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Fall edition

Grief and bereavement

November provides many opportunities to recognize the grief we and those around us carry, to improve our grief literacy so we can better understand and respond to our grief and to support those around us.

- **Grief and Unexpected Loss and Stigmatized Grief** November 12, is the next in a series of webinars about the grief that Indigenous Peoples carry, offered by Holly Prince, Senior Advisor and Members of the Elders and Knowledge Carriers Circle (see Upcoming Webinars for details)
- **The Children's Grief Summit** November 12-13 hosted by the Canadian Alliance of Grieving Children has an impressive array of engaging speakers. It's virtual, so its easy to access from the comfort of your home or office. (See Events for details)
- **The Centre for Education and Research on Aging & Health** November 13, is hosting a free webinar featuring Dr. Susan Cadell, PhD who will explain grief literacy. (See Events for details)

National Grief and Bereavement Day on November 18 shines a light on the importance of recognizing and responding to our own grief and that experienced by others. Here are some events to check out:

- **The Nova Scotia Grief Alliance Provincial Grief Symposium** is sold out. CGA Chair Paul Adams is presenting as part of a plenary panel.
- **The Canadian Community Health Centres Association** is hosting a webinar. Shelly Cory, CVH ED, and Maxxine Rattner, CGA Executive Member, are panelists. (See Events for details)
- **The Lived Experience of Grief** Kath and Ted Murray, founders of Life and Death Matters whose adult son Geordie died almost 6 years ago as the result of a hunting accident, share their story in this webinar. (See Events for details)

Then in December,

The Spectrum of Grief in Nursing: A Panel Discussion December 1 webinar is a collaboration presented by Canadian Virtual Hospice and Registered Nurses Association of Ontario. (See Events for details)

In memorium

Dr. Balfour Mount

We were deeply saddened by the death of Dr. Balfour Mount, on September 25 in Montreal. “Bal” was widely recognized as the father of palliative care, a term he coined from the Latin word meaning “to cloak,” and was instrumental in building the field and inspiring progress. Dr. Mount launched the Palliative Care Unit in Montreal, was the founding Director of the Royal Victoria Hospital Palliative Care Service, Palliative Care McGill, was the founding President of the Canadian Society of Palliative Medicine and was integral to the International Congress on Palliative Care. Our condolences go out to his family, colleagues, friends, and all those grieving his loss.

In 2014, following a cancer diagnosis, Dr. Mount sat down with Virtual Hospice over the course of two days to share reflections and insights about palliative care, life and death in a series of timeless videos.

- [Dr. Balfour Mount \(Part 1 of 3\): Making Healing Connections - Palliative Care](#)
 - [Dr. Balfour Mount \(Part 2 of 3\): Living as if Everything is a Miracle - Palliative Care](#)
 - [Dr. Balfour Mount \(Part 3 of 3\): Death Anxiety and Finding a Healing Path - Palliative Care](#)
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What's new

New Pan-Canadian Virtual Resource Hub launches

Canada's Pediatric Palliative Care Alliance has launched a brand new Hub for tools, resources, and training opportunities for providers of pediatric palliative care to grow capacity in the system and increase access for families closer to home.

[Learn more](#)

Living with a Life-limiting Illness: Access to Care and Related Experiences

This Statistics Canada study shares information on the experiences and satisfaction with the care received, and any gaps and barriers to supportive care for those living with a life-limiting illness and their unpaid caregivers in the provinces and territories.

[Learn more](#)

Government of Canada Report on MAiD Consultations

The Government of Canada has released “What we heard: National conversation on advance requests for medical assistance in dying”. The report summarizes the main themes and perspectives shared through this process, with a view to reflecting the diversity of views expressed during the national conversation.

