



**Nanaimo Community Hospice
Our Vision:**

At Hospice we believe that dying, caregiving, and grief 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.

The death of someone special is the single most stressful life event that can happen to a person. Grief is a normal and deeply personal response to loss. But at times it can feel like you are going crazy. Nanaimo Community Hospice offers support to validate and normalize this roller coaster of feelings.

Please call and find out more about the Grief Support Program.

Grief Support for All Ages

Grief Support for All Ages

"I am the only one who can tell my story – the story of my relationship with my loved one, the story of my loved one's death, and all that goes with it. It is all right to tell the story that wells up inside me. I can tell it and tell it until I no longer need to. Each time I tell my story, I remove one small bit of hurt from inside me. I ease my wound."

A Time to Grieve
Carol Staudacher

**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



**NANAIMO COMMUNITY
HOSPICE**

Caring • Commitment • Compassion

Grief Support Program

Designed to support children, youth, adults and seniors who have lost a loved one through death.



How can you access this program?

You can telephone 250-591-8811, or drop into Hospice House from 9 to 4, Monday to Friday.

An appointment will be made with one of our counsellors who will consult with you, assess your individual needs and discuss the various services offered in this program so you can decide which ones fit for you.

GRIEF SUPPORT PROGRAMS

Individual Counselling

Our professional staff offer one-to-one counselling to children, youth, adults and seniors to help deal with the strong and sometimes unfamiliar emotions which are a normal reaction to grief.

Group Grief Support

Our many and varied 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 Hospice trained volunteers. Some programs are suitable for fresh, raw grief and others are more structured for later in the grief journey.

Lending Library

The Hospice library is open 9:00 a.m. to 4:00 p.m. Monday through Friday and can be accessed by anyone in our community. There are numerous books and CDs on death, dying, grieving, spiritual issues, relaxation and personal stories.

Self Care Clinic

Hospice offers complimentary therapies including Reiki and relaxation to clients and their family members. This may be on a drop in basis or by appointment. Please call for more information.

HOW CAN YOU COPE WITH THE PAIN OF YOUR GRIEF?

- Accept support when you need it.
- Respect that your loss affects the quality of your life so be patient and gentle with yourself.
- Allow yourself to feel all those painful and sometimes overwhelming feelings without judging yourself.
- Acknowledge your current physical, emotional and mental limitations. It won't always be this way but accept it is for now.
- Maintain relationships with the caring people in your life but know that some people will not be the support you had hoped for.

