

**Chilliwack Hospice Society . . . .**  
**is a non-profit charitable organization. We**  
**are dependent upon your support.**

*If you are interested in becoming a member, making a donation, receiving information, participating in a grief support group, Volunteer training or other educational opportunities, please fill out and return this form.*

- I would like more information on the Relaxation Program.
- I am interested in joining one of the Relaxation Groups.
- I am interested in working as a Hospice Volunteer.
- I am interested in becoming a member.
- I would like to become a monthly donor through the automatic withdrawal system.
- I am enclosing a contribution to the Chilliwack Hospice Society.

In the amount of \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address in full: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please mail to: Chilliwack Hospice Society  
45360 Hodgins Avenue  
Chilliwack, BC V2P 1P5

Tax receipts will be issued for donations over \$10.00

*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*



## **Relaxation Program**



### **Chilliwack Hospice Society**

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

Email: [info@chilliwackhospice.org](mailto:info@chilliwackhospice.org)  
Web: [www.chilliwackhospice.org](http://www.chilliwackhospice.org)

**Registered Charity #867303232RR0001**



***“There is more to life than increasing its speed.”***

Gandhi

***“For fast acting relief try slowing down.”***

Lily Tomlin

## **RELAXATION SESSIONS**

- Are available to palliative clients in their home and at the hospital, hospice residence, care facility at our Centre.
- Are available to family and friends that are care givers to their dying loved one.
- Are available to Volunteers that companion the palliative client and their loved ones.
- Are available to Volunteers that companion grieving clients.
- Are available to participants in any one of our grief groups, including children and teens.

***“Tension is who you think you should be. Relaxation is who you are.”***

Etty Hillesum

## **THE PURPOSE**

To provide a safe, caring atmosphere, where relaxation can be learned and experienced - using soft music, guided imagery and gentle touch.

## **GROUP LEADERS**

Our Relaxation sessions are facilitated by trained Volunteers, knowledgeable in the areas of:

- Relaxation techniques
- Hospice Care
- Grief support
- Emotional stress due to life-threatening illness
- Emotional stress due to caring for a loved one that is dying
- The benefits of relaxation and quality of life

**Please call**

**604-795-4660**

**for the current schedule or to book a visit.**

## **Referral to Our Relaxation Program**

Referrals to Chilliwack Hospice Society may be made by the patient, family, attending physician, social worker or health care providers. There is no cost for our services.

***“Relaxation means releasing all concern and tension and letting the natural order of life flow through one’s being.”***

Donald Curtis

## **WHY RELAXATION?**

- Grief depresses the immune system, leaving one vulnerable to illness.
- Relaxation techniques have proven to be effective in boosting the immune system.
- Grieving people often suffer with insomnia. Relaxation can develop the capacity to fall asleep or to relax enough to allow sleep to come.
- Relaxation provides a natural way to harness the grieving person’s healing abilities.
- How we feel physically can be influenced by the mind. When we relax our heart rate, metabolism, oxygen consumption and respiration slow down. Blood pressure and muscle tension are lowered.
- Relaxation can stimulate the release of endorphins and stimulate the immune system.
- Relaxation may increase feelings of calm and comfort.

***“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”***

Etty Hillesum

