

HOSPICE

BEREAVEMENT

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NEWSLETTER



Hospice Georgian Triangle

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Bereavement Programs

Adult Peer Support Group
Individual Support
Monthly Meetings (proposed)
Rainbows for Children
Bereavement Library
Bereavement Newsletter
Presentations on Grief Topics

Bereavement Support Team

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Coordinator
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Client Services Coordinators

BEREAVEMENT SUPPORT SERVICES

All of our services are confidential, nondenominational and free.

Recovering from Bereavement? Recent or Long term?

Call our office any week day morning to arrange for personal or telephone support at any time. We have 4 support workers, all bereavement survivors, each trained to assist you with healing from your loss. Please call 705-444-2555 if you need information or assistance, a phone call or home visit. Our office also has a free circulating library, which includes audio tapes, books and videos on grief and bereavement topics. A complete file of earlier **Bereavement Newsletter** articles is available for copying.

Bereavement Support Groups

Our adult **Bereavement Support Group** begins soon. There is no fee for our series of 10 weekly meetings. Register EARLY. Once meetings begin, registrations will be closed to ensure the privacy and progress of those already enrolled. Call our office 705-444-255 for more information.

NEW Monthly Bereavement Information Meetings

Hospice is currently looking for space to accommodate regularly scheduled public meetings on the topic of grief and bereavement, beginning in September. All would be welcome to attend. Call our office if you are interested.

Rainbows Programs for Children

Rainbows Programs offer support for children age 4 to 18 who have suffered a loss due to death, divorce, separation, abandonment, incarceration, foster care or illness. Rainbows volunteers are trained support group facilitators who help children to discover and develop their coping skills. Groups operate twice yearly, and meet each week. Call 705-444-2555 now for more information or to register children for the next program which begins in September.

Guide for Helping Others with Grief*

Don't try to find the magic words or formula to eliminate the pain of loss, Nothing can do that. Your role is simply to "be there." Don't worry about what to say or do, just be present for the grieving person to lean on when needed.

Don't try to minimize the loss or make the person feel better. When we care, we hate to see friends in pain. We want to say "I know how you feel" or "maybe it was for the best." This can work in some situations, but never with grief,

Help with responsibilities. A life has ended, but life itself has not. One of the best ways to help is to run errands, prepare food, take care of the kids, do laundry and help with simple chores.

Don't expect the person to reach out to you. Many friends say, "call me if there is anything I can do." In the first stages, grievors are overwhelmed at the simple thought of picking up a phone. If you are close, simply stop in and begin to help. People need it but don't think to ask.

Talk through decisions. Bereaved people report having difficulty with decision making. Be a sounding board for your friend to help them explore their alternatives,

Don't be afraid to say the name of their loved one. Bereaved people usually speak of them often, and believe it or not, need to hear that precious name and stories about their beloved. In fact, many grievors welcome this.

**Excerpted with permission from "I Wasn't Ready to Say Good-bye: a guide for surviving, coping and healing after the sudden death of a loved one" by Brook Noel and Pamela D. Blair. Champion Press, 2000 (page 18)*

A New Program at Hospice

At Hospice we're presently reorganizing our resources to create more opportunities to serve grieving members of the Georgian Triangle community. Our bereavement support team particularly wants to offer support to those waiting for placement in our annual Bereavement Support Groups

We propose to conduct regularly scheduled monthly meetings throughout the calendar year. Pre-registration would not be required. Anyone may attend, meet with our support workers, and participate in the evening's program.

Meetings would begin at 7:00 pm.

Meetings would be on the second Tuesday of each month beginning in September.

Discussion topics would vary each month. Activities could include guest speakers, videos or creative events.

Refreshments would be available.

Location: (to be determined) We're now looking for available space for the meetings at no cost or at minimum cost.

Call our office 705-444-2555 for more information if you are interested.

All are welcome.

**Our motto:
We help the healing begin.**

Hospice Bereavement Support Team

HOSPICE GEORGIAN TRIANGLE
(please acknowledge if reprinting)