

Hospice Society of Camrose & District

OUR VISION

Compassionate Community

OUR MISSION

To enable our community to support those facing advancing illness, death and bereavement through education that builds capacity for compassionate holistic care. To provide programs and services that help people experience dignity through end of life journeys.

OUR CHARTER OF VALUES

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 Bereavement & Grief Workshop, as well as other Hospice grief supports, may be accessed by calling the Program Coordinator. There are no fees for Hospice services.

780.608.0636

program@camrosehospice.com

www.camrosehospice.org



*Hospice –
Supporting People,
Changing Lives*



Hospice Society
OF CAMROSE AND DISTRICT

Bereavement and Grief Workshop



Raising Quality of Life for
Those Who Grieve a Loss

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Support for Those Facing Bereavement & Grief

Topics Covered Include:

- ≈ How to be a companion/grief helper to someone who has experienced a loss
- ≈ The importance of integrating loss into our own lives first
- ≈ That everyone's grief journey is unique & that we all grieve differently
- ≈ How to recognize signs of complicated grief
- ≈ How to access appropriate community resources.

The one-day Workshop includes discussion and activities, facilitator presentations, and knowledge sharing. You are invited to share as you feel comfortable. You may observe only or step out of the workshop at any time.

Note: please bring a bag lunch

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 workshop will be kept confidential.



Where, When, How Much?

- For upcoming dates see our website: www.camrosehospice.org/what-s-happening
- **No cost to participants**
- Register online at www.camrosehospice.org/register
- By phone: 780.608.0636
- Workshops run 9:30 am to 3:30 pm for one day

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We All Face Loss Eventually

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 one-day workshop is for:

- Adults who have experienced a loss
- Those supporting someone who has experienced a loss (friends, family, co-workers, healthcare professionals)

Your Workshop Facilitators:

- Colette Howery (*retired RN, Certificate in Grief Support*)
- Donna Lynne Erickson (*Certified Grief Facilitator*)



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