

# *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 HSCD Supports*

Hospice Support Groups, as well as other Hospice supports, may be accessed by calling the Program Coordinator:

780.608.0636

[program@camrosehospice.com](mailto:program@camrosehospice.com)

[www.camrosehospice.org](http://www.camrosehospice.org)



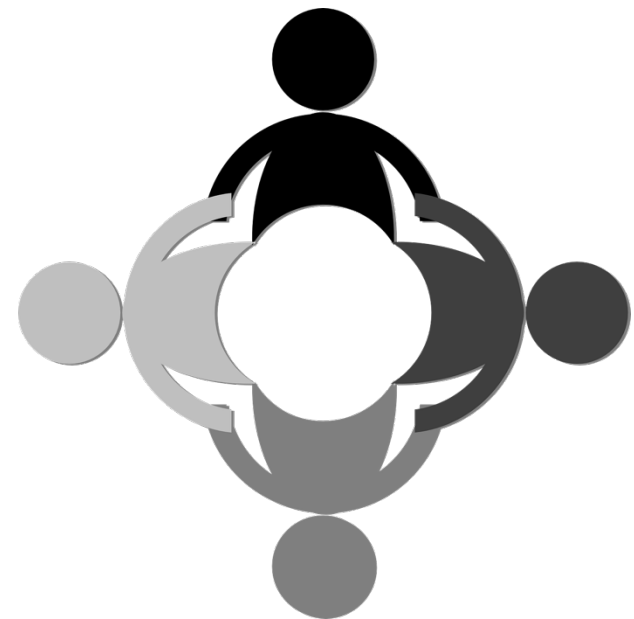
Program Coordinator, Bill Harder (left) and  
Volunteer Coordinator, Joy LeBlanc (right)

*Hospice –  
Supporting People,  
Changing Lives*



Hospice Society  
OF CAMROSE AND DISTRICT

## Hospice Support Groups



Education, Conversation,  
Mentoring, Care

[www.camrosehospice.org](http://www.camrosehospice.org)

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# Hospice Support Groups

## Upcoming Groups (offered as need demands):

- ≈ Caregivers' Group
- ≈ Cancer Survivors Grp
- ≈ Daytime Grief Group
- ≈ Men's Cooking Circle Grief Group
- ≈ Child/Teen Grief Group
- ≈ Death of a Child Parent Group
- ≈ Suicide Loss Grief Group

Group work includes discussion and activities, facilitator presentations, videos, writing exercises, journaling, and knowledge sharing. You are invited to share/participate 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?

- Most of our support groups run for 8 weekly sessions (for times and dates please call the Hospice office); Caregivers' and Cancer groups are drop-in twice monthly
- Location: Mirror Lake Center, 5415-49 ave, Camrose (lower level)
- No cost to participants



Groups provide opportunity for participants to access a unique toolbox of supports. This includes:

- Realizing you are not alone
- Naming and expressing feelings
- Being empowered by knowledge
- Connecting with others who have a similar story
- Reducing stress
- Co-mentoring
- Exploring loss in a safe, guided environment
- Gaining confidence to navigate your experiences

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

[program@camrosehospice.com](mailto:program@camrosehospice.com)



@camrosehospice