



Brochures in this series include:



*Coping With The Death Of A Friend*



*After You Leave*



*Staying Safe When You Share Parenting & Custody with an Abusive Partner*



*How to Help a Friend in an Abusive Relationship*



*Coping With The Death Of A Child*

## For Support & Resources:

East & West Parry Sound Victim Services:

Office: (705) 746-0508

24/7 Crisis line: (705) 938-1476

Parry Sound Family Services:

Office: (705) 746-9789

Email: [info@psfamilyservice.com](mailto:info@psfamilyservice.com)

Ontario Victim Support Line

(Victim Notification System):

(888) 579-2888

Muskoka-Parry Sound Community Mental Health Service:

Parry Sound: 1-866-829-7049

Sundridge: 1-866-829-7050

B'saanibamaadsiwin Native Mental Health

Program:

Office: (705) 746-2512

## ***24/7 Crisis Assistance and Referral Service***

Phone: (705) 746-0508

Crisis Line 24/7:

(705) 938-1476



MINISTRY OF THE ATTORNEY GENERAL  
MINISTÈRE DU PROCUREUR GÉNÉRAL

## East & West Parry Sound Victim Services



## **24/7 Crisis Assistance and Referral Service**

Phone: (705) 746-0508

Crisis Line 24/7:

(705) 938-1476

# ***Coping with the death of a parent***



## Multitude of emotions

- You may find yourself eager to be around other family members who knew your parent well
  - On the other hand, you may feel apprehensive about being with others and prefer to be somewhere alone where you can grieve privately
- You may find a sense of comfort in being in their home, or find it hard to walk through the door
- You may feel relieved in some ways
- You may find it hard to believe that your parent has died and miss them when you have accomplishments that you long to share with them
- You may catch yourself daydreaming or unable to concentrate on activities that require your full attention
- Your friends may not understand why you are having such an intense reaction to your parent's death and want you to be the same old person you always have been
- You can anticipate that holidays and family gatherings will stir up intense emotions
- Your thoughts about the meaning of life may change
- You may have an acute awareness about the fragility of life
- You may decide to change your goals, make new choices, and evaluate your priorities

## Suggestions for coping with the natural order of things; or when a parent dies:

1. Don't expect to be ready for the natural order of things; you won't be.
2. Never let anyone belittle this loss, make you feel guilty for grieving deeply, or hurry you through your grief. You are entitled to feel all of grief's intricacies and all of grief's intensity.
3. Grieving for a parent, like all grief, can be exhausting emotionally, physically and spiritually. Be kind to yourself.
4. This work of grief takes time; the process must not be hurried. And it is never entirely over.
5. Even as an adult, don't be surprised by feelings of abandonment and uncertainty that you experience.
6. After they are gone your parents will continue to be a part of your life, just in a different sense. You will always be their son or daughter.
7. Grief does not end. Rather grief comes and goes. And then it comes again.
8. If you feel the need, seek out support from others who've been there, a friend who cares, or a professional who can help guide you through the work of grief.



## Reach out to others

Perhaps the most compassionate thing you can do for yourself at this difficult time is to reach out for help from other. If your parent was old, you may find that others don't fully acknowledge your loss. As a culture, we tend not to value the elderly. We see them as having outlived their usefulness instead of as a source of great wisdom, experience and love. And so when an elderly parent dies, we say, "Be glad she lived a long, full life" or "It was his time to go" instead of "Your mother was a special person and your relationship with her must have meant a lot to you. I'm sorry for your loss."

Seek out people who acknowledge your loss and will listen to you as you openly express your grief. Avoid people who try to judge your feelings or worse yet, try to take them away from you. Sharing your pain with others won't make it disappear, but it will, over time, make it more bearable. Reaching out for help also connects you to other people and strengthens the bonds of love that make life seem worth living again.

## Memories

Though your parent is no longer physically with you, he or she lives on in spirit through your memories. Treasure those memories. Share them with your family and friends. Recognize that your memories may make you laugh or cry, but in either case, they are a lasting and important part of the relationship you had with your mother or father.