

# 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*



## **Second 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](mailto:info@chilliwackhospice.org)  
Web: [www.chilliwackhospice.org](http://www.chilliwackhospice.org)

**Registered Charity #867303232RR0001**

## **GRIEF IS LIKE A PILGRIMAGE**

A pilgrimage is a journey into change - into renewal. Now changed forever, one leaves behind a familiar way of life and a former image of self, and travels, at times with great difficulty, in redefining self and shifts in beliefs, perception and goals - to come eventually to a new and different place.

***The Second 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.*



## 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 the support services are free of charge, confidential and available to all residents of Chilliwack and district.

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

**When:** Every Thursday  
 from 1 - 2:30 pm  
 For 10 weeks  
 On statutory holidays,  
 no group is held.

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](mailto: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 at our Centre, in their home, Cascade Hospice Residence, hospital or community care facility.

## 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 SECOND STEP SUPPORT GROUP IS A PLACE TO:

- Receive mutual support and encouragement in a friendly, safe environment.
- Increase your self-awareness and self esteem through connecting with others.
- Find out what is happening in our community (social events, volunteer opportunities, etc.)
- Develop new friendship support.
- Move on to the monthly social luncheon group.

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

Joseph Campbell

