



Hospice Highlights

Free Volunteer Training Program

The main focus of the Terrace Hospice Society is to provide trained volunteers who support and advocate for clients who have been given a life altering diagnosis, are palliative, are caregivers, or those who are grieving. In order to deliver quality programs to this vulnerable segment of society, training is a must.

Terrace Hospice offers a comprehensive training program tailored to suit the individual learning needs of each volunteer. Volunteers learn about personal, social, practical, and emotional support for their clients. They learn skills such as active listening and empathic communication. A large emphasis is placed on self-care of the volunteers as well. They can easily become so passionate about their role that they forget to look after themselves. We provide space for them in our Book Club, Video Club and other supportive activities that allow them to decompress and keep everything in perspective. Once certified, the trained volunteers provide quality support for their assigned clients and

families.

Even though new volunteers don't always have a clear picture of the depth and scope of the Terrace Hospice Society's programs and services, they quickly find their niche while undergoing the enlightening training program. Some are happy to come into the office and help out with clerical work, while others take on the task of advertising or writing articles for the quarterly newsletter. Some prefer to enrich the lives of shut-ins by becoming a Visiting Volunteer. And still others would like to help with the various Grief Support programs we offer. This includes Rainbows which is after school support for kids who are grieving because of death, divorce or abandonment. Grief and Grub for Guys is geared specifically for men who may not feel comfortable opening up in the Adult Grief Group. We also have volunteers trained in Traumatic Loss which is for the survivors of more complicated grief such as murder, suicide or drug overdose.

And of course we always welcome volunteers who specialize in fundraising, either by organizing events or writing

grant applications.

As new volunteers find their niche, they often move into leadership roles by facilitating workshops or leading one of our many support groups.

Training programs are advertised in the community through the local newspapers, television, and radio stations. They are well attended and feedback from participants has been positive. Not only does this training prepare them to be a great volunteer, it allows them to better know themselves. And having a greater number of trained hospice volunteers reduces the chance of burnout and high turnover rates among long-term volunteers.

When you become part of The Terrace Hospice Society team of volunteers, we all benefit! Volunteering provides many perks and opportunities, and the rewards are as unique and personal as your reasons for wanting to be a volunteer! And keep in mind that adding volunteerism to your resume goes a long way in finding your dream job.

We acknowledge the financial support of the Province of British Columbia and Northern Health.



Terrace Hospice Society

<http://terracehospice.org/>

#207 - 4650 Lazelle Ave Terrace, BC V8G 1S6 · Phone: (250) 635-4811