



HOSPICE RENFREW

Grief & Bereavement

AUGUST 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.

Introducing **A New Continuum of Grief Support Groups**

Our Renfrew-based grief support groups are evolving to better meet the needs of our grieving community (Arnprior and Cobden groups will continue unchanged).
Changes effective **August 2026**.



Drop-In Bereavement Café

Gather with others navigating loss in an informal environment. Enjoy coffee, tea and baked goods. All are welcome, no registration required, facilitated by a trained Grief & Bereavement Volunteer.

3rd Thursday of the Month (Aug. 20), 1pm - 2:30pm

Lower level of Hospice Renfrew



Monthly Peer Support Groups

Structured gatherings facilitated by our Grief & Bereavement volunteers, providing a space to share, listen and connect with others grieving after the death of a loved one. Spaces are limited, please RSVP.

Renfrew - *Hospice Renfrew*

- 2nd Wednesday of the month, 4:30pm - 6pm
- Wednesday, August 12, 2026

Cobden - *Cobden Legion*

- Last Wednesday of the month, 5pm - 6:30pm

- Wednesday, August 29, 2026

Arnprior - *Arnprior Public Library*

- 1st Thursday of the month, 4:30pm - 6pm
- Thursday, August 6, 2026



Grief Group Therapy

Therapist-led, closed group therapy for support with specific types of loss, running for 6-8 weeks intermittently throughout the calendar year.

Next Session:

Surviving Suicide Loss

- Beginning September 21, 2026 and gathering on Mondays at 6:30pm for 8 weeks



For more information or to attend, contact grief@hospicerenfrew.ca
or call **(613) 433-3993 ext. 2237**

[Register](#)

Upcoming Events



Surviving Suicide Loss

8-Week Grief Support Group

Therapist-led, closed
support group running for 8 weeks
beginning Monday, September 21,
2026



Monday at 6:30-8pm



Hospice Renfrew
459 Albert St.
Renfrew, ON

Participants will be guided through a therapeutic 8-week series involving psychoeducation on grief after suicide, a safe, confidential space to share your story and an opportunity to connect with others facing similar losses.

To complete an intake assessment and reserve your spot:



613-433-3993 x.2237



grief@hospicerenfrew.ca

Beginning September 21, 2026 and running for 8 weeks, we will be offering a **closed therapeutic support group** at Hospice Renfrew for people navigating a death by suicide. Spaces are limited and filling fast - if you are interested in joining, please contact 613-433-3993 x. 2237 or grief@hospicerenfrew.ca to complete an intake assessment and discuss your eligibility.

[Learn More](#)



Hospice Renfrew presents

Books, Brews & Bereavement

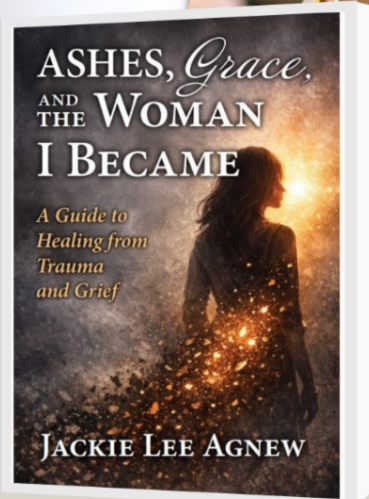
📅 Wednesday, August 26, 2026 @ 7pm

📍 Hospice Renfrew

An evening with author **Jackie Agnew**



Join us for coffee, tea, baked treats and good conversation as local author Jackie Agnew discusses her book ***Ashes, Grace and the Woman I Became: A Guide to Healing from Trauma and Grief***



