



HOSPICE RENFREW

Grief & Bereavement

SEPTEMBER 2024 NEWSLETTER

Welcome to Hospice Renfrew's **grief & bereavement newsletter**, where we share 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
Wednesday, September 4: 6:30 – 8pm

Note date change to Wednesday this month

Grief Support: 2nd Year & Beyond
Thursday, September 19: 1 – 2:30pm

Mothers' Grief Group
Tuesday, September 17: 1 – 2:30pm

Caregiver Support Group
Tuesday, September 10: 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.



Join the Group

NEW Grief Support Group coming to Arnprior

Thursday, September 5: 4:30 – 6pm

This new monthly peer support group is an open, supportive gathering for grieving adults held at the **Arnprior Library** and facilitated by Hospice Renfrew's staff and volunteers.

If you are interested in joining, please call

Legacy Project Ideas: Memory Pillows

Legacy projects provide an opportunity for families to share a special moment together and create something meaningful to cherish after our loved one is gone.

Watch a tutorial **here** on how to sew your own memory pillow from your person's favourite shirt.



Grief Support for Kids: Craft Inspiration

As grieving families prepare for the start of a new school year, this simple craft will help you and your child slow down, connect and identify coping strategies to help them through this busy, often overwhelming transition

[Read Here](#)

Upcoming Special Events

"Are We There Yet?"
An Evening with Palliative & Grief
Counsellor David Kennedy



Hospice Renfrew invites you to join us on September 19, 2024, 6-8pm, as we gather for the evening to enjoy charcuterie, refreshments, and hear from guest speaker David Kennedy discuss the benefits of giving thought and planning to our own end-of-life experience.



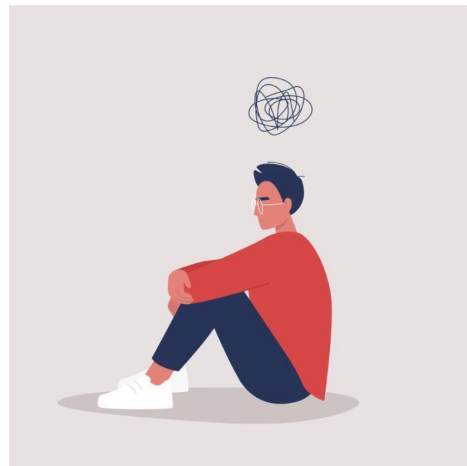
"By the Way, Before You Go"

Join us on September 20, 2024 at the myFM Centre to learn from over 20 vendors about the practical, financial, spiritual and care-related plans we can make to feel more prepared for our end-of-life journeys. Entrance is **free** and all are welcome.

Guilt and Grief

Feelings of guilt, or at least regret, are almost universally felt after a significant loss. This article walks you through identifying and honestly appraising your guilt and suggests strategies for working through these thoughts and feelings when they inevitably arise.

[Read Here](#)



Quote of the Month

"There are three needs of the griever: To find the words for the loss, to say the words aloud and to know that the words have been heard."

— Victoria Alexander

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.



- I wish I knew how ...
- I need more ...
- I need less ...
- To be more compassionate to myself, I am going to try ...



[Learn More](#)

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.

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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