

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

**For more  
information about  
the program, or  
upcoming session  
dates, please  
contact:**

**Joan Williams  
626-5570, ext 5575**

**joan@hospicenorthwest.ca**



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.



Charitable Registration No: 11887-1011-RR0001

## *Offering Companionship & Support*

Hospice Northwest is a 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 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.**

63 Carrie Street  
Thunder Bay, ON P7A 4J2

Phone: 807-626-5570

Fax: 807-626-5574

E-mail: [info@hospicenorthwest.ca](mailto:info@hospicenorthwest.ca)

Website: [www.hospicenorthwest.ca](http://www.hospicenorthwest.ca)

## **Grief and Bereavement Support Group**

# Hearts and Hope



Presented by:



# Hospice Northwest Grief and Bereavement Support



The grief that is experienced by loved ones after a death can be overwhelming. Often, it is thought 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

Hospice Northwest offers a Grief Support Group for persons who have experienced the death of a loved one. 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 and maintaining confidentiality. Group participants will gain skills and understanding of their grief experience and practice compassion toward themselves and others. This is a six week program that is offered three times a year. Please call Joan Williams at Hospice Northwest at 626-5570, ext. 5575 for upcoming dates and more information.

## One-to-One Grief Support

Hospice Northwest also offers individual, one-to-one grief support to persons who are bereaved due to the death of a loved one. 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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