To reserve your spot, call 613-433-3993 x 2237
or email grief@hospicerenfrew.ca

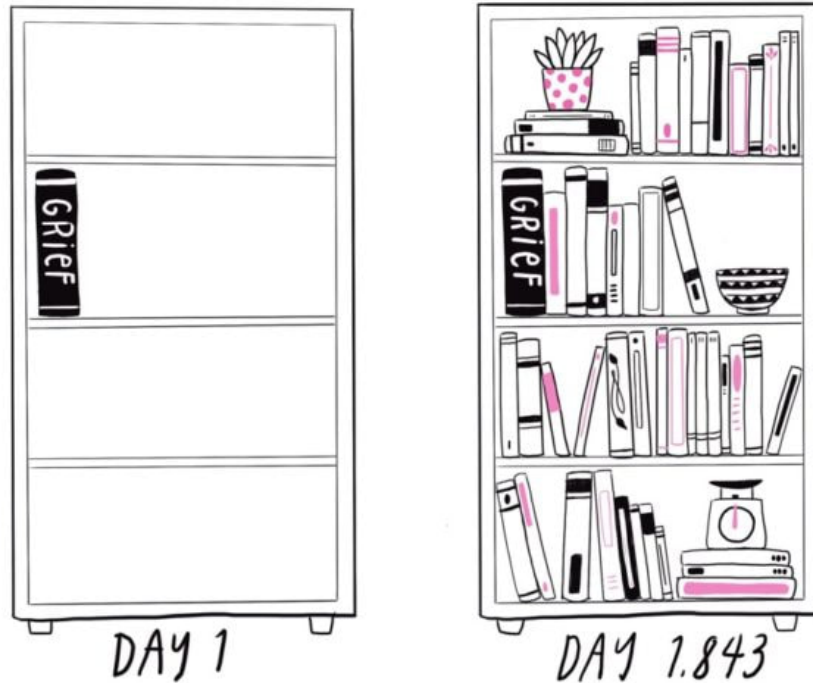
On August 26, 2026 at 7pm, author Jackie Lee Agnew will be coming to hospice for an evening to discuss her new book **Ashes, Grace and the Woman I Became: A Guide to Healing from Trauma and Grief**. Join us for stimulating conversation, hot beverages and sweet treats. Copies of her book will be for sale and the event is free to attend.

Reserve your Spot

Grief Resources

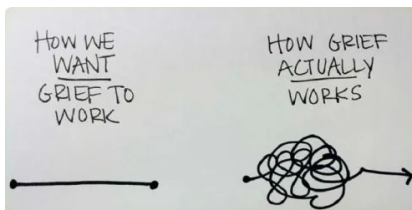
THE EVOLUTION OF GRIEF

cherie altea



Cherie Altea, an artist based in Singapore, created an image of a bookshelf to illustrate her thoughts on grief.

[Read More](#)



[Download Here](#)

Mapping Your Grief Exercise Free Downloadable Worksheet

This exercise guides you through creating a visual representation of your grief over time, to help you reflect and understand where you've been and where you stand now in relation to your loss.

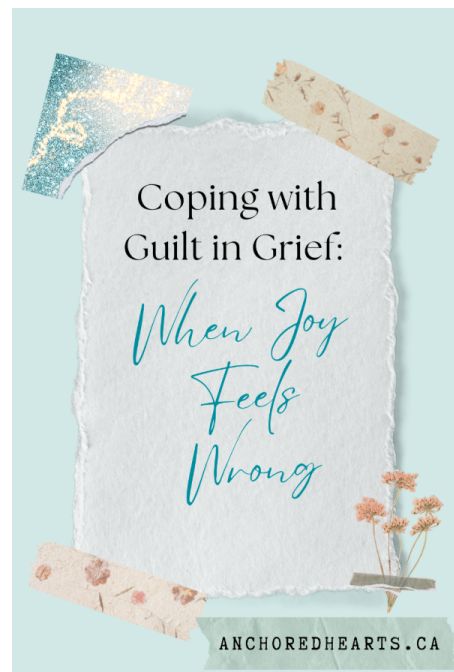
When Joy Feels Wrong

Have you ever caught yourself laughing, smiling, or having a good day after loss—only to feel a wave of guilt wash over you?

Maybe you noticed you weren't spending every moment thinking about your person, or you sought out distractions from the heaviness of grief.

Perhaps it's been a long time since you have felt okay. When you begin to feel moments of ease amidst the overwhelm of grief, you may find yourself questioning it. How is it that something you've longed for, a brief relief from the intensity of grief, feel so wrong? You might even wonder what this says about your grief.

It is important to know that it is a common experience in grief to feel guilty for not being immersed in sadness all the time.



[Read More](#)

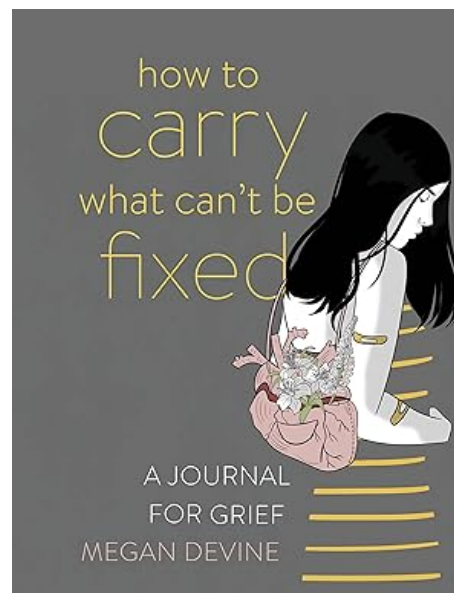
Book Recommendation

How To Carry What Can't Be Fixed

A Journal for Grief by Megan Devine

In this workbook, a complement to Megan Devine's bestseller "It's Ok That You're Not Ok," you'll find encouragement, self-care exercises, and daily tools, including:

- Writing prompts to help you honor your pain and heartbreak
- On-the-spot practices for tough situations—like grocery store trips, the sleepless nights, and being the “awkward guest”
- Practical advice for fielding the dreaded “How are you doing?” question
- What it means to find meaning in your loss
- How to hold joy and grief at the same time
- Tear-and-share resources to help you educate friends and allies, and much more



Don't forget you can preview a copy of this and many other books on bereavement at Hospice Renfrew's resource and loaning library.

