



HOSPICE RENFREW

# Grief & Bereavement

DECEMBER 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 or to share with other grievers or caregivers in your life.

## Peer Support Groups

### Renfrew

#### Grief Support: 1st Year After Loss

Tuesday, December 3: 6:30 – 8pm

#### Grief Support: 2nd Year & Beyond

*Next meeting in January 2025*

#### Mothers' Grief Group

*Next meeting in January 2025*

#### Caregiver Support Group

*Next meeting in January 2025*

### Arnprior

#### Grief Support Group (general/open)

*Next meeting in January 2025*



**Renfrew** support groups are held in the lower level of Hospice Renfrew at 459 Albert Street, Renfrew, ON.

**Arnprior** support group meets in the lower boardroom of the library at 21 Madawaska Street, Arnprior, ON.

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

Register

# Upcoming Special Events



**Holly Jolly** 98.7<sup>TH</sup> HERITAGE  
**Radiothon & Open House  
for Hospice Renfrew**  
**SATURDAY, NOVEMBER 30TH**  
**LIVE ON 98.7 - 10 A.M. TO 2 P.M.**

Call in your pledges at:  
613-433-3993 or  
1-866-751-1685  
Online [www.valleyheritageradio.ca](http://www.valleyheritageradio.ca)

All proceeds to:  
**HOSPICE  
RENFREW**  
CARE. COMFORT. COMPASSION

**Open House  
at VHR**  
3009 Burnstown Rd

Radiothon hosted by Art Jamieson and Jason Marshall  
LIVE MUSIC on stage at VHR from 11-1 p.m.

## Holly Jolly Radiothon

**Saturday, November 30: 10am - 2pm**

It's time for the annual Holly Jolly Radiothon, hosted by Valley Heritage Radio. All proceeds raised support Hospice Renfrew's invaluable services, including our grief supports.

**Call in your pledges Saturday between**

**10am - 2pm at:**

613-433-3993

or

1-866-751-1685

[Learn More Here](#)

## Befriending our Grief Golden Age Activity Centre

**Tuesday, December 10: 1pm - 2:30pm**

Join us for this **free workshop** hosted by the Golden Age Activity Centre in Renfrew where we'll be discussing how to navigate loss and support ourselves and others through the grieving process.

To register, contact 613-431-8289 or [jenn.obrien@renfrewhomesupport.ca](mailto:jenn.obrien@renfrewhomesupport.ca)

[Register](#)

## 64 Reminders if You're Filled with Holiday Dread

1. You have survived other hard days.
2. You will survive this hard day.
3. It might be ugly. That's okay.

4. It might be a lot less ugly than you think. That's also okay.
5. Even though the holidays are always hard after a loss, they can simultaneously be filled with moments of comfort...



[Click Here to Read More](#)



## 5 Practical Tips for Navigating Grief and the Holidays

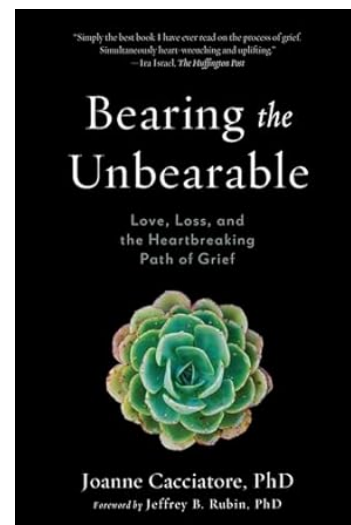
This video by the Washington Post highlights practical coping strategies that you can use to survive this month when you're feeling anything but "merry and bright".

[Watch Here](#)

## Book Recommendation Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief

*Joanne Cacciatore, PhD*

Organized in short, digestible chapters, *Bearing the Unbearable* is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion and the very essence of our shared humanity.



## Quote of the Month

"Grief is itself a medicine."

-William Cowper, poet

## 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.*



- If your grief were a colour, what colour would it be today?
- Using a photo of your person as a prompt, write a short story about what was happening when that photo was taken.
- If my person could speak to me right now, I think they would say...



[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.

We are also always seeking volunteers to help in other areas of hospice, including **baking, gardening, reception** and **resident care**.

*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](mailto:jrigby@hospicerenfrew.ca).**



[Learn More](#)



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