



## Bereavement Support Services

- ♥ One-On-One bereavement support by trained volunteers.
- ♥ An educational 8 week bereavement support program that runs throughout the year.
- ♥ An informal bereavement support walking group.
- ♥ A bi-weekly bereavement drop-in group for those who have completed the 8 week program.



- ♥ Children's 6 week bereavement program that also runs throughout the year.  
(Parent/guardian group meets on the premises while the children's program is in progress.)



## Bereavement Support Services

- ♥ Lending Library containing various resources, such as pamphlets, books, DVD's and videos that provide information, encouragement and support for individuals of all ages living with grief and loss.
- ♥ **"Celebrate a Life"** where Christmas trees are set up in the local malls prior to the Christmas season. The public is invited to add an ornament to the trees in remembrance of loved ones.
- ♥ **"A Time to Remember"**  
A non-denominational service held each December. The public is invited to light a candle in memory of loved ones.



## What is the Difference Between Grief and Mourning?

- ♥ Grief is a natural internal response to loss. Regardless of a person's age, common grief responses can affect the emotional state, physical well being, behaviours, mental capabilities and spirituality.
- ♥ ***Grief is a Process not an Event.***
- ♥ Mourning is an external response to loss. The way you mourn will fit with who you are.
- ♥ **There is no cost for any of the programs. For more information please contact Ridge Meadows Hospice Society.**

 **Ridge Meadows Hospice Society** is dependent upon your support. If you are interested in becoming a member, making a donation or planned giving please complete the following:

### Membership

- \$30 Three Year Membership
- \$15 One Year Membership

### General Donation

- \$ \_\_\_\_\_
- Cheque
- Visa # \_\_\_\_\_  
Expiry Date: \_\_\_\_\_

### Planned Giving

- Monthly Giving
- Bequests – gifts made through wills or living trusts
- Gifts of Stock or Property
- Life Insurance

### Memorial Gift

A gift in memory of a loved one is a special way to support hospice.

**Ridge Meadows Hospice Society** will send a personalized letter acknowledging your gift.

Tax receipts will be issued for donations of \$15.00 or more



### Mission Statement

To provide compassion, support and care to patients and loved ones in dealing with end of life experience, grief and mourning.

### Vision Statement

To be recognized by the community as a society that, through our efforts, enables dying persons and their families to experience this part of their life story in comfort, dignity and peace



*Grief has no timeline.*

## Bereavement Support Program



**Ridge Meadows Hospice Society**

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