[Learn more](#)

Healing Quilt in the news

On September 22, we launched the Canadian Healing Quilt ([HealingQuilt.ca](https://healingquilt.ca)) – an online space to honour and remember someone you care about who has died. Here are some of the news stories about HealingQuilt.ca:

- CTV Edmonton - <https://www.ctvnews.ca/edmonton/video/2025/09/29/stitching-your-grief-together-with-new-online-tool/>
- Global news - <https://globalnews.ca/video/11460622/global-news-at-6-october-1-7/>
- Windspeaker - <https://windspeaker.com/news/windspeaker-news/virtual-healing-quilt-provides-those-grieving-shared-space-honour-loved>

Upcoming webinars

Indigenous Voices 3: Supporting Healthy Ways of Living Through Grief and Loss - Finding Voice After Unexpected and Stigmatized Loss

Date: November 12, 2025 | Location: Virtual

On November 12, join Dr. Holly Prince and members of the Elders and Knowledge Carriers Circle for the 5th session, and hear from Elders and Knowledge Carriers sharing their experiences and teachings about “Finding Voice After Unexpected and Stigmatized Loss”. Attendees can submit questions during the live session.

[Register](#)

KidsGrief Q&A November

Date: November 18, 2025 | Location: Virtual

Join children’s grief specialists Andrea Warnick, MA, RN, RP, Colleen Mousseau, M.Ed., RP, and Nicola Elbro, MA, RP, as they answer your questions. Please submit your questions for discussion in advance via the link below.

Submit question - kidsgriefqa@virtualhospice.ca

[Register](#)

Methadone for Analgesia in Palliative Care

Date: November 27, 2025 | Location: Virtual

Dr. Pippa Hawley, BC Cancer Agency, offers this semi-annual webinar to provide an overview of the Methadone4Pain.ca online course and answer questions on methadone prescribing and management. Methadone4Pain.ca is a free online course accredited by the College of Family Physicians of Canada.

[Register](#)

Reading list

First her husband was severely injured, then her best friend walked out of her life

In this article in Chatelaine magazine, Caitlin Walsh Miller shares an example of how grief support can be lacking in today’s society, even from close friends. The article features CVH team member, international children’s grief specialist Andrea Warnick.

[Learn more](#)

Patient suffering: 'It's hard not to feel like somehow I fell short'

This study by grief specialists Maxxine Rattner, PhD, MSW, RSW, and Cheryl-Anne Cait, PhD, MSW, is an analysis of palliative care providers' experiences with patients' nonphysical suffering.

[Learn more](#)

In Search of Dignity: A Lifetime of Reflections

'In Search of Dignity' is a collection of candid and insightful publications from one of the world's leading palliative care researchers. This new book follows Dr. Harvey Max Chochinov's decades-long career, beginning as a young psychiatrist from the University of Manitoba.

[Learn more](#)

Watch or listen

Anderson Cooper opens up about grief by connecting with his listeners

<https://www.facebook.com/reel/1479578853329523>

KidsGrief Q&A Webinar recording October, 2025

https://us02web.zoom.us/rec/share/02zHbE3OfzKWbgElpC-Onq8TzY-s3QnUOovHz4wAIJ3UMcKv0ftH3L2GOWGtyhl0.P_LW4QBIWlkm0R1o

No Fixed Address: The White Cart Memorial

This powerful documentary sheds light on an overlooked aspect of the homelessness crisis: people's grief following the death of someone they care about. Through the voices and stories of individuals living with unstable housing in Kelowna, the film explores how loss echoes through a community already struggling to survive.

Vancouver, BC - November 13, 2025 from 6:00pm – 8:30pm [Register](#)

[No Fixed Address: The White Cart Memorial \(Trailer\)](#)

Awards

Marney Thompson awarded King Charles III Coronation Medal

Victoria Hospice Director of Bereavement Services Marney Thompson has been awarded the King Charles III Coronation Medal, which recognizes people who have made significant contributions to Canada and their home provinces. Marney is also an Executive Member of the Canadian Grief Alliance and a member of the CVH Clinical Team.

