

*"The only way to remove pain from death is to remove love from life."  
- Richard Paul Evans*

Nanaimo Community Hospice Society provides a safe, nurturing place to mourn, share stories and express feelings.

For more information about our Grief Support Programs for Children, Youth, Adults and Seniors please call 250-758-8857.

Both our website and our community newsletter provide valuable information. Visit [www.nanaimohospice.com](http://www.nanaimohospice.com) or call to be added to our mailing list.



***ARE YOU GRIEVING THE DEATH  
OF SOMEONE SPECIAL?***

## **Grief Support Services For Children, Youth, Adults and Seniors**

*The ability to love requires the  
necessity to mourn." - Dr. Alan Wolfelt*

### **Nanaimo Community Hospice Society**

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# **Grief Support Services For Children, Youth, Adults and Seniors**



## **Nanaimo Community Hospice Society**

***PROVIDING COMPASSIONATE CARE AND SUPPORT***



The death of someone special is the single most stressful event that can happen to a person. Grief is a normal and deeply personal response to loss.

If you are searching for support as you face one of the most challenging times of your life, Nanaimo Community Hospice Society invites you to find out more about our GRIEF SUPPORT PROGRAMS.

## GRIEF SUPPORT PROGRAMS

### Individual Counselling

Our professional staff offers one-to-one counselling to children, youth, adults and seniors to help deal with the strong and unfamiliar emotions which accompany change and loss.

### Phone Assessment and Consultation

A brief connection with a counsellor can help clarify some of the normal reactions to grief. Telephone support can open the door to new pathways through loss.

### Group Grief Support

Our many groups bring together people who share a similar experience and provide a safe, nurturing place to mourn, share stories and express feelings. Sessions are facilitated by trained volunteers and are scheduled at different times throughout the year.

### Lending Library

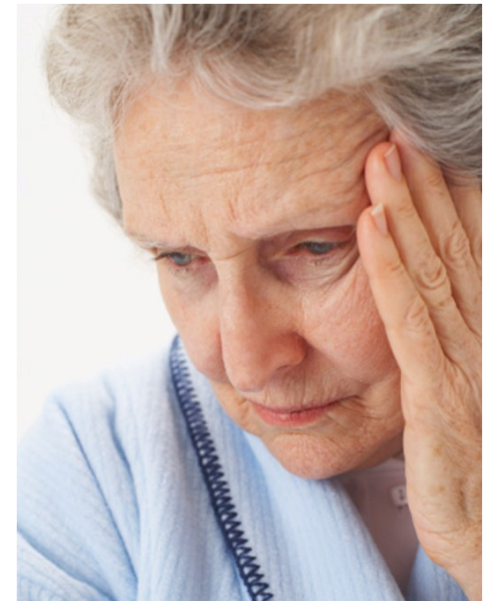
The Hospice lending library is open 9:00-4:00 Monday to Friday and can be accessed by everyone in our community.

### Self Care Clinic

Hospice offers complimentary therapies, including reiki and relaxation, to clients and their family members either on a drop in basis or by appointment. Call first for more information.

## HOW CAN YOU COPE WITH YOUR PERSONAL GRIEF AND LOSS?

- Be gentle and patient with yourself. Respect that your loss affects your quality of life.
- Allow yourself to feel painful feelings without judging yourself.
- Practice self acceptance and acknowledge physical, emotional or mental limitations.
- Maintain relationships with the caring people in your life.
- Accept support when you need it.



**We offer compassionate support, at no cost, through individual counselling and other support services.**