



HOSPICE RENFREW

Grief & Bereavement

MAY 2026 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 others in their bereavement.

Peer Support Groups

Renfrew

Grief Support: 1st Year After Loss
Tuesday, May 5: 6:30pm - 8:00pm

Grief Support: 2nd Year & Beyond
Wednesday, May 13: 4:30pm - 6:00pm
or
Thursday, May 21: 1:00pm - 2:30pm

NEW: Connecting Parents in Grief Group
Tuesday, May 19: 4:00pm - 5:30pm

Arnprior

Grief Support Group (general)
Thursday, May 7: 4:30pm - 6:00pm

Cobden

Grief Support Group (general)
Wednesday, May 27: 5:00pm - 6:30pm



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

Arnprior support group meets in Scharf Hall (the sun room) main floor of the library at 21 Madawaska Street, Arnprior, ON.

Cobden support group meets in the Cobden Legion, 43A Main Street, Cobden

Space is limited; to register, please contact grief@hospicerenfrew.ca or call **(613) 433-3993 ext. 2232**.

Announcing Changes to Our Mothers' Grief Group

We have enhanced our current Mothers' Group to now **include all parents, stepparents and guardians who have lost a child.**

Please also note the **new time of our group**- from 4:00 pm to 5:30 pm to provide greater availability to those who have responsibilities and obligations throughout the day.

For more details, please see the poster below

**HOSPICE
RENFREW**
CARE COMFORT COMPASSION

Connecting Parents in Grief

At any age, from any cause.
This support group is a safe
space to sit or share with
parents who understand the
unique loss of grieving a
child. All bereaved parents,
stepparents, and guardians
welcome

3rd Tuesday of Every Month
4:00pm - 5:30pm

Location
Hospice Renfrew
459 Albert St. Renfrew, ON

For more information or to register, contact:
(613) 433-3993 x.2237 or grief@hospicerenfrew.ca

HIKE FOR HOSPICE RENFREW

It Takes A Team!

SUNDAY MAY 3, 2026

HIKE 2:00 PM AT HOSPICE RENFREW



Thank You To Our Sponsors

Star-Set Jewellers

Doug's Automotive Solutions

Ottawa Valley Oxygen Ltd.

Malcolm, Deavitt & Binhammer
Funeral Home

Zohr Family

Funeral Home Inc.



One-to-One Support When You Need It Most

At Hospice Renfrew, our Grief and Bereavement Program offers compassionate one-to-one counselling to help you or someone you know navigate the complex emotions that follow loss. Whether you're seeking a quiet space to talk, guidance in understanding your grief, or simply someone to walk beside you, our counsellor is here to support you in a way that feels comfortable and meaningful.

We also invite you to explore our Grief Resource Library, where you'll find books, articles, and tools designed to support individuals and families throughout their healing journey. These resources are available at no cost and can be borrowed anytime.

You are not alone—support is here, whenever you're ready.

For more information, please contact us at

grief@hospicerefnw.ca.

Sunday, May 3, 2026

International Bereaved Mother's Day

How to gently support a bereaved mother ...



To support a grieving mother, simply being there with her in her grief without trying to 'fix' the pain she is feeling is enough (because you simply cannot resolve the pain or make it better).

When holidays like International Bereaved Mother's Day and Mother's Day come around, let bereaved mothers know that you remember with them...

- Say their child's name. Mothers are always thinking of their baby/babies and don't want them to be forgotten, so you're not going to negatively "remind" her of her child.
- Send a loving message of support by way of an email or a card in the mail.
- Celebrate her as a mom (because she will always be a mom even if her child/children are held in her heart rather than in her arms).
- Light a candle in memory of her child/children.
- Donate to a cause that is important to her in memory of her child/children
- Simply let her know that you are thinking of her and that you are there and that you will continue to be there for her.
- If she wants to share, listen to her story, don't be afraid to speak her child/children's name(s).
- Most of all, don't avoid her – this will only make her feel more alone and isolated in her grief.

Sunday, May 10, 2026

Mother's Day

How to celebrate Mother's Day as a bereaved mom...

- Have a moment of silence, reflection, or meditation throughout the day.
- Make or buy a memorial wind chime or create or have a charm bracelet made for you of things that remind you of your child/children.
- Write a letter to your child/children.
- Plant a tree or flower in honour of your child/children.
- Have a quiet spa day at home and make time for self-care.
- Go somewhere that was special to your child/children or reminds you of them.

OR ... DO NOTHING AT ALL.



