health number of the deceased.

Mailing address: Alberta Health Care Insurance Plan
P. O. Box 1360, Edmonton, AB.

Alberta Blue Cross (ABC) Red Deer #343-7009 1-800-661-6995
AHC normally notifies ABC, however, you can contact them directly with the following information:
Name & A.H.C. number of the deceased
Name & address of executor/executrix
Name & Address of person calling

Mailing address: Blue Cross, 10009 - 108 Street,
Edmonton, AB T5J 3C5

Enduring Power of Attorney / Executors

If an Enduring Power of Attorney exists, it ceases at moment of death, and the Executors named in the will, then control the estate. For further information, see an Attorney or Lawyer.

Obtaining a Death Certificate: For most purposes, the funeral director's certificate is sufficient, and they usually provide several copies (a number or copies will be needed). A provincial death certificate may be obtained by going to one of the private registry offices in your area (for a nominal fee). See the Yellow Pages under License & Registry Services. Name, address, social insurance number and date and place of death are needed.

The Will: The executors should be notified as soon as possible, as they are responsible for taking care of the estate. Keep the original Will in a safety deposit box and a copy of the Will in a more accessible location. If the Will cannot be located, you can check with the lawyer who drew up the Will; she/he may have a copy of it, although this is not required.

Probating the Will, a process by which the Will is proved valid by the court, is not always necessary. If there is a large amount of money in a bank account that is not held jointly, the bank will usually require probate before releasing it, but if the estate is small and property is held jointly, there may be no need for probate. Any property held jointly such as real estate, bank accounts, or bonds, can be easily transferred to the surviving spouse or individual named.

If there is no Will, or if no Will is found, the deceased died intestate and you may need advice from the Public Trustee to settle the estate. Check in the Blue Pages of your phone book or dial #310-0000.

Canada Customs & Revenue Agency: 1-800-959-8281
Revenue Canada require notification of death, and will require the executors of the estate to submit a tax return within a set period of time. Details may be obtained by contacting them directly.

Income Tax: A final return must be filed. If the death occurred between January 1 and October 31, the final return is due by April 30 of the following year. If the death occurred between November 1 and December 31, the final return is due six months after the death. Uncompleted returns from prior years must also be filed.

Bank Accounts, Credit Cards, RRSP's, GIC's, & Shares:

Notify the bank of the death and ask what documents they require, different banks have different requirements. Joint accounts, RRSP's & GIC's can be transferred to the survivor. Contact your bank or financial advisor for information on RRSP's, GIC's and Shares.

GST Credit Revenue Canada - Refund Inquires: 1-800-959-8281

If the deceased received the GST Rebate, notify the above number. *If the death occurred in a month in which the GST is mailed (January, April, July or October), the estate can cash the payment.* Otherwise, the cheque should be returned to them.

Mailing address: Goods & Service Tax, Revenue Accounting,
Taxation Centre, 66 Stapon Road,
Winnipeg, Manitoba. R3C 3M2

Insurance: Notify all insurance companies, including car insurance, if the deceased owned an insured vehicle at the time of death.

Vehicle: If vehicles were registered to the deceased, a transfer of ownership should be made through a probate registry agent.

Land Transfer: A land transfer must be made if there is real estate. Contact Alberta Registries for details.

phone the RITE # 310-0000 ask for Land Titles

DEALING WITH CHILDREN'S FEELINGS

Children grieve over the loss of a loved one just as adults do, but perhaps in different ways. It is important to include children in the process of grieving. **Tell them the truth, using words they can understand, and be honest about your own feelings.** Don't exclude them in order to protect them from the pain of their loss - it will only increase their confusion and fear about their own feelings and the feelings they see around them.

Young children may have a hard time expressing their feelings in words, and they may have a limited understanding of what death means. Their fear, anger and sense of loss may be expressed in changes in behavior. They may have nightmares, or trouble eating or sleeping. They may go back to earlier childhood behaviors, such as bedwetting. Some children might become quiet and withdrawn.

It is important that children be able to express these feelings safely. At this time, when you are coping with your own grief, it may be difficult to also deal with the special needs of children. Help is available for children and families, so be sure to ask for it. Contact your doctor or clergy for help and information, as well as your local Victim Services Unit.

LOOKING AFTER YOURSELF

You have experienced a painful loss. It is important to know that you will not always feel this way; the pain will get less intense with time. But at first, there are some things you can do that will help you adjust.

Remember that this is a difficult time for you, so take care of yourself. **Help is available if you need it - do not hesitate to ask for it.**

Family and friends can be a great comfort, and expressing your feelings to them can help in the healing process.

