

## *Hospice Society of Camrose & District*

### **OUR VISION**

To provide compassionate holistic care to those who are dying and to their loved ones.

### **OUR MISSION**

To enable our community to support those facing advancing illness, death and bereavement with dignity – through education and compassionate care.

### **OUR CHARTER OF VALUES**

Hospice values encompass five arenas of care:

**Physical Care:** Individuals under our care will be treated with comfort and dignity based upon best practices and principles

**Social Care:** Individuals under our care will be offered companionship and hospitality

**Emotional Care:** Individuals under our care will be provided refuge, restoration, and compassion

**Spiritual Care:** Individuals under our care will be nurtured in spirit through their living and their dying, attentive to their needs, within a compassionate environment

**Community Care:** Hospice will serve its community with a commitment to integrity in providing education on the themes of palliative/end-of-life care and grief and bereavement

## *Connecting to Grief Supports*

Hospice Daytime Grief Support Group, as well as other Hospice grief supports, may be accessed by calling the Program Coordinator:

780.608.0636

camrosehospice@gmail.com

www.camrosehospice.org



*Hospice –  
Helping People,  
Changing Lives*



## Daytime Grief Support Group



Raising Quality of Life for  
Those Who Grieve a Loss

www.camrosehospice.org

# *Walking with Sorrow: Exploring Our Grief*

## *Topics Covered Include:*

- ∞ Telling Our Story
- ∞ Signs and Symptoms
- ∞ Looking Back
- ∞ Self-compassion
- ∞ Grief's Journey
- ∞ Soulfulness of Grief
- ∞ Feelings
- ∞ The Business of Reality
- ∞ The Legacy

Group work includes discussion and activities, facilitator presentations, videos, writing exercises, journaling, and knowledge sharing. You are invited to share as you feel comfortable. You may observe only or step out of the group at any time.

Utilizing trained facilitators, Hospice grief programs provide support, education and connection to resources in the community to nurture individuals in their sorrowing journey. Our program facilitators create a space of openness, acceptance and safety.

***Confidentiality:*** Your privacy will be respected, and all information shared within the group will be kept confidential.

## ***Where, When, How Much?***

- 8 weekly daytime sessions (for times and dates please call the Hospice office)
- Offered several times throughout the year
- Location: Mirror Lake Center, 5415-49 ave, Camrose (lower level)
- No cost to participants



Sorrow is a universal human experience, one that arises from a vast array of losses.

Sometimes the symptoms of our grief are overwhelming, washing over us in waves of emotion. Making sense of our loss in a way that is transformative is at the heart of our sorrowing journey.

This support group is for adults who have experienced a loss.

Interested participants will be contacted by a facilitator who will discuss the program content, answer your questions and discuss readiness for group grief work.

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Grief groups are an opportunity to explore sorrow with those who have experienced a loss. Hearing the stories of how others are journeying through grief may affirm that we are not alone in sorrow and that it is a natural and important part of human growth.