Mother's Day Grief A Free Video Series

with David Kessler



When You're Grieving Mom

- The unique grief of the death of your mother
- Coping with grief
- Navigating your feelings
- Complicated relationships
- Getting the support you need
- Creating new traditions that honour your loved one

[Click here to get the free video](#)

A Mother's Grief: When a Child Dies

- The unique grief of the death of a child
- Coping with grief
- Creating a plan for the day
- Grief bursts and love bursts
- Guilt, anger, and the what-ifs
- Finding connections with people who really get it

[Click here to get the free video](#)



Podcast Spotlight

Guys and Grief

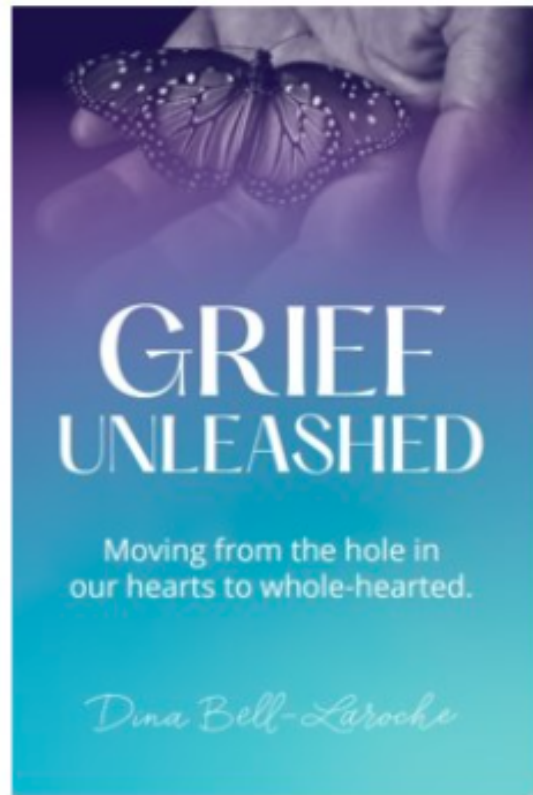
[Guys and Grief](#) was created for fathers who have experienced pregnancy or infant loss. The podcast provides a platform to talk about the under-resourced, and often undiscussed perspective of men who have experienced child loss.

Book Recommendation

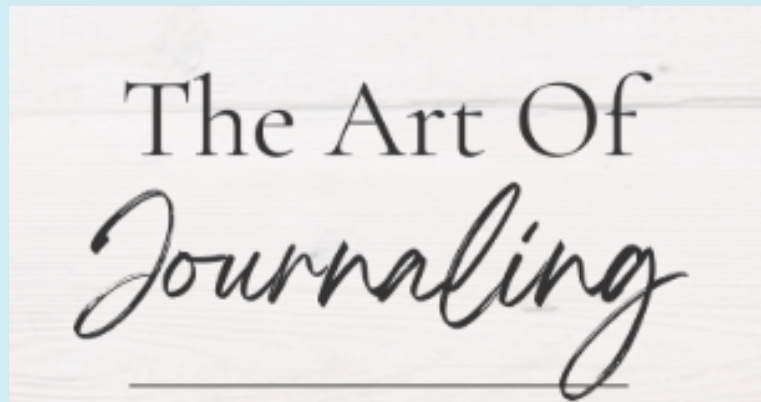
Grief Unleashed: Moving from the Hole in Our Hearts to Whole- hearted

by: Dina Bell-Laroche

"I'm sorry for your loss." This platitude is too often used to offer solace to the bereaved. And while its intention is often altruistic, it has the subtext of, "I hope you will be back to normal soon." However, after suffering through a significant life loss, there is no going "back to normal." Sadly, our death phobic and loss illiterate society tends to shy away from real conversations about dying, death, and loss. As Dina points out, we accumulate life losses from the moment we are born. In *Grief Unleashed*, Dina helps us to reimagine a new relationship with loss. She has been grieving the death of her sister for over twenty-one years and has found healthy and healing ways to adjust, heal, and thrive. Its main message is to help the bereaved feel less isolated by normalizing what has too often been pathologized.



Written in Calabogie, Ontario, and published by Burnstown Publishing House, Dina speaks of the healing, knowledge, and teachings discovered while writing her book surrounded by the beauty of Renfrew County.



Journaling is one of the most effective, most cathartic things you can do to calm your mind and heal your soul.

What makes it so effective?

A Journal is Private: A journal is a place for you to write your thoughts and feelings. Especially during early grief, we may not know actually how to put our feelings into words. Journaling allows us to still get things off our chest without the fear of coming across as incoherent or judged by others.

It Can be Grounding: Sometimes, when you are grieving, your thoughts can get all jumbled up. When you write things down, you're forced to slow down and really think about how you're feeling and the thoughts you're having. As such, you can look at your thoughts with more clarity and objectivity.

It Counteracts Avoidance: Avoidance is one of the worst things we can do while grieving, and can develop into unresolved grief. Just the act of writing down our thoughts can contribute to our healing.

Journaling is Flexible: Journaling doesn't have to become a daily routine. You can journal whenever, wherever and however you want. Do you prefer to journal before bed, getting your thoughts out before you sleep? Do you like to carry your journal to work, and journal midday on your lunch break? Do you like the idea of making it part of your self-care routine by journaling next to the fireplace with a cup of tea and the dog at your feet? Do you prefer to journal by hand in a nice notebook or by leaving voice notes on your phone? Simply, there are no rules, it is about you and what feels right for you.