[Learn more](#)

2025 Nova Scotia Library Association Awards

Terri Milton, a co-award winner of the Canadian Virtual Hospice's International Innovator of the Year for 2025, has been awarded the Norman Horrocks Award for Library Leadership. Terri has over 25 years of library experience in university and community college libraries and aided the Valley Hospice Foundation in their Grief Library project.

[Learn more](#)

Events

Grief in the Neurodiverse Community

Date: November 12, 2025 | Location: Virtual

This session with Registered Psychotherapist Amy MacFarlane explores how individuals within the neurodiverse community may experience and express grief differently, especially in the context of a family member's cancer diagnosis. Designed for families, this session will provide practical strategies to recognize and support diverse emotional needs, foster communication, and create a safe, inclusive space for grief and coping.

[Register](#)

5th Annual Canadian Children's Grief Symposium

Date: November 12 - 13, 2025 | Location: Virtual

Presented by the Canadian Alliance for Children's Grief, this year's conference theme is *Building Personal and Community Resilience*. Registrations open in August.

[Learn more](#)

Working Together in Palliative Care

Date: November 13, 2025 | Location: Virtual

Compassionate Ottawa hosts this live, virtual event featuring Dr. Mary Lou Kelley, Compassionate Ottawa volunteer, and Dr. Hsien Seow and Dr. Samantha Winemaker, co-hosts of The Waiting Room Revolution podcast and authors of the book *Hope for the Best, Plan for the Rest*.

[Register](#)

Grief Literacy: Increasing Our Ability to Support One Another in Our Grief

Date: November 13, 2025 | Location: Virtual

The Centre for Education and Research on Aging & Health is hosting a free webinar with Dr. Susan Cadell, MSW, focusing on grief literacy. This webinar is open to the public.

[Register](#)

Creativity in Equity Research: Using arts-based methods to understand hidden experiences

Date: November 18, 2025 | Location: Virtual

In this presentation, Dr. Jed Jerwood, PhD, FRSA, explores how creativity and art-making form an important part of equity-oriented research in healthcare. Reflecting on findings from several UK-based projects, the session will highlight the opportunities that arts-based research methods can offer researchers in equity spaces.

[Register](#)

CACHC Webinar on Grief and Bereavement

Date: November 18, 2025 | Location: Virtual

The Canadian Association Community Health Centres is hosting a webinar for members. Shelly Cory, CVH ED and Maxxine Rattner, CGA Executive Member, are panelists.

[Register](#)

The Lived Experience of Grief: Living with Grief, Loss, and the Need for Connection

Date: November 18, 2025 | Location: Virtual

In this free webinar, Kath and Ted Murray, founders of Life and Death Matters whose adult son Geordie died almost 6 years ago as the result of a hunting accident, will be sharing their story. Their story reminds us that grief doesn't go away — it just becomes part of life. Over time, it may change, but it stays with us in different ways.

[Register](#)

The Spectrum of Grief in Nursing: A Panel Discussion

Date: December 1, 2025 | Location: Virtual

This webinar will address and explore the diverse and often unspoken experiences of grief across the nursing profession — spanning career stages, specialties, and life circumstances — through a rich panel discussion. This webinar is in partnership with the Registered Nurses' Association of Ontario (RNAO) and Canadian Virtual Hospice (CVH)

[Register](#)

Veteran Family Summit 2026

Date: January 22 - 23, 2026 | Location: Virtual

Join the Atlas Institute for a two-day free virtual event dedicated to sharing information, resources and inspiration about Veteran Family mental health and well-being.

[Learn more](#)

ABSTRACT DEADLINE: McGill International Palliative Care Congress

Deadline Date: January 31, 2026

Abstract submissions for the 2026 McGill International Palliative Care Congress is now open!

[Submit](#)

SAVE THE DATE: CAMP WIDOW

Camp Widow is a beacon of hope, healing, and community for widowed people across Canada and beyond.

Upcoming camps:

Camp Widow Toronto – May 2026

Camp Widow Calgary – September 2026

[Learn more](#)

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