

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

For more information about the  
program, or upcoming session  
dates, please contact  
our office at 807-626-5570 or email  
info@hospicenorthwest.ca

Where: Hospice Northwest,  
located in St. Joseph's Heritage,  
63 Carrie Street, Thunder Bay

**Group Facilitators:**

**Claudia Otto**

**Katherine Poulin**



Hospice Northwest is supported by the  
North West Local Health Integration  
Network, the United Way of Thunder  
Bay and the generous support of com-  
munity donors. Mac's Convenience  
store, located at 3 Balsam Street in  
Thunder Bay, supports Hospice North-  
west through the sale of Nevada tick-  
ets.



Charitable Registration No: 11887-1011-RR0001

## *Making Moments Matter*

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  
nationals 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

Website: www.hospicenorthwest.ca

## Grief and Bereavement Support Group

# Hearts and Hope



# Hospice Northwest Grief and Bereavement Support



The grief that is experienced 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 your grief, we believe that compassion and understanding may help.

## *Grief Support Group*

Hospice Northwest offers a Grief Support Group for those 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, not giving advice 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 our office at 626-5570 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 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.

## *Volunteers Can Help*

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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