



Hospice Highlights

What is Grief?

Grief is an inescapable part of life. When a loved one dies, we need comfort, we need support and we need to be heard. Grief is a strong, sometimes overwhelming emotion regardless of whether sadness comes from the loss of a loved one or from hearing of a terminal diagnosis they or someone they love has received.

Grief has many stages and as we go through these stages it can feel like a roller coaster ride. Sometimes up....sometimes down....and sometimes like we are going around and around in circles. It is a tough journey and it seems to last forever. But grief has no time limit and there's no way to fast-forward through the intense feelings we may experience. We will always grieve the loss, however, pain is tempered as time passes and as we adapt to life without our loved one.

Each person's journey is as unique and varied as the people themselves.

Here at THS we try to take the taboo out of conversations about death. We recognize that support is a necessary component to one's healthy grief journey and we encourage healthy end-of-life conversations.

Even though grief is the natural reaction to loss it can be difficult to navigate on your own.

The Terrace Hospice Society offers many options for support.

- 8-week Adult Grief Support is offered twice a year and takes place in a safe and confidential setting with a trained and experienced facilitator.
- Rainbows for All Children is dedicated to providing support for all youth as they navigate grief and heal from loss, whether from death, divorce, abandonment, or other trauma.

Rainbows for All Children fosters awareness that youth require support to heal.

- Grief and Grub men's group is for guys only and provides peer support. In this program men become comfortable talking about their losses and what they are experiencing.
- Traumatic Loss for survivors of murder, suicide, or drug overdose. This closed group ensures confidentiality and increases the ability to share close to the heart realities. It promotes self-care and helps us look our grief in the face and know we must go forward.
- Good Grief drop-in every Wednesday from 1:00 to 3:00 pm for those having trouble navigating their loss alone. This is an informal peer support group.

Call for more information
250-635-4811

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



Terrace Hospice Society

<http://terracehospice.org/>

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