

Our Goal:

- To empower teens by validating all feelings and experiences.
- To offer coping strategies to help navigate the grief process.
- To provide life skill tools that strengthen hope and growth in the grief experience.

We believe:

- Everyone has the right to process grief in their own way.
- People move through grief at their own pace.

We offer:

- Compassionate support through free counseling and group support programs.



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.

Grief Support for Teens

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

Nanaimo Community Hospice Society (A United Way Agency)

1080 St. George Crescent
Nanaimo, B.C. V9S 1X1
Tel: (250) 591-8811
Fax: (250) 591-1858

info@nanaimohospice.com
www.nanaimohospice.com

Grief Support for Teens



NANAIMO COMMUNITY
HOSPICE

Caring • Commitment • Compassion



Are you grieving the death of a grandparent, parent, sibling, friend or other person close to you?

Is someone that you care about dying?

Our programs may be a fit for you.

The death of someone special is a shattering experience. It is important to remember that grief is a natural expression of love for the person who died.

Grief may affect you physically, emotionally, mentally, socially and/or spiritually.

It is easy for others to assume that you are doing fine if you are showing no outward signs of grief. This may or may not be true. Not everyone is equipped to provide support and sometimes even the best of intentions from family and friends can inadvertently send messages that may discourage you from expressing your thoughts and feelings.

It is important to find someone who can provide a supportive and caring environment that allows for physical, emotional, mental and social aspects of the grief experience. This could come from a parent or friend or it might come from someone from Hospice who has experience offering grief support.

Hospice offers one-to-one grief support in a safe, comfortable, and non-judgmental place that is ideal for self-exploration and understanding.

Our grief support staff recognize the deep pain of loss and are here to listen, help process feelings and offer strategies and life skills to navigate the grief process.

Whether the loss is recent or not, we can help you as you move through the pain towards a hope-filled life.

One-to-one grief support is available to teens and their families in our office, the comfort of the family home or over the telephone.

Referrals are made from schools, families, doctor's offices, churches and community agencies. If you are 16 or older, you may refer yourself.

How we cope with death, dying, grief and loss is as unique as our fingerprints.

