



HOSPICE RENFREW

Grief & Bereavement

JULY 2024 NEWSLETTER

Welcome to Hospice Renfrew’s new **grief & bereavement newsletter**, where we’ll be sharing monthly updates about our services, events, and resources to assist you in your grief journey or to share with other grievers or caregivers in your life.

Peer Support Groups

Grief Support: 1st Year After Loss

Tuesday, July 2: 6:30 – 8pm

Grief Support: 2nd Year & Beyond

Thursday, July 18: 1 – 2:30pm

Caregivers Support Group

Tuesday, July 9: 1 – 2:30pm

Mothers Grief Group

Tuesday, July 16: 1 – 2:30pm

[Register](#)

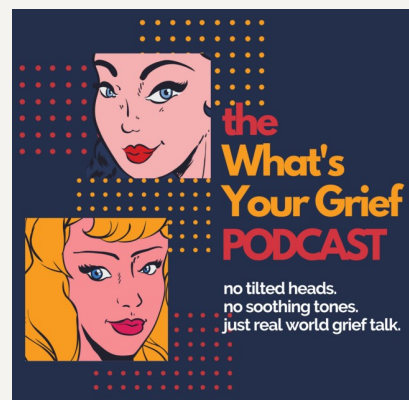


Support groups are held in the lower level of Hospice Renfrew at 459 Albert St.

Space is limited; to register, please contact jrigby@hospicerenfrew.ca or call (613) 433-3993 ext. 2237.

Podcast Recommendation: “Navigating Grief with Self-Compassion”

This episode of the **What’s Your Grief** podcast explores our tendency to judge, criticize and compare ourselves to others or how we think grief “should” look, and how to harness more self-compassion.



[Listen Here](#)

We don't "move on" from grief **A TED Talk by Nora McInerny**

"A grieving person is going to laugh again and smile again," she says. "They're going to move forward. But that doesn't mean that they've moved on."



[Watch Here](#)



Journalling Prompt of the Month

For this exercise, write as little or as much as you'd like for each prompt. Let the words flow without overthinking or judging what you write. There is no "right" way to respond or feel. Do not feel obligated to keep or reread what you write.

Today, I feel like...

When I was around you, I felt...

When I go to bed, I think...

I am having a hard time understanding...

In the next week, I want to...

Seeking Volunteers: Grief & Bereavement Program

Seeking compassionate **volunteers** to help provide our grief & bereavement services:

- Follow-up calls to check in on families throughout the first year following the death of a hospice resident
- Assisting in the facilitation of support groups

No experience needed, training is provided.

If you are grieving someone important, we ask you wait at least a year before applying to volunteer so you're in a better position to help others in their grief.



[Learn More](#)

Individual Grief Counselling

Hospice Renfrew offers free, short-term grief counselling for Renfrew and area residents.

Services are provided in-person or virtually with grief & bereavement counsellor
Jenny Rigby-McCabe, MA,
Registered Psychotherapist.

Intake completed over the phone to determine eligibility and whether counselling is appropriate.

To refer yourself or a patient for counselling, contact Jenny at (613) 433-3993 ext. 2237 or jrigby@hospicerenfrew.ca.



[Learn More](#)



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