

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 Men's Cooking Circle,
as well as other Hospice grief supports,
may be accessed by calling the
Program Coordinator:

780.608.0636

program@camroshospice.com

www.camroshospice.org



*Hospice –
Supporting People,
Changing Lives*



Hospice Society
OF CAMROSE AND DISTRICT

Men's Cooking Circle



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

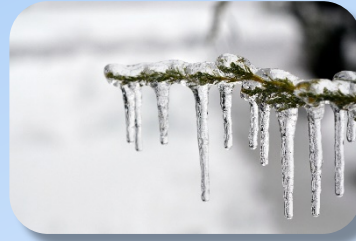
www.camroshospice.org/register

780.608.0636

Men's Cooking Circle

A Community of People Who Understand Sorrow

- ∞ Learning cooking skills
- ∞ Telling Our Story
- ∞ Connecting with others
- ∞ A safe place for tears and laughter
- ∞ Exploration of grief and loss themes
- ∞ For all men age 18+
- ∞ 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?

- Dates TBA
- Location: TBA, Camrose
- No cost to participants



Men's Cooking Circle is an opportunity to learn basic cooking skills, meet other men, cook and eat together, and engage in conversation with men who are experiencing grief. This is a partnership program with Hospice, Alberta Health Services, Safeway/Sobeys, and community facilitators.

The program runs one evening per week for seven weeks, and includes a grocery store tour, nutritional information, cooking instruction, dining on the meals we prepare, and of course, rich conversation on all things grief and mourning for men.

The MCC facilitators include a red-seal chef, experienced cook, AHS dietician, and grief-support facilitator.

Thank you to our corporate partner, Safeway/Sobeys for providing food for the 2019-2020 MCC program.

SAFEWAY   **Sobeys**

Better food starts here.

program@camrosehospice.com



@camrosehospice