

Grief Support



♥ **“Finding My Way” Grief Support Groups**

We offer daytime and evening Grief Support Groups throughout the year to help you cope with the loss of your loved one.

♥ **Annual Memorial Service**

Remember your loved ones in our special annual non-denominational service held each November at Assumption Parish, Saint John West.

♥ **Library and Information Services**

Hospice has an extensive library filled on books, information and videos on grief and loss.

♥ **Private Counselling**

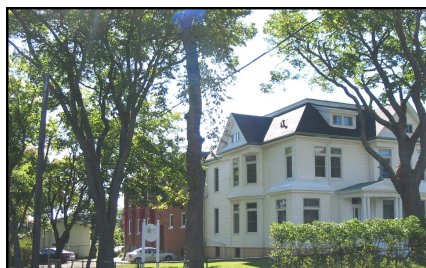
Individual or family counselling with our Social Worker can be arranged.
Call 632-5593.



Hospice touches the lives of real people in meaningful ways. On any given day, our professional staff and dedicated volunteers at Bobby's Hospice are caring for people on the end-of-life journey and helping families cope with losing a loved one.

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



Hospice Greater Saint John
Home of Bobby's Hospice
385 Dufferin Row
Saint John, NB E2M 2J9
Tel: (506) 632-5593
Website: www.hospicesj.ca



GRIEF SUPPORT SERVICES

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www.hospicesj.ca

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

“FINDING MY WAY” Grief Support Groups

- ♥ Each Spring and Fall, Hospice holds daytime and evening Grief Support Groups.
- ♥ Two-hour sessions take place every at Bobby’s Hospice.
- ♥ No charge to attend.
- ♥ Delivered by trained and experienced staff and volunteers.
- ♥ Topics covered include:

Specific Grief Reactions/Feelings
The Journey of Grief Video by Doug Manning
Taking Care of You
Sharing Special Mementos
Anniversaries/Special Occasions & Dates To Remember
Caring for the Spirit through Art
Moving Through Grief & Coping

- ♥ **Register in advance. Call 632-5593.**

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. It will help you cope and support you.

One
day at
a time



Support

You don't have to grieve alone.