It Benefits Our Health: The impact that journaling has on mental health is very visible. In some cases, its effects on anxiety and depression can be comparable to taking medication. But did you know that it can also positively impact your physical health? By throwing all your anxieties and worries into a book instead of keeping it in, it can help you manage stress.

Ranieri, C., (2022). *365 Days of Grief Comfort: A year of comfort and reflection*



Journaling Prompt of the Month

Mother's Day might feel tender, heavy, or unexpectedly calm. However it finds you this year, know that your grief matters. And you get to shape how you carry your mother's memory forward. Use the following to support your reflection.

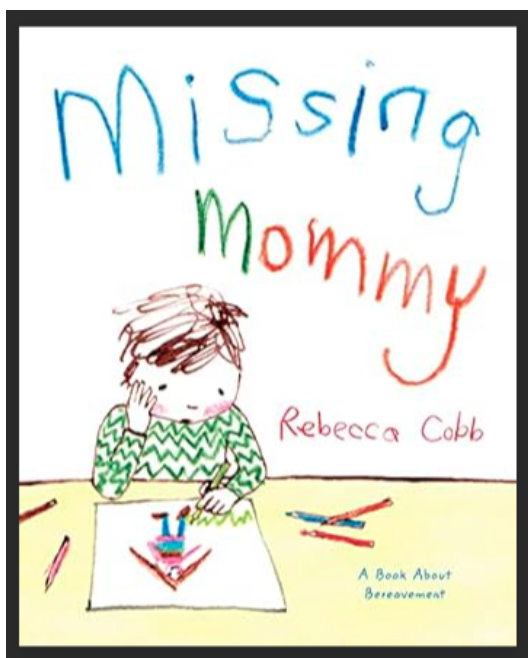
Take a few minutes to write freely:

"Dear Mom, I want you to know..."

Let the words flow without editing. This is for you, not for anyone else. If the relationship was complicated, you might try this instead:

"What I needed from you, and what I'm learning to give myself..."

This is an invitation to reflect-not to resolve. The goal isn't closure. It's connection.



Missing Mommy

by Rebecca Cobb

"Missing Mommy" is a heartfelt story that addresses the complex feelings of grief, sadness and confusion that a child may face after losing their mother.

The book is designed to support children in articulating their feelings surrounding loss. "Missing Mommy" has been praised for its sensitive approach to a difficult subject, making it a valuable resource. It serves as a tool to facilitate discussions about loss and bereavement, helping children navigate their emotions.

[Click here for a workbook designed to help youth make a plan for navigating Mother's Day.](#)

Quote of the Month

"How lucky am I to have something that makes saying good-bye so hard"

-A. A. Milne

Grieving Myths

Grieving is one of the most universally familiar experience among human beings. Naturally, there will be differing opinions about how to experience grief, and as such, myths. These could be from what others have told you, what you've seen or read about, or misconceptions developed along the way.

Some of the most common grief myths are;

Myth 1: You Have to be Strong

You've probably been told this by someone in your life. The problem is, "being strong" can encourage us to put on a front, and push down and push away uncomfortable feelings. Doing this can lead to avoidance, which is detrimental to our healing.



Myth 2: You Shouldn't Still be Grieving

Everyone grieves at their own pace, in their own time.

Myth 3: Time Heals all Wounds

While you do need a good amount of time to heal, it is what you do with that time that makes all the difference. Time will not heal you if you do not actively work on healing yourself.

Myth 4: If you Don't Cry, it Means you Aren't Sad

Crying is a type of mourning, an outward expression of grief. If you don't mourn by crying, that does not lessen the pain of grief you feel.

Myth 5: Once you Start Feeling Better, Grief will be Better

Grief is a winding road, full of twists and unexpected turns. One day you may feel ready to take on the world, and the next, you feel like you are back to day one of your journey. Overall though the grief will become softer and less painful. But in the meantime, there will be days that are harder than others.

Looking For More Resources on Grief?

Because losing someone is hard....
Mygrief.ca offers information to help you understand
and move through your grief.



Volunteer at Hospice Renfrew



[Learn More](#)

Hospice Renfrew is looking for caring and compassionate individuals to join our volunteer team. Volunteers play an essential role in supporting our services, including grief and bereavement support (such as follow-up calls and assisting with support groups).

No experience needed, training is provided.

To learn more: (613) 433-3993 x. 2236,

dcoelho@hospicerenfrew.ca

If you are grieving the loss of a loved one, we kindly ask that you wait at least one year before applying to volunteer. This ensures you are best prepared to support others through their grief.



[Visit our Website](#)

Hospice Renfrew | 459 Albert Street | Renfrew, ON K7V 1V8 CA

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!