

Cumberland County Hospice & Palliative Care Society

JULY 2025 NEWSLETTER

WELCOME TO OUR JULY UPDATE! WE'RE SO GLAD YOU'RE HERE.

We hope this newsletter finds you well. Thank you for your continued support of the Cumberland County Hospice and Palliative Care Society. Because of you, we're able to offer meaningful care, comfort, and connection to people throughout our community.

Summer is a time for reflection and togetherness. Whether it's a visit from a volunteer, a moment shared in a grief group, or a friendly chat at the Hospice Shop, these small moments matter.

July is also **National Bereaved Parents Awareness Month**. It's a time to recognize the unique grief many families carry. We offer grief support resources at the Hospice Office, and our Holding Hearts grief support group is here for anyone who needs a space to feel heard and understood.

In this newsletter, you'll find recent highlights and ways we continue to support those facing life-limiting illness and loss here in Cumberland County.



COMFORT. HOPE. CARE.



OUR VISION

Everything we do is guided by the belief that people in Cumberland County should have access to compassionate, local end-of-life care. There is currently no dedicated hospice residence in our region. When someone reaches the end of their life, families often face tough decisions, long drives, or limited support.

We imagine something different. A peaceful, home-like space right here in our community, where people can receive care surrounded by loved ones, with dignity and comfort.

This is what we're working toward. It's a big goal, but with community support, we believe it's possible. Every donation, volunteer, and shared conversation helps bring it closer.

Thanks for believing in this with us.

PROGRAM UPDATES



DROP-IN GRIEF & BEREAVEMENT SUPPORT GROUP

HOLDING HEARTS

Our Holding Hearts grief support group just wrapped up its first round of sessions at the end of June. Held in Parrsboro, Pugwash, and Amherst, the group created a warm and welcoming space for adults 18+ to connect, share, and support one another through grief.

We're now taking a break for the summer, with new sessions starting up again in the fall. If you or someone you know could benefit from joining, we'd love to hear from you.

Reach out by emailing cchgrieflead@gmail.com or visit our website for future dates and locations.



VOLUNTEER VISITATION PROGRAM

Our Volunteer Visitation Program is still going strong, thanks to the caring leadership of Susan Short and the amazing volunteers who give their time to support people in our community. The program connects trained volunteers with individuals living with a life-limiting illness, offering comfort, conversation, and companionship when it matters most.

Each visit is different. Sometimes it's a friendly chat, other times it's just sitting quietly together. What matters most is being there with kindness.

We provide all the training, and anyone with a caring heart is welcome to get involved. If you know someone who could benefit from a visit, or if you're thinking about becoming a volunteer, we'd love to hear from you. Email cchpcsvs@outlook.com

PROGRAM LEAD HIGHLIGHT

This season, we're proud to highlight Chrissy Merrigan, MSW, RSW (she/they), who leads our Holding Hearts grief-support program with empathy, care, and a strong connection to community.

Chrissy is a queer, mixed-race registered social worker with a Master of Social Work and a focus on grief and end-of-life care. She brings an anti-oppressive, empowerment-based approach to her work, creating a thoughtful, inclusive space where people can share openly and feel supported.

Beyond her work with Cumberland Hospice, Chrissy supports SUGAR Health's gender and reproductive health registry and warmline, and serves on the board of Life Rolls On/The Nova Scotia SurfAble Association. Chrissy brings compassion, community care, and purpose to everything she does.



We're incredibly grateful for her leadership and the important role she plays in helping people across Cumberland County find comfort, connection, and healing.



Hand-Painted Chair Raffle

We're excited to announce a special raffle featuring a stunning hand-painted chair by local artist **Daren White!** The chair itself was graciously donated by **Sunset Industries.**

This one-of-a-kind piece is both a work of art and a meaningful way to support local hospice care.


Raffle tickets are available now! Stop by the Hospice Shop or visit our Facebook page to learn how to enter!

Draw date is August 13th!



Stay Connected & Support Our Work

Everything we do from grief support to volunteer visits to future plans for a hospice residence is powered by community. If you'd like to get involved, make a donation, or learn more about our work, please stop by the hospice shop, visit our website or follow us on Facebook.

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