

Offering Companionship and Support

Hospice Northwest is an accredited non-profit charity operating in Thunder Bay and area since 1987. The organization was founded with the sole purpose of providing compassionate support to persons living with a progressive life-limiting illness and their caregivers, as well as to those experiencing grief and bereavement.

Services throughout the District of Thunder Bay are provided primarily by specially trained volunteers, congruent with provincial and national standards of practice.

All Hospice Northwest services are provided:

- Regardless of diagnosis
- Without cost to the individual
- With a referral from any source
- With confidentiality assured

For more information, please call Hospice Northwest at (807) 626-5570.



Hospice Northwest is supported by the North West Local Health Integration Network, the United Way of Thunder Bay and the generous support of community donors. Mac's Convenience store, located at 3 Balsam Street in Thunder Bay, supports Hospice Northwest through the sale of Nevada tickets. Bayshore Home Health supports Hospice Northwest through third party fundraising initiatives.

Charitable Registration No:
11887-1011-RR0001



North West Local Health
Integration Network



United Way
of Thunder Bay



For persons who have experienced the death of a loved one.

Grief and Bereavement Support Services



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**HOSPICE
NORTHWEST**
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Hospice Northwest Grief and Bereavement Support



The grief that is experienced by loved ones after a death can be overwhelming. Often, it is felt to be an isolating experience because others may not

know how to respond to the needs of the bereaved. While nothing can take away the intensity of emotional grief, we believe that compassion and understanding may help.

Grief Support Group

A therapeutic support group for grieving persons is held several times each year at Hospice Northwest. The group provides a place where people can talk about their experience, listen to that of others and share their feelings. Guiding principles include respecting the values and beliefs of others, not giving advice and maintaining confidentiality. Group participants will gain skills and understanding of their grief experience and practice compassion toward themselves and others. Please call for information about the Support groups planned for this year.

One-to-One Grief Support

Hospice Northwest also offers individual, one-to-one grief support to persons who are bereaved because of death, regardless of how or when the death occurred. Trained volunteers are assigned to grieving people, for support, companionship and non-judgmental listening. Confidentiality is assured.

Referrals can be made by anyone, providing the bereaved person is in agreement. Visits take place in the client's home, unless otherwise arranged.

How Volunteers Can Facilitate Healing

Hospice Northwest volunteers:

- ◆ Recognize the uniqueness of each grief journey
- ◆ Have genuine compassion for the suffering of the bereaved person
- ◆ Refrain from imposing spiritual or philosophical beliefs
- ◆ Assist clients to access other community resources

Resource Library

Hospice Northwest has a specialized collection of books and audiovisual materials, with an excellent selection on grief and bereavement.

The following grief pamphlets are also available free of charge:



- Dealing with Grief
- Ten Things to Know About Grief
- Grief, A Personal Journey
- Things to Remember When Supporting a Grieving Person
- Grief: Coping With Challenges
- Grief After Suicide
- Difficult Grief and Multiple Losses
- Understanding Your Emotions
- Child and Teen Grief

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