



Offers a weekly Relaxation Circle for people who are living with a life threatening illness, their caregivers and bereaved individuals.

- ♥ The Relaxation Circle provides an opportunity to experience relaxation, to receive emotional support and to learn stress management skills that can be used in coping with a life threatening illness.
- ♥ The experience of each person at the Relaxation Circle is one where:
 - Honesty is honored.
 - A safe place to say and show how you are feeling, and honor everyone else's right to the same
 - You will be heard, not judged.
 - You will be listened to, but not advised.

What Happens at the *Ridge Meadows Hospice Society* Relaxation Circle?

- ♥ 30 minutes open circle for check in and sharing.
- ♥ 45 minutes of relaxation approaches that include soft music/sounds and gentle touch.
- ♥ 15 minutes for closing circle.



- ◆ Comfortable clothing is recommended.

- ♥ All sessions are facilitated by trained volunteers, knowledgeable in various areas of relaxation techniques.

Why Relaxation?

- ♥ Grief can depress the immune system, leaving one vulnerable to illness.
- ♥ Individuals who practice relaxation regularly experience significant improvements in quality of life, and decreased sense of hopelessness, tension, depression and anxiety.
- ♥ Deep relaxation techniques quiet the mind and the body.
- ♥ If you wish to participate in the *Ridge Meadows Hospice Society* Relaxation Circle, or would like more information please call the Ridge Meadows Hospice Society Resource Centre at :

604-463-7722





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

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



Ridge Meadows Hospice Society

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.



Ridge Meadows Hospice Society

Grief has no timeline.

Relaxation Circle



Ridge Meadows Hospice Society

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