Grieving the loss of a loved one?

Researchers are trying to better understand how to support those experiencing grief from a behavioural perspective.

Learn more →



Study eligibility criteria:

- 18 years of age or older
- Vocal fluency in English
- Loss of a loved one at least 6 months prior to enrolling
- Experiencing ongoing disruption or dysregulation in everyday life

This study has been approved by Endicott College's Institutional Review Board #2427021-4

Those interested are invited to contact Cristin Shanahan via email: cshanahan@mail.endicott.edu



Participate in Research on Grief

Study conducted by Endicott College

Researchers are seeking participants to better understand how to support those experiencing grief from a behavioural perspective.

Those interested are invited to contact Cristin Shanahan via email:

cshanahan@mail.endicott.edu

[Learn More](#)



[More Ideas Here](#)

Embracing Small Rituals in Mourning

Most of us naturally engage in small rituals to express and steady ourselves in our grief intuitively. We can be more intentional about enacting these rituals as a way to integrate and carve out space for our grief in our daily lives.

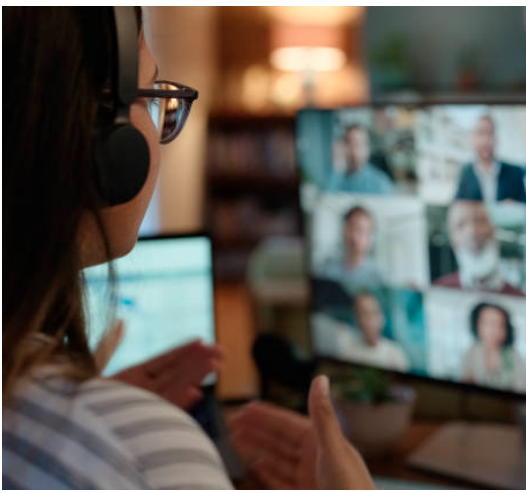
Rituals of mourning could include:

- Cooking their favourite meal or recipe
- Drink your morning coffee in their mug
- Wearing a piece of their jewelry, clothing, a favourite hat, etc.
- Collect precious items and photos on a small altar or shelf
- Visit a favourite place in nature, restaurant, or location

Child and Youth Resource

Caring for Young Grievers

Online Workshop for Parents & Caregivers hosted by Roger Neilson House



August 14, 2026 - 12pm - 1pm

If you care for or work with a young person trying to cope with the death of a sibling, parent, or any other person close to them, this resource is here to help you help them. Register today, as space is limited.

[Learn More](#)

Children's Grief Book Read Aloud The Goodbye Book by Todd Parr

Cuddle up with the little people in your life and follow along with this narrated video of the The Goodbye Book, a simple, first look at grief and loss for toddlers and young children.



Quote of the Month

"There is a difference between pain and suffering. Pain is a healthy, normal response when someone you love is torn from your life. Pain hurts, but that doesn't make it wrong. It's going to be there until it softens, and it will do that of its own accord.

Suffering is different. Suffering is the extra, added things that make everything feel worse. And unless suffering is interrupted or changed, it will just build into an even bigger storm of torment."

- Megan Devine, *How to Carry What Can't Be Fixed*

Journaling Prompt of the Month

As an imaginative exercise, **write about your grief as if it were a living creature.**



Take several deep, slow breaths, close your eyes and ask your grief, *who are you?* Wait for an image to come into your mind's eye, and then write describing what you see. Does the creature have a voice? If so, write as though it is speaking - what is it saying or how does it sound, look, and feel to behold?

Volunteer at Hospice Renfrew



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

[Learn More](#)

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.

Grief Counselling Service

At Hospice Renfrew, we offer compassionate **one-to-one counselling** to help you or someone you know navigate the complex emotions leading up to and following a loss. Whether you're seeking a quiet space to talk, guidance in understanding your grief, or simply someone to walk beside you, our counselling team is here to support you in a way that feels comfortable and meaningful. Counselling support is free, confidential and available to all residents of Renfrew County.

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@hospicerenfrew.ca or call **613-433-3993 ext. 2237**.

[Visit our Website](#)

Looking For More Resources on Grief?

Because losing someone is hard....
[Mygrief.ca](#) and [What's your Grief.com](#) are websites that offer information, resources, articles and support a growing community to foster understanding to help us move through the grief journey.



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

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