
Canadian Virtual Hospice – Resources Summary

Updated October 2025

Canadian Virtual Hospice is the world’s most comprehensive online source of information and support about life-limiting illness and grief. It is an award-winning charitable organization that serves the information and support needs of over 1.6 million visitors annually through 19 tailored information platforms for the public and healthcare providers.

All Canadian Virtual Hospice’s resources and platforms are free to use, and most are available in both French and English.

Contents

Advanced Illness, Palliative Care, and Grief Resources for the Public	3
VirtualHospice.ca	3
Discussion Forums	3
Ask A Professional	3
LivingMyCulture.ca	3
CaringTogether.life	4
LivingOutLoud.life	4
Medical Assistance in Dying (MAiD) Resources	4
Two-Spirit and LGBTQ+ Proud, Prepared and Protected – Inclusive Care Resources	5
Grief Resources	6
MyGrief.ca	6
KidsGrief.ca	6
KidsGrief Webinar Series	6
KidsGrief.ca for Educators	7
YouthGrief.ca	7
CanadianGriefAlliance.ca	7
AboutGrief.ca	7
Grief Chats Q&A	8
The Canadian Healing Quilt	8
Caregiving Resources	9
CaregiversCAN	9
CareHub	9

Resources for Professionals	10
VirtualHospice.ca	10
The Learning Hub	10
Indigenous Cultural Safety Training.....	10
Healthcare Provider Grief: Recognizing and Responding	11
Grief Training: Building Healthcare Provider Capacity	11
Long Term Care: Understanding and Responding to Grief.....	11
Social Workers and Counsellors: Building Your Grief Support Skills	11
Grief and Trauma in the ICU	11
Methadone for Analgesia in Palliative Care.....	12
MyGriefToolbox.ca for Paramedics.....	12
KidsGrief.ca for Educators.....	12
Medical Assistance in Dying (MAiD) Resources	13
Two-Spirit and LGBTQ+ Proud, Prepared and Protected – Inclusive Care Resources	13

Advanced Illness, Palliative Care, and Grief Resources for the Public

VirtualHospice.ca

www.virtualhospice.ca / www.portailpalliatif.ca

The most comprehensive online resource in the world on living with advanced illness, palliative care, and grief.

- One-stop-shop for resources on advanced illness, palliative care, and grief (17 platforms of tailored resources)
- For the public and professionals
- All platforms are available in English and French
- Free to access
- Co-developed with experts and those with lived experience
- Navigate content under “Topics,” “Support” or scroll down to “Featured Services”

Discussion Forums

Life often saves its most difficult questions to the end. You’re not alone. Connect with a community of people talking and sharing about living with a life-limiting illness, caring, loss and grief.

NOTE: Discussion forums are currently on hiatus as of September 2025.

Ask A Professional

Our team of palliative care experts is ready to answer your questions about terminal illness, end-of-life care, loss, and bereavement. You will receive a detailed, personal response in three working days. All questions and answers are confidential.

LivingMyCulture.ca

www.livingmyculture.ca

Quality palliative care helps you honour your culture, spirituality, and traditions. At LivingMyCulture.ca, people from various cultures share their stories and wisdom about living with serious illness, end of life, and grief to support others.

CaringTogether.life

www.caringtogether.life / www.soignonsensemble.ca

CaringTogether.life is a free platform designed to educate, support, and empower parents caring for a seriously ill child and those who are experiencing pregnancy or infant loss. Developed by families and pediatric healthcare providers, we understand . . . and we are here for you every step of the way as you care for your child, yourself, and your family.

Featured content includes the “Me and My Illness” Activity Book. Developed for kids aged 6-12 years living with a life-limiting illness, to help them think about and respond to their thoughts, feelings, and questions. Full of colourful pictures and activities, it reflects their experience and helps them think and talk about their illness, to plan, and make decisions. Me and My Illness is a helpful tool for parents and healthcare providers for starting conversations about illness and how it affects the child’s life.

LivingOutLoud.life

www.livingoutloud.life / www.vivreafond.ca

Young adults and teens are shattering the silence of living with advanced illness by creating a webspace of their own. Their stories are unscripted, unfiltered, and unforgettable, offering help when it is needed most.

Medical Assistance in Dying (MAiD) Resources

www.virtualhospice.ca/maid / www.portailpalliatif.ca/amm

Thinking about a medically assisted death (MAiD) can bring up questions and deep feelings for everyone involved: the person considering MAiD, family, friends, and healthcare providers. Find answers to common questions, plus information about how MAiD works, and about its emotional impacts.

