

**Although grieving is a natural process** following bereavement, it often is not well understood. Still, many well-meaning people will offer their advice about how you should grieve or will judge how you are grieving. Be aware that there is no set timetable or formula for grieving; your grieving will be uniquely your own, in keeping with your personality and the relationship you had with the one who died. Resist troubling self-doubts that often occur due to unhelpful comments like the following:

- 1) "Just get over it."
- 2) "It's been \_\_\_\_\_ and you are still grieving?"
- 3) "You should (be) . . ."/"You shouldn't feel . . ."
- 4) "Be strong"/"don't think about it"/"stay busy."
- 5) "It's over"/"life goes on"/"you can't bring \_\_\_\_\_ back."
- 6) "I'm worried about your mental stability"/"Are you going crazy?"
- 7) "I thought that by now you would be in stage \_\_\_\_\_."
- 8) "I'll surely be glad when I see the old <your name> back."
- 9) "Just be thankful you had \_\_\_\_\_ for as long as you did."
- 10) "Time heals all"/"it will get better."

## **Grief Support Information Sessions**

**As individuals, we experience the loss of loved ones in our own unique ways. If you feel a need for support, Hospice is available to help you with several no-charge programs, supports and resources as outlined in this brochure. To find the support you may need, you are invited to attend our Bereavement Information Session held each month. Please call 250.763.5511 for day and time.**

Hospice is a non-profit, community-based, charitable organization working in cooperation with health care agencies, hospitals and other community resources.

Hospice is committed to meeting the needs of the terminally ill and their loved ones by providing trained volunteers, resource materials, counselling and public awareness.

We are funded through the United Way, gaming, donations, fundraising, memberships and memorial bequests.

Our services are provided free of charge.

# Hospice

**Central Okanagan Hospice Association**

202-1456 St. Paul Street, Kelowna, BC V1Y 2E6

Phone: 250.763.5511 Fax: 250.763.5567

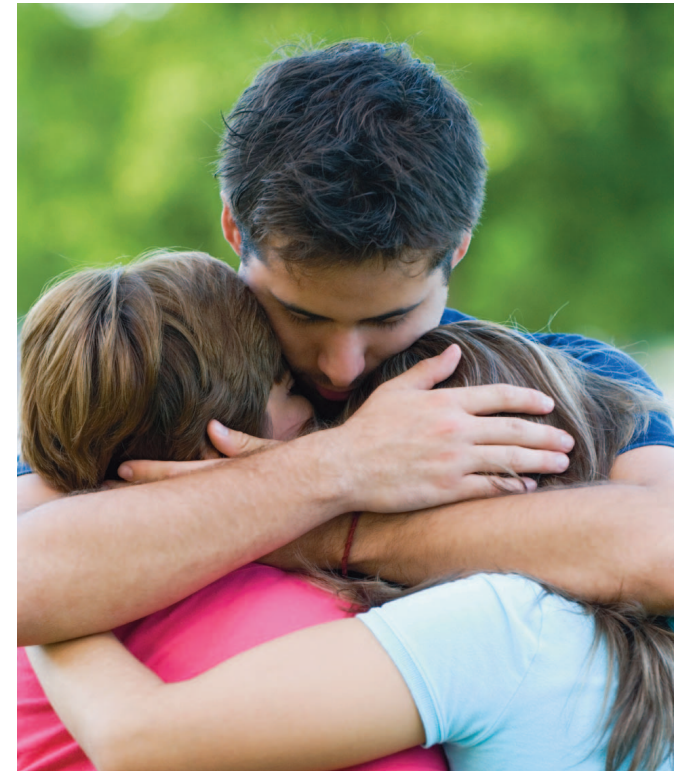
Email: [bereavement@hospicecoha.org](mailto:bereavement@hospicecoha.org)

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

UNITED WAY Member Agency



# Bereavement Programs



# Hospice

# Hospice

## In our grief:

**We can often feel sad, alone, misunderstood, isolated, bewildered, angry and guilty.**

**Coping with tasks of daily living can feel overwhelming and exhausting.**

**We may be hesitant to burden family and friends with our story of loss, or they may make us feel abnormal or crazy.**

**If you are experiencing some of these emotions and seek guidance for your grieving, Hospice offers the following no cost services:**

# Grief Support Programs

Call 250.  
763.5511

## Volunteer Support

Trained compassionate volunteers provide individual companionship and empathic listening through your grief journey.

## Bereavement Counselling

Individual short-term counselling for adults and children to explore your bereavement experiences and to find meaningful ways to integrate the changes the death initiated.

## Adult Grief Group

Groups are held periodically for six 2-hour gatherings. Facilitators are experienced and compassionate Hospice volunteers.

Groups are interactive and self-paced, offering helpful information as well as a supportive environment to share feelings and experiences from your grief journey.

## Death of a Child Family Grief Services

Through collaboration with Canuck Place Children's Hospice, a family program for both parents and siblings bereaved by death of a child is being offered. Call the office for details about this service.

## Family Bereavement Support Group

A support group for bereaved parents and children (bereavement other than of a child in the family) is offered as a community service. Both peer support for children and support for parents plus information about how to help your children is provided.



## Tel-a-Care

Trained volunteers provide bereavement support through regular telephone visits.

## Grief & Loss Lending Library

This extensive resource is open to the public and located at:

Central Okanagan Hospice House

2035 Ethel Street, Kelowna

Telephone 250.862.4126

Hours: 8:30am to 8:00pm daily

## A children's "Good Grief" Camp program

is offered when community interest supports it (for ages 7-12).

## Hike for Hospice

Annually, in early May, those who have lost a family member, friend or pet are invited to walk in memory of the loved one at the Hike for Hospice.