

When Someone You Love Dies

You grieve...

- ♥ The loss of your loved one
- ♥ The changes in your life

You hurt...

- ♥ Physically
- ♥ Emotionally
- ♥ Spiritually

You experience...

- ♥ Pain, emptiness, restlessness
- ♥ Anger, guilt, remorse
- ♥ Hopelessness and loneliness

You need...

- ♥ Time to heal
- ♥ Time to think and remember
- ♥ Someone to talk to

"Grief is a normal, natural and expected response to the loss of a significant person in your life."

Hospice can help.

Hospice Care

Hospice touches the lives of real people in meaningful ways. On any given day, our professional staff and 150 volunteers are supporting over 250 people and families in our community who are dealing with end-of-life issues.

As a community charity, we rely on caring people like you to provide the donations needed to care for others when they need it most.

Honour the memory of a loved with one with a donation to Hospice. Your gift will touch the lives of many people, some of whom may be your friends, neighbors and loved ones.



" FINDING MY WAY "

GRIEF SUPPORT GROUP



Tel: 632-5593
www.hospicesj.ca

Donation Card

CHARITABLE REGISTRATION NO: BN 118963743 RR0001

NAME: _____

ADDRESS: _____

PROV. _____ POSTAL CODE: _____

TEL: _____ In Memory Of: _____

Enclosed is my cheque for \$ _____ payable to Hospice Greater Saint John.

Please charge my gift in the amount of \$ _____ to my VISA CARD

_____ EXPIRY DATE: _____



385 Dufferin Row
Saint John, NB E2M 2J9
(506) 632-5593
www.hospicesj.ca

Coping With Loss

- Crying is an acceptable and healthy expression of grief and a release of built-up tension. Cry freely as you feel the need.
- Try to maintain a balanced diet, get rest and moderate exercise. Avoid the use of drugs and alcohol.
- Give yourself extra lifts: hot baths, afternoon naps, a trip, time with special people, a walk in the woods, a favourite food.
- Talk about your loss. This is the most important thing you can do to reduce the pain.
- Accept yourself. Be gentle with yourself and reach out for help if you are having trouble coping.

Spring Session

March 12—April 30, 2008

Fall Session

Sept. 24—Nov. 12, 2008

Program Information

- ♥ Held weekly for 2 hours over an eight week time period.
- ♥ Held at Bobby's Hope House at 385 Dufferin Row in Saint John.
- ♥ No charge to attend.
- ♥ Delivered by trained and experienced staff and volunteers.
- ♥ Topics covered include:

Specific Grief Reactions & Feelings

Coping with the Loss of a Loved One

Caring for Your Spirit

Anniversaries, Holidays & Special Days

Sharing Your Grief Story

Scrapbooking Memories

Relationships & How They Change

Moving Through

- ♥ **Register in advance. Call Diane Sullivan, Hospice Grief Coordinator at 632-5593.**

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."

Annual Memorial Service

**Sunday, November 30, 2008
2:00 pm**

Remember your loved ones in a special non-denominational service. Refreshments and a time for fellowship will follow

**No Fee. Everyone Welcome!
Register in advance. Call 632-5593.**