Featured Content

- Understanding MAiD for individuals and families – booklet
- Understanding MAiD for healthcare providers – booklet
- Q&A about MAiD – Infographic
- 10 Myths about MAiD – Infographic
- MyGrief.ca Module – Grief and Medical Assistance in Dying
- 15 articles on various topics related to conversations and decisions (telling family and friends, talking to children, starting a conversation, etc.)
- Videos from families, individuals who are considering MAiD, and healthcare providers
- National registry with key provincial contacts

Two-Spirit and LGBTQ+ Proud, Prepared and Protected – Inclusive Care Resources

www.virtualhospice.ca/2SLGBTQ / www.portailpalliatif.ca/2SLGBTQ

Proud, Prepared, and Protected is the Virtual Hospice's collection of online resources to assist 2SLGBTQ+ people to access and receive inclusive and respectful care. The resources were developed by LGBTQ+ and Two-Spirit people and over 40 organizations alongside Canadian Virtual Hospice.

Featured Content

- 2SLGBTQ+ Canadian Healthcare Bill of Rights
- My choices for safe and inclusive healthcare – booklet
- Planning for my care – booklet (for advanced care planning)
- MyGrief.ca Module – Grief in 2SLGBTQ+ communities
- 16 articles on various topics related to inclusive healthcare (how to be an ally, why inclusivity matters)
- Videos from individuals and healthcare providers talking about the importance of inclusive care

Grief Resources

MyGrief.ca

www.mygrief.ca / www.mondeuil.ca

Because losing someone is hard . . . Confidential and free, MyGrief. ca helps you understand and move through your grief.

- In your own place, at your own pace, self-directed online grief modules
- Developed by people who have “been there” and grief specialists
- Features “real life” stories and experiences
- A resource for the public and professionals
- 28 different topics including 9 foundational modules that help you understand and respond to your grief, a series on relationships, pregnancy and infant loss, and topics related to specific circumstances (like grief after trauma, prolonged grief)

KidsGrief.ca

www.kidsgrief.ca / www.deuillesenfants.ca

KidsGrief.ca is a free online resource that helps parents support their children when someone in their life is dying or has died. It equips parents with the words and confidence needed to help children grieve life’s losses in healthy ways.

Featured content includes three activity books developed for kids aged 6-12 years to help them think about and respond to their thoughts, feelings, and questions.

- My Life, My Grief Activity Book – This activity book helps kids think about how someone’s death is affecting their life.
- My Life, Their Illness Activity Book – This activity book helps kids think about how someone’s illness is affecting their life.
- My Life, My Illness Activity Book – Me and My Illness is a helpful tool for parents and healthcare providers for starting conversations about illness and how it affects the child’s life.
- Medical Assistance in Dying (MAiD) Activity Book – This activity book helps kids think about how someone choosing medical assistance in dying is affecting them.

KidsGrief Webinar Series

Join children’s grief specialists, Andrea Warnick, MA, Colleen Mousseau, M.Ed., and Nicola Elbro, MA, as they answer your kids grief questions on this free monthly Zoom webinar, held at 1:00pm ET/10:00am PT, on the third Tuesday of each month.

KidsGrief.ca for Educators

www.kidsgrief.ca

These modules offer both structured and general guidelines for providing grief support to students under varying circumstances. They may also help you to understand your own grief and that of your colleagues when someone in your school community dies. In addition, while these modules address grief specific to dying and death, many of the strategies suggested here will be useful for supporting students dealing with other losses unrelated to dying or death.

YouthGrief.ca

www.youthgrief.ca / www.deuildesados.ca

YouthGrief.ca has been developed — from content to art to design — by grieving youth, for grieving youth. It shares wisdom, experiences, and advice from more than 30 young people who've been there and know what it's like to grieve when someone you care about has died.

CanadianGriefAlliance.ca

www.canadiangriefalliance.ca / www.alliancecanadiennepourledeuil.ca

The Canadian Grief Alliance (CGA) is a group of leading grief specialists and more than 150 national and provincial organizations that are encouraging the Government to adopt a proposal to address national gaps in grief services that are leaving hurting Canadians unsupported in their grief. The Alliance includes psychiatrists, psychologists, social workers and therapists, academics and organizations providing grief services. It is convened by the Canadian Virtual Hospice, an internationally recognized charitable organization with a history of developing award-winning online resources that serves 2.4 million users annually.

Visit to access the newest resources from the Canadian Grief Alliance and to join our mailing list to stay up to date on work to support grief literacy.

AboutGrief.ca

<https://aboutgrief.ca> / <https://ledeuil.ca/>

AboutGrief.ca is Canada's national website about grief!

