



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.

Group Bereavement Support



Drop-In Bereavement Café

*Meets in lower level of Hospice Renfrew, no RSVP needed
Coffee, tea, baked goods served*



- 3rd Thursday of the Month, 1pm - 2:30pm
- **October 15, 2026**

Monthly Peer Support Groups

Open, mixed loss groups led by trained volunteers, please RSVP

Renfrew - Hospice Renfrew

- 2nd Wednesday of the month, 4:30pm - 6pm
- **Wednesday, October 14, 2026**

Cobden - Cobden Legion

- Last Wednesday of the month, 5pm - 6:30pm
- **Wednesday, October 28, 2026**

Arnprior - Arnprior Public Library

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



Grief Group Therapy

Current Session: **Surviving Suicide Loss Group**

- September 21, 2026 - November 16, 2026 - **FULL**



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

Register



New This Fall

Ontario 

Heart at Home Volunteer Visiting Program



At Hospice Renfrew, we know that some of life's most difficult moments happen quietly, behind the doors of home.

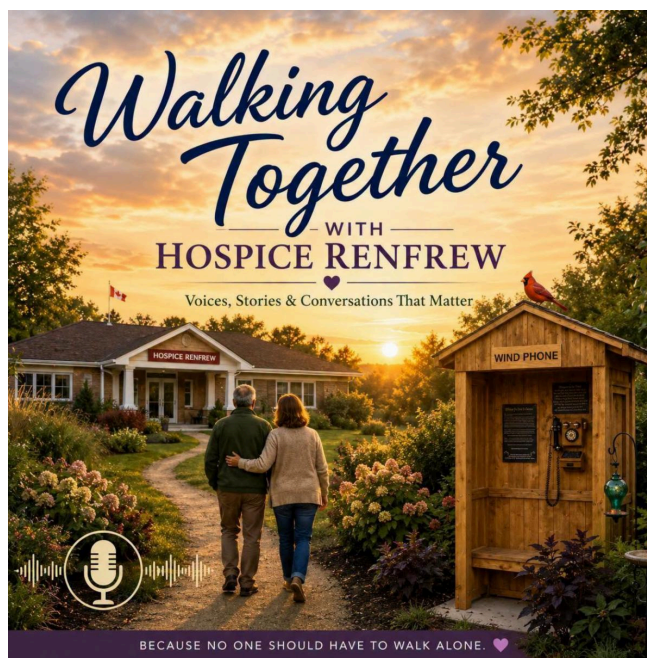
Through our new Heart at Home program, those in need of support are matched with a **trained volunteer** who then provides **regular visits in the comfort of your own home** to offer **companionship, emotional support** and a **caring presence**.

This program is suitable for individuals and families:

- Living with a life-limiting illness
- Receiving palliative care at home
- Experiencing the demands and stress of caregiving
- Navigating grief and bereavement

Heart at Home is not about fixing what someone is going through. It is about ensuring they don't have to go through it alone. It might look like sitting together over a cup of tea. Sharing stories and memories. Going for a gentle walk. Offering a listening ear on a difficult day. Or simply being present when words are hard to find.

[Learn More](#)



Walking Together with Hospice Renfrew

Hospice Renfrew's New Podcast Series

Hospice Renfrew welcomes you to our new monthly podcast series, hosted by Cindy Stafford-Lowry, Clinical Services Manager at Hospice Renfrew.

Each episode offers meaningful conversations about hospice care and the many experiences that shape it. Cindy explores informative and thought-provoking topics from a variety of perspectives, including those of **hospice staff, community members, volunteers, and family members** who have experienced hospice care firsthand. These engaging conversations provide an opportunity to learn more about hospice services, listen to personal stories, and gain a deeper understanding of the compassionate care and support offered to individuals and their families. Join us each month as we share **voices, stories, and conversations that matter** because **no one should have to walk alone.**

[Listen Here](#)

Coming Next Month



Shine a Light on Grief Support

Wednesday, November 18, 2026

Doors Open 6:30pm, Presentation 7pm

459 Albert Street, Renfrew, ON
Event space at Hospice Renfrew

A community gathering to mark
National Grief & Bereavement Day, including:

- presentation on how to **support each other in grief**
- **dessert charcuterie** & refreshments
- memorial candlelighting & walk through Hospice Renfrew's **ice lantern garden path**



Featuring bestselling author and
speaker **Yvonne Heath**, who
reminds us that we don't need
perfect words - we simply need to
Just Show Up.

