

## GRIEF SERVICES

### Individual Grief Support

Our trained volunteers are available to support you in one-on-one meetings as you face significant loss in your life. We stand by you with empathy, presence, kindness, a listening ear and caring heart. All grief services are free of charge. Call 250-231-7344 to set up an appointment.

### Adult Grief Support Groups

Our eight week grief support groups run several times a year. These small group settings, facilitated by experienced, skilled leaders, allow participants to share their experiences confidentially, learn what is normal in the grief experience, discover coping mechanisms, and explore feelings in a safe environment. Call 250-231-7344 to register for the next grief session.

### Children's Grief Group

Our Children's Grief Group is held twice annually, or as needed. This 8-week program supports children of elementary school age who have experienced any sort of loss. Children are welcome to attend multiple times; as their development changes so does their understanding of their loss and their grief.

**For more information or to register for any of our free grief programs please call:**

**250-231-7344**

**Or through: [info@trailhospice.org](mailto:info@trailhospice.org)**

## We Can't Do It Without Your Help!

The journey towards the end of life and through grief is unique for each individual. Just as birthing into life is a process that requires support from many, the process of transitioning out of life also depends on the help of others.

The majority of funds needed for hospice services come from donations and fundraising. Your financial support, in memoriam donations, volunteerism, and ongoing interest make it possible for *Greater Trail Hospice Society* to offer compassionate care to you, your family and our community.



Become a Monthly Donor



Offer an in memoriam donation



Leave a legacy in your Will

### Contact us at:

[info@trailhospice.org](mailto:info@trailhospice.org)

250-364-6204

#7, 1500 Columbia Ave

Trail, BC, V1R 1K3

[www.trailhospice.org](http://www.trailhospice.org)



## Greater Trail Hospice Society

### Our Mission:

**Through our presence, advocacy, education, and leadership we offer compassionate and practical support during life-limiting illness, end of life care, and grieving.**

### Our Services:

- ◇ Navigation through illness
- ◇ End of life support promoting dignity and quality of life
- ◇ Friendly Visitor volunteers for residents in facilities
- ◇ Grief support for adults and children
- ◇ Books and DVDs to loan
- ◇ Advance Care Planning
- ◇ Education to promote embracing the journey to end of life and beyond

## NAVIGATOR PROGRAM

Adults living at home with serious or life-limiting illness, particularly those who do not yet qualify for home-based nursing care, often live with unmet needs or a heavy symptom burden resulting in poor quality of life. Many are not aware of the medical or community services that are available to assist them.

### Nav-CARE Volunteers are here to help!

Nav-CARE Volunteers are caring, trained volunteers with a genuine interest and desire to help when life gets challenging. They:

- ✓ listen to, support and encourage individuals with advanced chronic disease and their families
- ✓ identify community and health services and resources available to clients
- ✓ help facilitate access to services to satisfy client needs now and in the future
- ✓ help identify and overcome the barriers to the issues most important to clients and to their ever-changing quality of life
- ✓ are trained to visit clients in their homes, providing psychosocial support, education, and guidance with Advance Care Planning

*"It showed us that other people have got the same problems, have the same feelings...it gives us an uplifting...."*

Nav-CARE Participant

## BEDSIDE VOLUNTEERS

As end of life approaches it is reassuring to know there are volunteers who are willing and able to spend time with a person in their last weeks, days or hours. A volunteer can read to a client, talk about end of life wishes, play music, help a person share memories and reminisce, or simply be quietly present.

Volunteers can also provide respite time for family members who need some time away from the bedside to attend to personal needs, catch up on sleep, or spend time with other family members.

The focus of all care is to provide dignity, personal choice, and quality of life for all people who are completing their life journey.

**All hospice services are offered without charge. Call 250-364-6204 for more information.**



## FRIENDLY VISITORS

Even with people all around you in a residential care facility, it is possible to feel lonely. Some residents have no family close by, or may have out-lived their friends and relatives. A Friendly Visitor volunteer can fill the gap by maintaining regular and meaningful contact with a person. Together they can share life stories, games or books, music, or other activities.

## ADVANCE CARE PLANNING

Advance Care Planning is making a plan for your future health care while you're still able to make health care decisions for yourself. A good plan enables you to clearly state your wishes about what health procedures you want or do not want so you are able to share your goals with your medical practitioner and your family.

The Greater Trail Hospice Society has trained volunteers who can help you complete your personalized Advance Care Plan.

## LIBRARY RESOURCES

In our hospice office we have a robust library of books and brochures covering topics of caregiving, death and dying, grief and coping, children's grief, and more.

Please consider borrowing our resources.