

Making Every Moment Matter

At Hospice Northwest, we strive to help our clients make every moment matter by offering comfort, support and a sense of connection to families and clients who are dealing with a life-limiting illness or struggling with grief.

Hospice Northwest is a non-profit community hospice organization that began in 1986. We are honoured to serve approximately 350 end-of-life clients and their families each year.

Hospice Northwest is a hospice without walls. We define hospice as a philosophy of care, rather than a place. Our specially trained palliative care volunteers provide emotional and spiritual support for clients and their families in their homes, hospitals or long-term-care facilities.

Hospice Northwest services are provided:

- Regardless of diagnosis
 - With minimal or no cost to the individual (grief group fee is \$10)
 - With a referral form from any source
 - With confidentiality assured
- For more information, please call Hospice Northwest at (807) 626-5570.**

Resource Library

Hospice Northwest has a specialized collection of books and audiovisual materials, with an excellent selection on grief and bereavement. The following grief pamphlets are also available free of charge:

- Dealing with Grief
- Ten Things to Know About Grief
- Grief, A Personal Journey
- Things to Remember When Supporting a Grieving Person
- Grief: Coping with Challenges
- Grief After Suicide
- Difficult Grief and Multiple Losses
- Understanding Your Emotions
- Child and Teen Grief
- "I Can't Face the Holidays!"

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Hospice Northwest is supported by the North West Local Health Integration Network and the generous support of community donors. Circle K Convenience store, located at 3 Balsam Street in Thunder Bay, supports Hospice Northwest through the sale of Nevada tickets. Hospice Northwest is a member of the Integrated Palliative Care Clinical Program.



Ontario

North West Local Health
Integration Network

Supported by:

Hospice Northwest is
accredited by HPCO



Making Moments Matter



Grief & Bereavement Support Services

For persons who have experienced the death of a loved one.



www.hospicenorthwest.ca
807.626.5570
info@hospicenorthwest.ca

Hospice Northwest Grief and Bereavement Services



The grief that is experienced after a death can be overwhelming. Often, it is felt to be an isolating experience because others may not know how to respond to the needs of the bereaved. While nothing can take away the intensity of that grief, we believe that compassion and understanding may help. Hospice Northwest offers three grief support programs designed to meet the unique needs of our clients.

1. Hearts & Hope Grief Support Group

Hospice Northwest offers specialized multi-week therapeutic support groups for grieving individuals. The groups vary according to the type of loss experienced, such as Bereaved Parents, Suicide Bereavement, as well as General Loss groups.

The support groups provide a place where people can talk about their experiences, listen to those of others and share their feelings. Guiding principles include respecting the values and beliefs of others, not giving

advice and maintaining confidentiality.

Group participants will gain skills and understanding of their grief experience and practice compassion toward themselves and others. Please call our office at 626-5570 for upcoming dates and more information.



2. Circle of Friends Grief Recovery Group

This group is open to anyone who has participated in our grief and bereavement programs. This includes the Hearts & Hope Grief support group or our one-to-one bereavement support service.



The Circle of Friends Grief Recovery Group focuses on building coping strategies and brainstorming ideas with the goal to assist participants in

To refer yourself or a loved one for any of our programs, please call us at (807) 626-5570 or go to our website at www.hospicenorthwest.ca and fill out an online referral form.

reinvesting in life and moving forward. Circle is held on the 2nd and 4th Wednesday of each month, from 1:00 to 3:30 pm.

Circle is generously sponsored by:



3. One-to-One Grief Support

Hospice Northwest offers individual, one-to-one grief support to persons who are bereaved because of death, regardless of how or when the death occurred. Trained volunteers are assigned to grieving individuals, for support, companionship and non-judgmental listening. Confidentiality is assured.

Referrals can be made by anyone, provided the bereaved person is in agreement. Visits take place in the client's home, unless otherwise arranged.

How Hospice Northwest Volunteers Can Facilitate Healing

Hospice Northwest volunteers:

- ◆ Recognize the uniqueness of each grief journey
- ◆ Have genuine compassion for the suffering of the bereaved person
- ◆ Refrain from imposing spiritual or philosophical beliefs
- ◆ Assist clients to access other community resources