Talking about your feelings is a way to feel more comfortable with them and to lessen their intensity. Holding them in too long can make it harder to deal with them in the long run. It can be very important to find a situation that feels safe for you to express yourself - with relatives and friends you trust, people who have shared the same experience, counselors or clergy. For some people, keeping a journal of their thoughts and feelings is a help over the time.

You may feel that you can't continue to ask for support from friends and relatives over a long period of time. But the process of grieving takes time, so don't be afraid to lean on people. They may not offer help because they don't know what you need or they may be afraid of intruding.

Be sure to take care of your physical needs, as well. Getting enough sleep, getting some exercise, and eating regularly - even if you aren't very hungry - will help to reduce the stress of dealing with a sudden death. Plan to do something you enjoy every day - small pleasures can make a great difference.

Many people find that, even with the support of family and friends, they want to talk to a counselor or get other professional help. This is particularly important if you are having physical symptoms, such as difficulty with eating or sleeping, or if you have strong feelings that persist or seem overwhelming. Some counseling agencies feel six months after the loss is a good time for some to start receiving professional help. Also, keep in mind that sometimes it takes this long just to get an appointment. Depending on your needs, you may want to seek support earlier. Dealing with your loss and working through the grief will be a life-changing experience. You discover comfort in quiet moments of reflection, recalling precious memories, and reminiscing about funny and happy times that you shared. Perhaps you will even find that part of their unique personality - their humor, their view of life, their influence - is alive in you and in the life lessons that you learned through them. If you shared a common faith, then you will find comfort there as well.

PEOPLE WHO CAN HELP YOU DEAL WITH YOUR GRIEF

- The Pastor or Clergy who conducted the funeral service
- Someone from the Church or place of worship whom you are comfortable with
- Many Churches offer Bereavement Groups
- Your family Physician
- Counselor at Alberta Mental Health.....1-877-303-2642
- An Employee Assistance Counselor at your workplace
- Crisis Line(24 hr).....
- Mothers Against Drunk Driving 1-866-900-6233 western region Madd or visit www.madd.ca for Local Chapters
- A Grief Counselor
- A close friend

LIST OF IMPORTANT TELEPHONE NUMBERS

- Alberta Widow's Pension and/or Allowance ...RITE: 310-0000 ask for 780-422-4080
- Canada Pension Plan & Old Age Security & Death Benefit1-800-277-9914
- Alberta Senior's BenefitRITE: 310-0000 ask for 780-427-7876
- Canada Customs and Revenue Agency1-800-959-8281
- Alberta Health Care Insurance Plan.....RITE: 310-0000 ask for 780-427-1432
- Alberta Blue Cross.....1-800-661-6995
- Public Trustee.....RITE: 310-0000 ask for 780-427-2744
- Alberta Registries - Land Transfer.....RITE: 310-0000 ask for 780-427-2742
- Registries - vehicle, marriage, etccheck local directory
- Veterans Affairs Canada.....1-800-666-1240

CENTRAL ALBERTA FUNERAL DIRECTORS

Airdrie	Airdrie Funeral Home	403-948-1100
Bashaw	Bashaw Funeral Home	780-372-2353
Camrose	Burgar Funeral Home Camrose	780-672-2121
Camrose	Mount Pleasant Funeral Chapel	780-672-3131
Castor	Parkview Funeral Chapel	403-882-3141
Cochrane	Slywka's Cochrane Funeral Home	403-932-1039
Coronation	Parkview Funeral Chapel	403-578-3777
Daysland	Burgar Funeral Home (Camrose)	780-374-3535
Didsbury	Mountain View Funeral Chapel	403-556-3223
Drayton Valley	Drayton Valley Funeral Services	780-542-5511
Drumheller	Courtney-Winter's Funeral Chapel	403-823-2666
Hanna	Personal Alternative Funeral Services	403-854-5400
Hanna	Courtney-Winter's Funeral Chapel	403-854-2009
Innisfail	Metcalf Funeral Chapel	403-227-3123
Innisfail	Innisfail Funeral Home & Crematorium	403-227-0006
Killam	Fee & Sons	780-385-3642
Lacombe	Wilson's Funeral Chapel	403-782-3366
Leduc	Hainstock & Son Funeral Chapel	780-986-2151
Linden	Sunset Funeral Service	403-546-3903
Olds	Mountain View Funeral Chapel	403-556-3223
Oyen	Oyen Funeral Service	403-664-3767
Ponoka	Bowker Funeral Home	403-783-3122
Provost	Gregory's Funeral Home	780-753-2332
Red Deer	Eventide Funeral Chapel	403-347-2222
Red Deer	Harmony Funeral Services	403-341-3143
Red Deer	Red Deer Funeral Home (67th St.)	403-347-3319
Red Deer	Parkland Funeral Home & Crematorium	403-340-4040
Red Deer	Personal Alternative Funeral Services	403-341-5181
Rimbey	Oberhammer Funeral Chapel	403-843-4445
Rimbey	Wilson's Funeral Chapel	403-843-3388
Rocky Mtn. House	Rocky Funeral Home	403-845-2626
Rocky Mtn. House	Rocky Mountain Crematorium	1-888-845-7579
Stettler	Brennen Funeral Home	403-742-3315
Stettler	Stettler Funeral Home	403-742-3422
Sylvan Lake	Sylvan Lake Funeral Home	403-887-2151
Three Hills	Mountain View Funeral Chapel	403-556-3223
Tofield	Tofield Funeral Home	780-662-3959