Created by the Canadian Grief Alliance, AboutGrief.ca is there to help people who are living with grief and those who are supporting others in their grief. While everyone will experience grief, it is often misunderstood. Grief is a natural response to any loss that is important to you, whether a person, relationship, sense of security, finances, hope, a job, a pet, or other losses. Grief can affect the way you feel, think, and behave, as well as how your body feels. When we better understand grief, we can learn to respond to it in helpful ways.

AboutGrief.ca is filled with information. You can find:

- Articles about how grief looks and feels, and help for living with grief
- Listings of more than 400 Programs and Services
- Video clips of people sharing their stories and grief specialists providing guidance
- Selected resources, including podcasts and books, from Canada and around the world
- The Grief Assistant, an AI tool that helps you find answers to your questions
- Innovations in grief support and research
- AboutGrief.ca also offers Windmail, a place to write private messages to those you are grieving.

Everything on AboutGrief.ca is free to access, and no registration is required. AboutGrief.ca was developed by grief specialists and members of the public who shared diverse grief experiences, challenges, and what helped them. AboutGrief.ca ensures you have access to practical, helpful information you can trust.

Grief Chats Q&A

Join grief specialists Maxxine Rattner (MSW, RSW) and Marney Thompson (MA, RCC) for Grief Chats Q&A – a free monthly Zoom webinar where they will respond to your questions about loss and grief. Grief Chats Q&A will be held at 8:30pm ET/5:30pm PT, on the second Monday of each month.

NOTE: The Grief Chats Q&A series ended in June 2025. Recordings may be viewed on AboutGrief.ca.

The Canadian Healing Quilt

<https://healingquilt.ca/>

When someone important to you dies, the grief can feel overwhelming. Finding ways to honour their memory can help. The Canadian Healing Quilt gives people a place to stitch together life stories and create a lasting tribute that can provide comfort and healing.

At HealingQuilt.ca, families and friends can gather virtually to share stories, cherished memories, and photos to create a memorial quilt square. The memorials appear as part of a national digital quilt of comfort and connection or can remain private and visible only to invited family and friends. Visitors can light virtual candles, leave messages, and share memories on memorials.

Caregiving Resources

CaregiversCAN

www.virtualhospice.ca/caregiving / www.portailpalliatif.ca/aidants

More than 8 million family and friend caregivers in Canada are providing care in the home. Most caregivers will feel unprepared and overwhelmed at some point. If you are caring for someone who is ill or living with mobility challenges, these modules are for you. Access them anytime of the day or night, as many times as you need, and at no cost.

The modules include useful information, strategies, and suggestions for preparing for and providing care as illness advances.

- Strategies for difficult conversations
- Video demonstrations of caregiving tasks
- Guidance for recognizing and managing symptoms
- Suggestions for accessing programs and services
- Ways to care for yourself

CareHub

www.carehub.life

CareHub is a collection of easy-to-use services to help understand health and manage care in one online place. Use your personal CareHub to track health and symptoms and to share reports with healthcare providers. Coordinate healthcare and get information related to your needs. Receive tailored information and learn about programs and services in your area. Plan care.

Designed by people with life-limiting illness and caregivers, CareHub is free, confidential, and secure.

Resources for Professionals

VirtualHospice.ca

www.virtualhospice.ca / www.portailpalliatif.ca

The most comprehensive online resource in the world on living with advanced illness, palliative care, and grief.

- One-stop-shop for resources on advanced illness, palliative care, and grief (17 platforms of tailored resources)
- Tools for practice, quick consults, asked and answered, ask a professional, and the learning hub provide resources tailored to clinicians and professionals providing care
- All platforms are available in English and French
- Free to access
- Co-developed with experts and those with lived experience

The Learning Hub

www.CVHLearningHub.ca / www.portailpalliatif.ca/apprendre

The Learning Hub is your gateway to free, evidence-informed learning modules to support your practice. The modules help you build capacity and confidence in delivering palliative care and grief support.

- Self-directed and self-paced
- Practical tools and strategies
- Developed by leaders in palliative care and grief
- Certificates of completion

Indigenous Cultural Safety Training

Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs. In these modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care, explore barriers to culturally safer care, and learn how to address these barriers.

- * Improve capacity to respectfully engage with Indigenous Peoples
- * Improve the quality of care for those living with advanced illness and their families
- * Explore traditional cultures, values, wishes, and beliefs

Healthcare Provider Grief: Recognizing and Responding

Recognizing your grief is a necessary but often forgotten part of working in healthcare. We hope these modules will help you and your healthcare team support each other and share your own stories about grief and meaning to improve your own health, well-being, and work.

View the overview video here <https://vimeo.com/868443246> (French: <https://vimeo.com/868444356>)

Grief Training: Building Healthcare Provider Capacity

Regardless of your professional role, you're likely to encounter patients and families who are experiencing loss and grief. The goal of these modules is to increase your understanding about grief as you support patients and their families.

