



GRIEF is hard. CAREGIVING is hard.
Help us support families on their end of life journeys.

ANNUAL CAMPAIGN 2023: SEPTEMBER 25 - DECEMBER 31, 2023



Hospice
NORTHWEST SERVICES

Support for those who are grieving


FAMILIES

CHILDREN

SPOUSES

Your donations fund support programs for the bereaved

DONATE NOW: www.hospicenorthwest.ca



How does HNW support those who are grieving?

- One-to-One Grief Support Program
- Hearts and Hope Grief Support Group
- Circle of Friends Grief Recovery Group
- Help Us Understand Grief (HUUG) Children's Program

DONATE NOW

www.hospicenorthwest.ca



Your donations fund support programs for caregivers

FRIENDSHIP NOW connect smile healing
kindness • COMPASSION purpose
caregiver healthcare patient
long term senior
support LOVE UNCONDITIONAL
time activity mobility dignity family TH
inclusion community



DONATE NOW
www.hospicenorthwest.ca



How does HNW support caregivers?

- One-to-One Caregiver Support
- Caregiver Workshops
- Dedicated Caregiver Support Line
- Respite Support



DONATE NOW: www.hospicenorthwest.ca



About Hospice Northwest Services

Our rich history

Hospice Northwest is a non-profit community hospice organization that began in 1986 as the Thunder Bay Community Palliative Care Volunteers, also known as Via Vitae. The name was changed to Hospice Northwest in 2002. The word 'Services' was added in 2018 to clarify that we are not a hospice with beds, but rather an organization that supports our community with a range of end-of-life services. Each year, HNW is honoured to serve approximately 400 end-of-life, caregiver and grief clients and their families.

In recent years, requests for caregiver and grief support have grown exponentially. Now more than ever, we need your support to meet the needs of our community!

DONATE NOW TO SUPPORT OUR GRIEF & CAREGIVER PROGRAMS



"One person caring
for another
represents life's
greatest value."

- JIM ROHN

CAREGIVING IS HARD. PLEASE HELP US SUPPORT CAREGIVERS. DONATE NOW.

What your donations will fund:



CAREGIVER SUPPORT PROGRAMS

Hospice Northwest Services supports caregivers who make a difference in the lives of others

Providing care to a person who is ill can be both very rewarding and very difficult. Whether you are a hospice volunteer or a family member/friend providing support to a loved one, we are dedicated to providing assistance to you as you care for others.

Our caregivers services are available to help you feel supported during your caregiving role. If you are a caregiver in Thunder Bay area, we have support for you.



GRIEF SUPPORT PROGRAMS

Grieving can be incredibly hard and overwhelming. Grief support is an important part of the healing process after a death in the family, loss of a loved one, or in anticipation of the expected death of a loved one.

At Hospice Northwest Services, we understand the grief you are feeling can include powerful emotions, and we are here to listen and to support you. Our grief and bereavement services are available at no charge in Thunder Bay and in the regional communities.

PLEASE HELP US SUPPORT OUR GRIEF AND CAREGIVER PROGRAMS. DONATE NOW.

GRIEF IS HARD

Stephen received grief support after the death of his wife Marlene. They were married for almost 40 years.

Marlene was diagnosed with cancer in January 2019 and died in December 2019 at the age of 56. While she was ill, Stephen was her primary caregiver.

*"Grief is the worst possible thing you can go through".
My wife was sick for about a year and I never left her side. I took an early retirement. I was spending every moment I could with her. After all that was gone, you're left with this really big empty feeling. You go home and it's pretty quiet. You do a lot of soul searching. It's a long and sometimes bitter sadness."*

Eventually, Stephen reached out to Hospice Northwest Services. He was matched with Katherine, a HNW volunteer with many years of experience supporting those who are grieving.

"My grief was like a big knot. All these emotions are knotted together and one is called guilt, one's called sadness, one's called love, one's called loss... and on and on and on. How do you tear those apart without hurting yourself and at the same time deal with the things you need to deal with? It's a big undertaking. My Hospice Northwest Services volunteer was able to help me pick them apart a bit. She made me feel like it's okay."

During our Annual Campaign, please consider donating to ensure that Hospice Northwest has sufficient funds to offer our Grief Support programming free of charge to all who need it.



Grief Support Program



**Please donate today at
www.hospicenorthwest.ca**

CAREGIVING IS HARD

Terry is his wife Debby's primary caregiver. Debby is 71 years old and living with dementia in a long-term care facility.

"I reached out to Hospice Northwest Services because I can't be with Debby 24 hours a day. I really wanted someone to visit her when I can't be there. I wanted someone to walk with her and hold her hand because she likes to hold people's hands."

Terry and Debby have been living with the devastating effects of dementia for the past 11 years. Debby's disease has gotten progressively worse.

"Debbie has always been a very sociable person. She loves people, always has a smile for everyone. At this point in her disease, she can't really speak, but you can still see the love she has for others in her eyes."

"I kind of look for her all the time - I miss her. That's what it comes down to. It's been a tough go, with losing her. When she first moved in to long-term care, it was very difficult and it still is. You can still see that smile she has though, on a good day."

Terry expresses his appreciation for his Hospice Northwest Services volunteer.

"It helps so much because having those visits means that my wife isn't alone – that's the biggest thing for me. I can't bear the thought of her being left alone."


"The folks at Hospice Northwest Services have given me a great deal of comfort. They really do care. If I can help them in any way, I will."

Please consider donating to the Caregiver program during our Annual Campaign to ensure clients like Terry continue to receive the support they need.

Caregiver Support Program



Please donate today at
www.hospicenorthwest.ca



With your support, we can continue to offer our grief and bereavement support, free of charge to our clients. This includes compassionate one-to-one peer support, as well as grief support groups led by trained facilitators, typically a social worker or therapist in the community. We do not offer individual counselling, but can help connect you with Counselling Resources in the community.



Caregiver Program

**Are you in need of Caregiver
Support?**

**Those in need of our Caregiver
Support services are accepted
without prejudice and
encouraged to talk about their
feelings, acknowledge their
emotions, and explore options.
We're here to help.**



A close-up photograph of two hands, one slightly larger than the other, gently cupping a bright red, glossy heart. The hands are positioned over a light-colored wooden surface with a visible grain. The lighting is soft, highlighting the texture of the skin and the smooth surface of the heart.

Hospice Without Walls Monthly Giving Program

Please consider joining our special community of monthly givers and play a key role in the provision of grief support programs and palliative services for the children, teens, adults and families we serve.

www.hospicenorthwest.ca/give/monthly-giving/



What your monthly support will provide

\$25 per month

**You will provide grieving children
with 5 HUUG grief kits
OR one Caregiver Workshop**

\$50 per month

**You will fund 3 Circle of Friends
Workshops OR
training for 2 caregiver volunteers**

\$100 per month

**You will support one HUUG monthly
workshop
OR monthly fee for our Caregiver
Support Line**



GRIEVING IS HARD. CAREGIVING IS HARD

**Please consider becoming a monthly donor to
support our Grief and Caregiver Programs.
www.hospicenorthwest.ca/give/monthly-giving/**

Please donate

**GRIEF IS HARD
CAREGIVING IS HARD**

**2023 ANNUAL
CAMPAIGN GOAL:**

\$40,000

**WE MUST RAISE A MINIMUM
OF \$40,000 IN ORDER TO
CONTINUE TO OFFER OUR
SERVICES TO OUR GRIEF &
CAREGIVER CLIENTS**

to our Annual Campaign

