

## The Mission Hospice Society

The Mission Hospice Society was founded in 1985 to provide compassionate care and support to the dying and the bereaved. Hospice emphasizes “*care not cure*” for the terminally ill and the provision of social, emotional and spiritual comfort for the patient, family and friends throughout the final stage of illness, at the time of death and during bereavement. The programs and services of the Mission Hospice Society are free.

### One-to-One Support

One-to-one bereavement support is available from the coordinator and/or a trained volunteer. Our approach is to provide caring companionship along the way through bereavement, respecting that each person has his or her own unique path.

### Library

Our library contains a wealth of resources that provide information, encouragement and support for people living with grief and loss. We also have free pamphlets and booklets dealing with various types of loss for individuals of all ages.

### Community Education

Speakers are available for community groups to increase public awareness of grief and loss issues as they affect children, teens, young adults, mid-life adults, and seniors.



## For more Information, please contact:

### Bereavement Support Services:

◆ Phone:  
**604-826-2235 (Monday - Friday)**

◆ Email:  
Coordinator of Bereavement Programs:  
**kthompson@missionhospice.bc.ca**

◆ Address:  
7311 James St. Suite E  
Mission, BC, V2V 3V5

**Website:**  
**[www.missionhospice.bc.ca](http://www.missionhospice.bc.ca)**

*Our programs are funded through gratefully received donations from hospice supporters. Mission Hospice Society also acknowledges the financial support from:*



*Mission Hospice Society*



## Summer 2011 Grief Information & Support Group for adults

This weekly grief support group offers emotional support to all who have experienced a significant loss in their lives.

Grief is a natural, healthy reaction but often manifests itself in a bewildering cluster of emotions. These emotions can be confusing and intensify the distress suffered through loss. Also, because we live in a culture that tends not to support overt expressions of grief we need reminding that the act of grieving shows that we care and it is not a sign of weakness.

**Serving the Community  
since 1985**



## What is Grief?

Grief is how we respond when we experience significant loss or change, such as bereavement. It can be powerful and feel overwhelming. Some people may feel lost amidst conflicting and intense emotions.

The death of one person can send ripples throughout the community. A bereavement not only affects the family, but also friends, work colleagues, teachers, neighbours and even acquaintances at clubs, and other social organizations.

## How Can You Help Yourself?

Grieving people often wonder if the way they are feeling and acting is normal. Information about grief can go a long way to providing reassurance, and strategies to get by.

## How Can Other People Help?

It can be extremely distressing to see a friend or relative grieving and people may feel ill-equipped to help in these circumstances. Short term bereavement counselling can be helpful, but when counselling ends, grief does not. Family members and friends are going to be around for the long haul. Their support can play a huge part in helping bereaved people through the difficult times.. For this reason we encourage family and friends to accompany their bereaved friend or relative to an information session; to gain an insight into grief, and bereavement. It will provide an understanding of how grief affects people in a range of ways and gives hints on how to help and how to cope.

## Who is this intended for?

These sessions are designed to give general information on grief and bereavement to bereaved people, their family and friends.

## How much does it cost?

The group sessions are FREE to the community but you must meet with the bereavement coordinator prior to registering.

## When do the sessions take place?

**Thursdays:**  
July 7, 14, 21, 28  
August 4, 11, 18, 25

**3:00— 4:30pm**

## Where does it take place?

It takes place at Mission Hospice Society office: **7311 James St. Mission, BC. Unit E**



## How do I attend?

Contact the Bereavement Coordinator via email at [kthompson@missionhospice.bc.ca](mailto:kthompson@missionhospice.bc.ca) or by leaving a message at:

**604-826-2235**  
**Monday to Friday**  
**9-5 pm**

## Can I get counselling on the day of group?

Counselling is not available before or after the meetings. For additional support, appointments must be made with the Bereavement Coordinator.

The Bereavement Coordinator is in attendance to provide general information on grief and bereavement.