

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

780.608.0636

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

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



*Hospice –  
Supporting People,  
Changing Lives*



**Grief-Support  
Walking Group**



**Raising Quality of Life for  
Those Who Grieve a Loss**

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

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# *Grief-Support Walking Group*

## *A Community of People Who Understand Sorrow*

- ∞ Telling Our Story
- ∞ Connecting with others
- ∞ Safe place for tears and laughter
- ∞ Exploration of grief and loss themes
- ∞ Drop-in: come and go as you please
- ∞ Women, men and children
- ∞ Exploring the soulfulness of Grief

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, Cost?*

- Drop-in, Every Wednesday at 9:30am
- Location: Mirror Lake Center, 5415-49 ave, Camrose (south-side, lower level)
- No cost to participants



This drop-in support group is for anyone who has experienced a loss.

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.

The group meets weekly on Wednesday mornings at 9:30am. We meet at the Hospice offices in Mirror Lake Centre (5415-49 ave, south-side, lower level). In the snow season we gather for conversation first at Hospice and then go to the Camrose Recreation Centre, 2nd-floor walking track (requires a \$3 pass purchased on the main floor).

We walk for about half an hour and then share conversation over coffee (during Covid please bring your own coffee). A reading relating to grief and loss is shared, participants are welcome to offer their stories, and tears and laughter weave it all together.

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



[@camrosehospice](https://www.instagram.com/camrosehospice)