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# Initial Support

for those early in their grief

## One-to-one Sessions

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We offer single session individual support sessions for those eligible for closed groups, and for those who have lost a loved one to suicide, homicide or overdose. Individual support is a place where you can feel safe to share your story with someone who has experienced a similar loss, and is a trained volunteer. This meeting is a chance for you to get some immediate support and also to explore the possibility of joining a mutual support bereavement group.



[Online Intake Form](#)

## Support Groups

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BFO holds weekly support groups, facilitated by peer volunteers. Closed groups are small, closed-membership groups of 8-12 people who have

## Helplines

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**Crisis Text Line:** Text HOME to 686868 to text with a trained Crisis Responder

**Crisis Helpline:** 1-866-531-2600

experienced similar losses and want to explore their grief in a confidential, supportive setting. Open groups are available for adults, with group meetings consisting of open discussion. Find out more information about support groups here:

**Distress Centres of Toronto Helpline:**  
(416) 408-4357

[More Resources](#)

## Support Groups

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