Long Term Care: Understanding and Responding to Grief

These grief learning resources are for people working in long-term care settings. No matter your role, end-of-life, grief, and bereavement will be part of your working life. These modules will help increase your understanding about grief and confidence in supporting patients and their families.

View the overview video here <https://vimeo.com/868444976> (French: <https://vimeo.com/868442002>)

Social Workers and Counsellors: Building Your Grief Support Skills

In many settings, formally assessing, responding to, and supporting people in their grief is the work of social workers and counsellors. These modules strive to support social workers and counsellors in their work with grieving individuals, families, and communities.

Grief and Trauma in the ICU

These modules help ICU clinicians to better understand and support families in distress, specifically in clinical situations when patients die. While you can't always prevent a death, you may be able to reduce the impact of psychological trauma. Integrating this content into your practice may require you to stretch beyond your comfort level as you learn new ways to interact with and support ICU families experiencing grief and psychological trauma. By using timely and sensitive psychosocial interventions, you'll help families cope as well as make a long-lasting difference for years after the death.

Methadone for Analgesia in Palliative Care

Methadone4Pain is a series of three education modules for physicians, nurses and pharmacists seeking to improve their knowledge in prescribing and managing patients prescribed methadone for pain in palliative care. It has been certified by the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada for Continuing Professional Education Credits.

MyGriefToolbox.ca for Paramedics

www.grieftoolbox.ca / www.mesoutilsdeuil.ca

What do I say to a family member in distress? How do I deal with a family who is resisting my clinical advice? What is there to learn when a call didn't go as I'd hoped? How do I tell an unprepared family that death is imminent? Paramedicine is evolving to provide palliative care in the home. Paramedics and grief experts collaborated to develop MyGriefToolbox.ca to help you deliver the care that matters at the most difficult time of life.

KidsGrief.ca for Educators

www.kidsgrief.ca

These modules offer both structured and general guidelines for providing grief support to students under varying circumstances. They may also help you to understand your own grief and that of your colleagues when someone in your school community dies. In addition, while these modules address grief specific to dying and death, many of the strategies suggested here will be useful for supporting students dealing with other losses unrelated to dying or death.

AboutGrief.ca – For Professionals and Volunteers

<https://aboutgrief.ca/2nd/professionals-volunteers/> /
<https://ledeuil.ca/2nd/professionnels-et-benevoles/>

You may encounter people who are grieving in your work or volunteer roles, or may be experiencing your own grief related to this work. Find resources to help, and free online grief training here. AboutGrief.ca is filled with information that may support professionals. You can find:

- Listings of more than 400 Programs and Services
- Video clips of people sharing their stories and grief specialists providing guidance
- Selected resources, including podcasts and books, from Canada and around the world
- Innovations in grief support and research
- Free online grief training and webinars

Medical Assistance in Dying (MAiD) Resources

www.virtualhospice.ca/maid / www.portailpalliatif.ca/amm

Thinking about a medically assisted death (MAiD) can bring up questions and deep feelings for everyone involved: the person considering MAiD, family, friends, and healthcare providers. Find answers to common questions, plus information about how MAiD works, and about its emotional impacts.

Featured Content

- Understanding MAiD for individuals and families – booklet
- Understanding MAiD for healthcare providers – booklet
- Q&A about MAiD – Infographic
- 10 Myths about MAiD – Infographic
- MyGrief.ca Module – Grief and Medical Assistance in Dying
- 15 articles on various topics related to conversations and decisions (telling family and friends, talking to children, starting a conversation, etc.)
- Videos from families, individuals who are considering MAiD, and healthcare providers
- National registry with key provincial contacts

Two-Spirit and LGBTQ+ Proud, Prepared and Protected – Inclusive Care Resources

www.virtualhospice.ca/2SLGBTQ / www.portailpalliatif.ca/2SLGBTQ

Proud, Prepared, and Protected is the Virtual Hospice's collection of online resources to assist 2SLGBTQ+ people to access and receive inclusive and respectful care. The resources were developed by LGBTQ+ and Two-Spirit people and over 40 organizations alongside Canadian Virtual Hospice.

Featured Content

- 2SLGBTQ+ Canadian Healthcare Bill of Rights
- My choices for safe and inclusive healthcare – booklet
- Planning for my care – booklet (for advanced care planning)
- MyGrief.ca Module – Grief in 2SLGBTQ+ communities
- 16 articles on various topics related to inclusive healthcare (how to be an ally, why inclusivity matters)
- Videos from individuals and healthcare providers talking about the importance of inclusive care