

When words are not enough

Let time do its work

It may happen that words are not enough to express your inner tumult. You should know that there are other means of expression open to you.

Art

If your emotions are difficult to verbalize, painting, drawing or sculpture might offer good ways to release them.

Music

Music and sound can touch some people to the depths of their souls.

Relaxation sessions that are based on music could be beneficial in helping you to regain some calm and reduce anxiety.

Massage

Therapeutic massage is an option if you feel the need for physical relaxation. It can also be invaluable for releasing the tension that has accumulated in your body.

Bereavement is a trial that is a painful and sometimes long process; allow yourself to take your time.

Although no one therapy can offer a miracle cure for bereavement, there are many resources that can help you better navigate this important stage in your life.

A presentation of your funeral cooperative



LES COOPÉRATIVES
FUNÉRAIRES
DU QUÉBEC

Seeking help in a time
of bereavement

A port in the storm

*A humane
approach*



Your grief is unique

Funeral rites Coming together to share

Share your pain to give it meaning



You are a unique being, and the pain you suffer upon the loss of a loved one is just as unique.

This time of bereavement will surely be filled with trials, tears and emotions. But there will be moments when hope will peak through. And ultimately will come healing.

At certain stages of your grieving process, you may feel the need to be alone, to take stock of things. At other times, you may feel a strong need to be listened to and consoled, to have others rally around you. You have to respect your own needs, which are sure to change as the months go by.

You should know that there are many resources at your disposal, at every stage of your bereavement. It is up to you to choose the ones most appropriate to your situation.

Since the dawn of time, humans have held funeral rites to mark the departure of a loved one and to bear witness to a life lived.

Whether you are alone or surrounded by family, a funeral rite can bring you support and comfort in your grieving.

Funeral services

Funeral services offer a place where people experiencing the same sorrow can share their grief and comfort each other.

The solidarity and sympathy expressed during funerals can be invaluable in facing the remainder of your bereavement.

Memorial masses

The celebration of a memorial mass is one way of saying that the deceased is not forgotten. It is also an opportunity for you to take stock of your bereavement, as you continue to move toward healing.

Visits to the cemetery or columbarium

You may wish to visit a family member in the place where he or she is resting.

When you take time to reflect at the tomb of a loved one, you are taking time to say that he or she is not forgotten. It is also an occasion to measure the path you have travelled.

In the grieving process, one sometimes has the impression that healing will never come. At such times it is very important to seek out comfort and human warmth.

Along the way, you will no doubt need to confide in an attentive listener. In addition to your family circle, there are various other resources available to you.

Consult a professional

The ups and downs of life sometimes cause us to want to take stock with the help of a psychologist or psychotherapist.

Many of these professionals specialize in bereavement. Beginning therapy with one of them may be a way for you to emerge from pain that has become too much to deal with.

Self-help groups

These are groups of people who are experiencing a bereavement. The meetings that they organize are held in a spirit of respect and open-heartedness.

At these sessions, you will be able to share your experience, but also listen to that of others; you will be able to find help, but also to offer it.

Support groups and group therapy

Support groups and group therapy are sessions led by a psychologist or some other social worker. Here you will find the same benefits as in a peer support group, but in a more structured setting.