

## Role of Participants

- ❖ Participate and interact with others in a fair manner, allowing equal time for mutual learning and sharing.
- ❖ Respect one another's confidentiality by not discussing information outside of the group.
- ❖ Take responsibility for themselves by being punctual and by informing facilitators of special needs.
- ❖ Recognize that all participants are actively grieving in their own unique way and are deserving of positive regard.

## Role of Facilitators

- ❖ Provide a comfortable, safe, organized environment.
- ❖ Remind participants of confidentiality.
- ❖ Facilitate respectful sharing.
- ❖ Maintain focus on grief related issues.
- ❖ Provide support to participants and co-facilitators as required.

**Note:** Group facilitators are all trained hospice volunteers.



## Nanaimo Community Hospice Our Vision:

At Hospice we believe that dying, caregiving, and grieving are three of life's greatest challenges. Our Vision is that the dying will experience dignity and peace; their caregivers will receive the help they need; and their families and friends will be supported in their grief.

## Companions Through Grief

*Thank You  
for supporting Hospice!  
The generosity of our  
community enables us to offer  
our support and programs at  
no cost to the participants*

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# Companions Through Grief



NANAIMO COMMUNITY  
HOSPICE

*Caring • Commitment • Compassion*

## **Companions Through Grief**

*An on-going drop-in program designed to provide support to individuals grieving the death of a loved one. Support is both given and received in an informal and relaxed setting.*



**All our programs are designed to provide a stepping stone towards moving forward on your journey.**

### **Why a Group?**

A common experience, even one as unthinkable as death, may bring people together to offer comfort, support and growth.

### **Who can participate?**

The group is open to adults who have experienced the death of a loved one and are registered Hospice clients. Participants have met with a counsellor to assess the most appropriate program for the client at this time and then referred to this program.

### **When and where does the group meet?**

Every Friday from 10:00 a.m. to 12:00 noon at Hospice House.

### **Who will be there?**

Two trained Hospice volunteers will facilitate the group. The volunteers work on an overlapping rota so there will always be a familiar face.

The group varies in size from week to week but there are usually between 6 and 12 participants. Companions Through Grief provides an opportunity to be with others who have had similar experiences of loss through death. Some of the participants may have experienced a very recent loss, while others may be further along in their journey.

### **What to expect?**

Meetings begin with lighting a candle and a reading followed by a brief client check-in.

Hospice volunteers facilitate the discussion which focuses on the grief related topics of interest to those in attendance that particular week.

Meetings end with a closing check-out.

### **Sharing the load.**

Sometimes, following a loss, it is helpful to talk to others, and sometimes it is easier to share with people who are not close to you. As one person in the group observed, "Sometimes my family and friends seem tired of hearing me, and besides, they have their own loss to deal with."



*"I recognize that other people feel at a loss to know what to do about the death I am surviving. They will say things they don't mean and mean things they don't say. I will go where the understanding and support exist instead of complaining about the people around me who are unable to meet my needs."*

Excerpt from *A Time to Grieve* by Carol Staudacher