

GROUP CREDO

- May we each be given peace and happiness
and love and health;
- May we learn to communicate and cooperate
with those around us;
- May we live in the moment; may we find
inner peace by accepting the loss of our
loved one;
- May we be gentle with ourselves;
- May we find strength and courage and love
for ourselves;
- May we find harmony in life and connect with
what is spiritual within us and outside of
us.

The First Step Grief Group offers mutual support and socialization for bereaved men and women wanting to share the journey into change – into renewal.

*The butterfly emerging from the
circle of care represents
the freed spirit.*

CHILLIWACK HOSPICE SOCIETY

Mission Statement

*Chilliwack Hospice Society is a
community based Volunteer organization
which accepts death as a part of life. We
support individuals and families during the
dying and grieving process.*

Our Values

- 1. We believe that every person has worth
and a right to be treated with gentleness
and respect.*
- 2. We believe that every person has the
potential to experience hope, wonder
and joy.*
- 3. We believe that diversity and
inclusiveness are vital to the strength
of our organization.*
- 4. We believe that the strength of
relationships in our organization is
based on trust and open communication.*



Also funded by Chilliwack Bingo



First Step Grief Support Group



Chilliwack Hospice Society

45360 Hodgins Avenue
Chilliwack, B.C. V2P 1P5
Tel: 604-795-4660
Fax: 604-795-2476

Email: info@chilliwackhospice.org
Web: www.chilliwackhospice.org

Registered Charity #867303232RR0001



WHAT DOES HOSPICE DO?

- We are a member of the Hospice Palliative Care Team.
- Hospice Society Volunteers provide compassionate, supportive care.
- Hospice Society Volunteers visit clients and their families and provide companionship to patients, as well as support and respite for caregivers.
- Hospice Society staff and Volunteers help ensure excellence in Hospice care in Chilliwack.

We offer the following services

Hospice Residence Visitation
 Hospital Visitation
 Home Visitation
 Vigil Support
 One-on-One Support
 Bereavement Follow-up Support
 Bereavement Visitation
 First Step Grief Support Group
 Second Step Grief Support Group
 Teen's Grief Support Group
 Children's Grief Support Group
 Resource Lending Library
 Community Workshops
 Ongoing Volunteer Training
 Community Presentations
 Relaxation Program

GROUP SESSIONS

All of our support services are confidential and available to all residents of Chilliwack and the surrounding district.

Where: Chilliwack Hospice Society's
 Rotary Centre
 45360 Hodgins Avenue
 Chilliwack, BC V2P 1P5

If you are interested in attending this group or if you would like more information, please contact:

Chilliwack Hospice Society
 604-795-4660
 email: info@chilliwackhospice.org

There is no cost to our clients for our services.

- Hospice is not a place; it is a philosophy.
- We provide sensitive support to individuals in need of our services.
- Hospice philosophy emphasizes comfort, dignity and quality of life, it affirms life and neither hastens nor postpones death.
- Care from the Chilliwack Hospice Society is available to individuals and families in their home and at the hospital, Cascade Hospice Residence, care facility and at our Centre.

THE JOURNEY OF GRIEF

The death of a loved one tears us apart and our lives are changed forever. We must be gentle with ourselves and build the strength and courage necessary to do our grief work.

Sharing our stories with others who understand is the first step towards healing.

Each of us has the capacity to find inner peace and growth on our personal grief journey.

THE FIRST STEP SUPPORT GROUP IS A PLACE TO:

- Connect with others who are grieving in an informal and safe environment.
- Increase our awareness and understanding of the grief process.
- Facilitate individual grief work.
- Increase our awareness of strengths and coping abilities.
- Move on to the Second Step Grief Support Group, if you wish.

“You have to let go of the life that you planned before you can find the life that is waiting for you.”

Joseph Campbell

