

Grief Counselling

HELP WHEN YOU NEED IT MOST



Are you
overwhelmed
by grief?

Don't walk through this alone

By Peaceful Waters offers compassionate and faith-based grief counselling in Kitchener-Waterloo and throughout Ontario.

Counselling can help if you are:

- Grieving someone close like a family member or friend
- Experiencing a traumatic loss
- Facing unresolved pain or grief
- Processing a complicated relationship

We move at your pace to work through grief and envision a hope-filled future.

What is Grief Counselling?

Grief counselling is a process of supporting your whole person – spirit, emotions, mind, and body – through the experience of loss. People grieve differently, and your therapist has many resources to help, including different therapeutic modalities and tools.

We are also able to integrate faith and prayer into our therapeutic work, as well as to naturally and safely support the brain and body to process difficult memories in a healthy way.

New Life Charity

Financial
help for grief
counselling

New Life Charity works in partnership with By Peaceful Waters to provide financial assistance to people in need of therapy.

Contact our intake team to learn more or to apply.



More options for financial support

Many EAPs and extended health benefit packages cover counselling and psychotherapy. Contact your employer or insurance provider to find out if you have coverage.

Memorial gifts

Honour your loved one by choosing New Life Charity as a recipient for memorial donations. Leave a lasting legacy by supporting access to faith-based therapy founded on values you can trust.



By Peaceful Waters

Restoring Hope. Finding Peace.

IN PERSON • ONLINE • PHONE

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