

There are many individuals, businesses, and organizations that have provided support for our Teen Programs.

Special Thanks to:

B.C. Lottery Corporation
Beverly Yates
Creative Children
Independent Order of Foresters
Lewiscraft
Literacy Nanaimo
Mid Island Coop
Nanaimo Daybreak Rotary
Nanaimo Kinettes
Opus Art Supplies
Royal Canadian Legion
Sovereign Order of St. John of Jerusalem, Knights Hospitaller
V.I. Regional Library

**The Hospice
Teen Grief
Support Program
is offered
Free
to participants**

For more information
and to find out about
our one-on-one
Teen Counselling
contact

**Nanaimo Community
Hospice Society**

758-8857

nanaimohospice2@shaw.ca

**Nanaimo Community
Hospice presents**

**Teens
Helping
Teens Get
Through
Loss**



**"As if being a teen
isn't hard enough..."**

**Teen Grief
Support Group**

- ⚡ Welcome to Earth - the death rate is 100%
- ⚡ The word "dead" is a 4 letter word that most people are afraid to say.
- ⚡ The death of someone you love may be a shattering experience and support is helpful while you "put yourself back together."
- ⚡ You never "get over" grief, but you find ways to learn to live with it.
- ⚡ Tears shed in grief are healing and they have been scientifically proven to contain different enzymes than tears shed for other reasons.
- ⚡ Things may never "get back to "normal" but you will find a "new normal."
- ⚡ Some websites to check out:
 - www.griefworksbc.com
 - www.dougy.org
 - www.centerforloss.com
 - www.centering.org

A program to support you through the journey of grieving after a death.

- ⚡ Safe, non-judgmental, friendly atmosphere
- ⚡ Expressive activities (including mask making)
- ⚡ Humour
- ⚡ Grief Education
- ⚡ Snacks

Join our group and explore ways to cope with loss.

Held at

Hospice House

1729 Boundary Ave

(Opposite Travellers Lodge)

Wednesdays

6:30-8:30 pm

March 8 - May 31, 2006

For more information and to register call

758-8857