Trochu	Mountain View Funeral Chapel	403-442-4388
Trochu	Prairie Winds Funeral Home	403-442-2200
Viking	Viking Funeral Services	780-336-4842
Wainwright	Wainwright Funeral Services	780-842-4211
Wetaskiwin	Baker Funeral Chapel	780-352-2501
Wetaskiwin	Roth & Sons Funeral Directors	780-352-5252

For all other areas not listed above please see your local phone directory or check out website: www.afsrb.ab.ca

Alberta Funeral Service Association 1-800-803-8809
 (Free information on funeral arrangements & services)

Independent Funeral Directors Association of Alberta .1-888-845-7579
 (Free information on funeral arrangements & services)

Alberta Funeral Services Regulatory Board 1-800-563-4652
 (concerns regarding services provided) www.afsrb.ab.ca

The Victim Services Unit does not assume any liability and is not responsible for any incorrect information provided herein.

FURTHER READING

RECOMMENDED HELPFUL READING AND WEBSITES:

Grieving: “Our Time,” by Elva Mertick, M.S.W., R.S.W.
Yours, Mine and Our Children’s Grief, by Elva Mertick, M.S.W., R.S.W.
Life is Goodbye - Life is Hello, by Alla Bozorth-Campbell, Ph.D.
After Suicide, by John H. Hewett
Recovering From The Loss Of A Child, by Katherine Donnelly
Healing The Pain Of Everyday Loss, by Ira J. Tanner
Telling A Child About Death, by Edgar N. Jackson
How It Feels When A Parent Dies, by Jill Kremenz
Death - The Final Stage of Growth, by Elizabeth Kubler-Ross
Beginnings - A Book For Widows, by Betty Jane Wylie
Survival Handbook For Widows, by Ruth Loewinsohn
The Widower, by Jane and Willard Kohn
A Personal Guide To Living With Loss, by Elaine Vail
When Bad Things Happen To Good People, by Harold S. Kushner
The Courage To Grieve, by Judy Tatelbaum
When Hello Means Goodbye, by Pat Schwiebert R.N. and Paul Kirk, M.D.
Surviving: A Journey Through Grief, by Paula Brindley and Angela Balec.
How Do We Tell The Children?, by Dan Schaefer and Christine Lyons
Customs and Traditions, by Kathy Cloutier
Seven Choices, by Elizabeth Harper-Neeld
A Grief Observed, C.S. Lewis
What Helped Me When My Loved One Died, Earl A. Grollman

Websites

adec.org	Association for Death Education
grieveingchild.org	Dougy Centre
griefinc.com	Darcie Sims
lifefiles.com	
hospicebc.org	
dailystrength.org	
www.centerforloss.com	

There are many other excellent texts on this subject and most can be obtained at your local book store, library or funeral home.

ACKNOWLEDGMENTS

Red Deer City R.C.M.P. Victim Services Unit wishes to thank the following for their help in providing us with the necessary information to assemble this booklet:

ALBERTA FUNERAL SERVICE ASSOCIATION

ALBERTA FUNERAL SERVICE REGULATORY BOARD

CANADIAN MENTAL HEALTH ASSOCIATION - BEREAVEMENT
COUNSELING

RED DEER REGIONAL HOSPITAL CENTRE

SASKATCHEWAN JUSTICE DEPARTMENT

MEMBERS OF THE RED DEER CITY R.C.M.P. DETACHMENT

Special mention: Cst. Randy Duncalfe
Cst. Wayne Young V.S.U. Co-ordinator (1997-2001)

RED DEER CITY R.C.M.P. VICTIM SERVICES UNIT

Special mention Advocates: Marge Epp
Jean Kovach
Kathleen Miller-Letendre
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Andrea Tirrell
Cst. Dave Henderson V.S.U. Co-ordinator (2001)
Cst. B.D.H. (Ben) Draper V.S.U. Co-ordinator (2007)
Susan Bontje V.S.U. Administrative Assistant (2007)
Scott Billan, B.Ed., CT

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