Free event, spaces are limited - to register, contact us or scan:
613-433-3993 ext. 2237 ♥ grief@hospicerenfrew.ca



To commemorate National Grief & Bereavement Day, Hospice Renfrew is hosting a community gathering focused on bringing grief support into the light. The **Shine a Light** event will be held Wednesday, November 18, 2026 at 7pm.

Bestselling author and speaker Yvonne Heath will lead a presentation on **how to support others and ourselves through grief**.

Guests will enjoy **refreshments** and a **complimentary dessert charcuterie box**.

After the presentation, attendees will be invited to light a **memorial candle** and take a walk through Hospice's **ice lantern-lined garden path**, providing an opportunity to quietly reflect and memorialize any loved ones who have died.

Bereavement Resources

October 15

Pregnancy and Infant Loss Remembrance Day



Light a Candle of Remembrance

In honour of this important day, consider participating in the **Wave of Light** ceremony, which invites baby loss families, friends, and loved ones from around the world to **light a candle** in honor and remembrance on **October 15** at **7pm** in all time zones.

Download this tool that filters out baby-related ads online

Developed by the Pregnancy and Infant Loss (PAIL) Network

When you're grieving following infertility, the loss of a pregnancy or death of a baby, being confronted by unexpected baby-related ads and marketing on the internet can be incredibly triggering. This browser extension works across websites to filter out this content and help you feel more comfortable accessing online spaces.

[Download Here](#)



More Resources from PAIL

Grief at the Thanksgiving Table

What to do when you're not feeling very grateful this Thanksgiving

It's a time of year when families gather along with expectations of extravagant turkey dinners, crowded tables and gratitude for a plentiful harvest. But



someone important is missing from the table this year, and understandably you're not feeling in a very festive or grateful mindset.

Grief can feel especially poignant on holidays, when our annual traditions highlight their absence and

intensify the accompanying ache. Within families, we are often grieving and responding differently to this pain, and sometimes our needs clash or grate on one another (e.g. you want desperately to talk about your loved one, but someone else can't tolerate hearing their name). Add in the societal pressure to celebrate, and you might be wishing you could cancel the entire holiday.

Here are some strategies to consider implementing to create a gentler, more manageable holiday experience as Thanksgiving approaches:

1. Give yourself permission to say "no", "not this year" or "I'm not up to that."
2. Where possible, delegate tasks that feel overwhelming - "I'm not up to hosting this year but happy to bring a side if someone else can."
3. Adapt old traditions to feel more manageable, gentle, or grief-honouring.
4. Try out new traditions that acknowledge their absence (light a candle in their honour, tend to a gravesite, leave a spot empty at the table, share memories, a toast or a moment of silence at dinner, cook their favourite recipe).
5. If you're attending a gathering, give yourself permission to leave at any point - "Thanks for inviting me - I'm not sure how long I'll stay but I appreciate being included all the same."
6. Plan to do something to help you express your emotions and debrief after the weekend (e.g. coffee with a trusted friend, attend a grief support group, journalling, grief counselling).

The Ebb and Flow of Grief

In this video interview, grieving mother Emma Gofton reflects on her experience of lack of control over when her grief rises up, the necessity of grieving in waves and the physicality of her pain in those early months following loss.



View more from this video interview series by **Canadian Virtual Hospice** by clicking the button below.

[More Video Interviews](#)

Distractions in Grief

After a death, people around us will often offer two opposite types of advice:

If we're not visibly mourning or are focused on other things, we might be told we're "in denial" and that we "need to face the truth" of our loss.



If we *are* actively expressing our sorrow, guilt, anger, missing or longing for our person, especially if some time has passed since their death, we might get told we need to "keep ourselves busy" or "focus on other things" now.

It can feel like there's no winning when these two options enter the conversation (and as a note to those trying to help, neither piece of advice is usually very helpful).

Grieving necessarily needs to happen in waves - it is exhausting, overwhelming and consuming work. And while it's true that it's not sustainable (or helpful) to try to stay chronically distracted, it's also not possible to digest the pain of loss all at once; it is normal and necessary to oscillate between feeling into our grief and allowing ourselves to focus on other things (or, as Alan Wolfelt terms it, "dosing" our grief).

So the next time you find yourself turning to distractions, either intentionally or intuitively, and not engaging directly with your loss, remind yourself that these breaks are just as valid as the work of grieving and important for sustaining ourselves through life after profound loss. And if you have been constantly on the move and distracted lately, it might be time slow down, look inward and gently invite your grief back to the surface for a little check-in. Most of all, trust your internal compass and sense of readiness more than the advice of well-intentioned but often misinformed supporters - you know yourself, your needs, and your limits best, even if you've been feeling a little lost lately. ♥

Read more about the value of "dosing" grief by *Alan D. Wolfelt* [here](#).

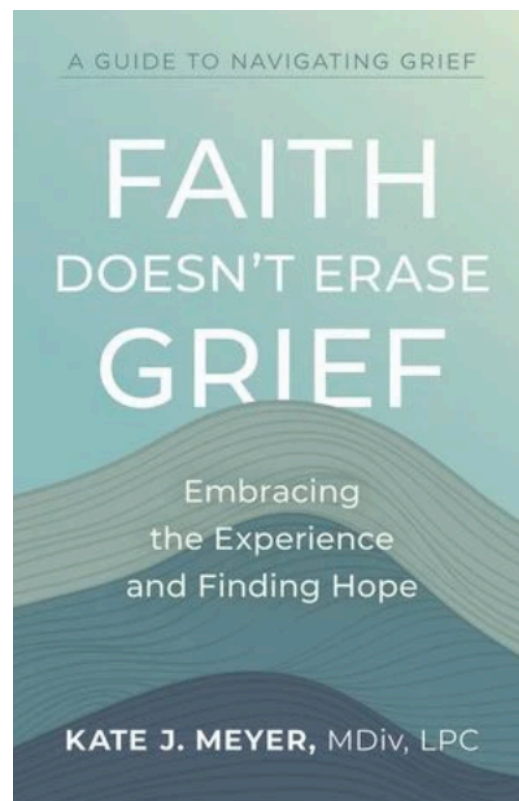
Book Recommendation

Faith Doesn't Erase Grief: Embracing the Experience and Finding Hope

by Kate J. Meyer, MDiv, LPC

The grieving process is part of being human, but far too often, Christian grievers are pushed out of grief and rushed into rejoicing that their loved one is in heaven. Alternately, Christians who allow themselves to grieve openly are shamed for doing so, often resulting in turning away from faith. It is time for a better way to acknowledge that you can struggle with grief and still love God.

Licensed professional counselor and ordained minister Kate Meyer is an experienced, warm, practical guide to walk you through the grieving process. In *Faith Doesn't Erase Grief*, she encourages grievers and shows them how to find hope.



Don't forget you can view and borrow many other books on bereavement at Hospice Renfrew's resource and loaning library.

Child and Youth Resources



Feeling:
One thing I can do:



Feeling:
One thing I can do:



Feeling:
One thing I can do:



Feeling:
One thing I can do:



Feeling:
One thing I can do:



Feeling:
One thing I can do:

"What to do with a feeling" Worksheet

Ages 3-12

This printable PDF prompts children to practice identifying their emotions and coping strategies to help them move through feelings when they do arise (helpful for all children but especially those who are grieving).

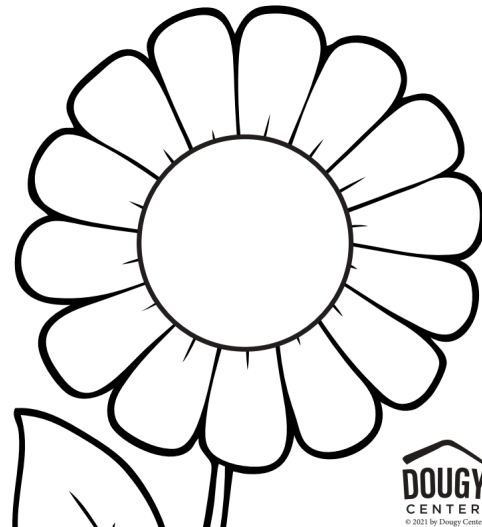
[Download Here](#)

Remembrance Flower Art Activity

Ages 3-16

In the center of the flower, glue a photo of a loved one who has died. On each pedal, write a special quality or memory of your person.

[Download Here](#)



Quote of the Month

"There are no happy endings. Endings are the saddest part. Just give me a happy middle, and a very happy start."

-Shel Silverstein

Journaling Prompt of the Month



While the death of someone we love is never a worthwhile price to pay for wisdom, bereavement can bring certain realities into sharper focus.

Take a quiet moment to sit with some paper, a nice pen, a favourite drink and reflect on what this

experience has taught you (the good, the bad, the painful, etc.).

*Since you died, I've learned that...
I now feel more aware of...
My thinking has changed about...
Your death has shifted the way I approach...*

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, supportive in-home visits 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.

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

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



Try email marketing for free today!