

Abbotsford Hospice
& Grief Support Society

*Honouring Life and Sharing in
Grief & Loss*

***Mental Health
& Wellness***

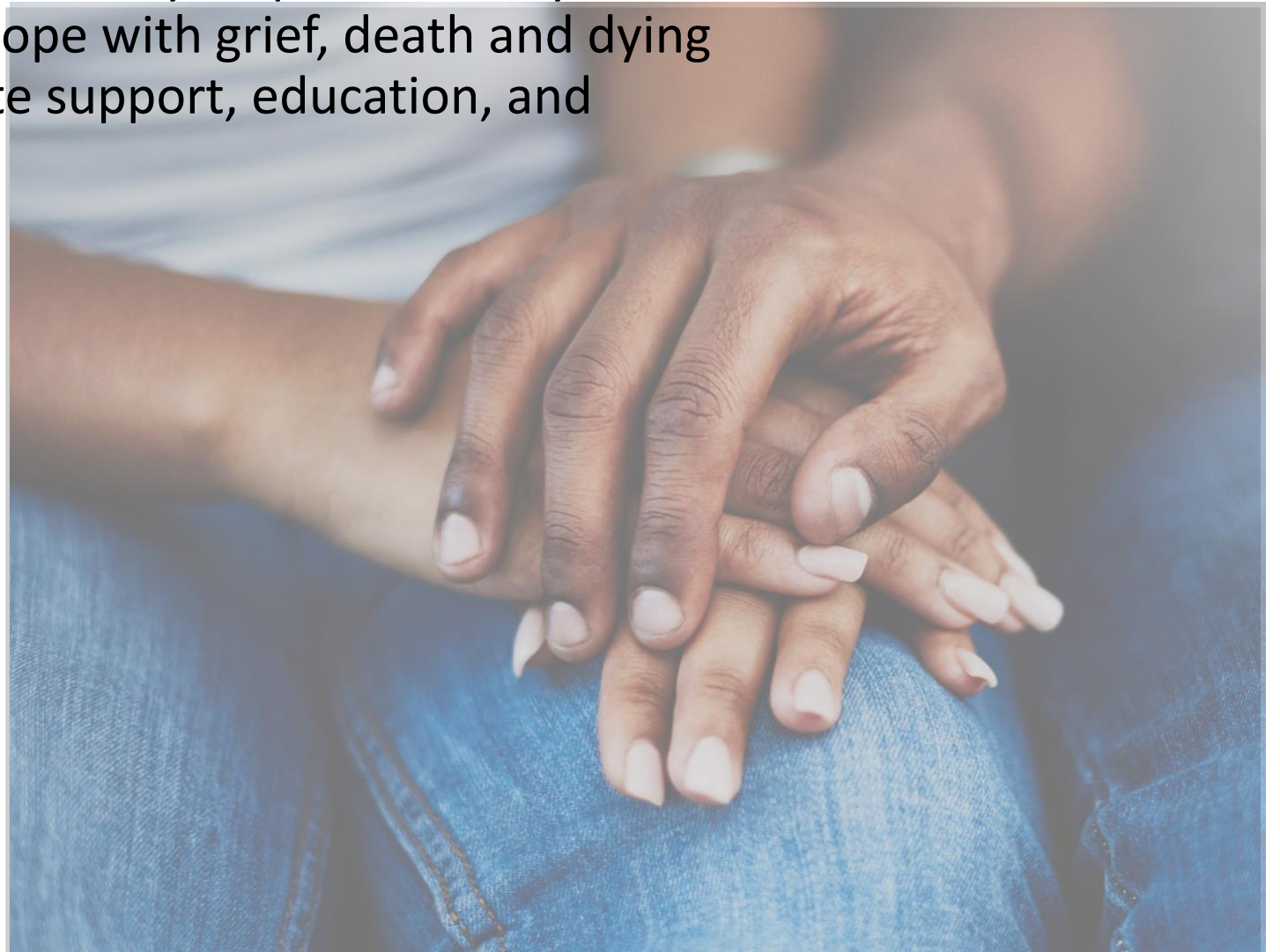


32315 South Fraser Way
Abbotsford, BC V2T 1W7
www.abbotsford.ca



The Abbotsford Hospice and Grief Society helps children, youth, adults and their families as they cope with grief, death and dying through skilled and compassionate support, education, and advocacy.

- End of Life Support
- Anticipatory Grief Support
- Adult Grief & Loss Support
- Children & Youth Support
- Wills & Estate Planning



End of Life Support

AHGSS provides caring and professional support for palliative clients and their loved ones. We offer these services through trained client grief support companions in a variety of settings. They are a comforting presence for those at end of life and their families and understand the importance of kindness and calm as they bear witness to this very personal journey.

- Holmberg House Hospice
- Palliative Complex Care Unit at ARHCC
- Anticipatory Grief Support
- Vigil Services
- Spiritual Care Services
- Memorial Events



Children & Youth Support

Our services are designed to allow children & youth to explore their feelings in a supportive environment through expressive arts, interactive experiences and activities.

They will have the opportunity to develop skills to deal with grief in safe and healthy ways, while meeting other grieving children & youth to recognize that they are not alone.

- One-to-One Companionship
- Grief Support Groups geared to age in the Abbotsford School District Catchment
- Teen Training
- Equine Therapy Camps
- Activity Day Camps
- Family Events



AHGSS Fast facts: (last fiscal year May 1, 2023 - April 30,2024) - **Unique individuals impacted:**



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Adults reached in
the community
through grief and
loss services

910



Children reached
in the community
through grief and
loss services

1049



Patients
admitted to
palliative care

435

**Total individuals
impacted through
AHGSS***

21,546

For each client served, 9 members of the client's personal circle are directly impacted - taken from the BC Hospice Palliative Care Association 2021 Provincial & Territorial Grief and Bereavement Report



Children
grieve
differently
than adults.

“Children’s grief is like puddle jumping and adult grief is like a river. But when children are in the puddle, it is deep as the river.” xv





In just one year, over 203,000 of Canada's 7.5 million children under 18 will experience the death of someone in their extended family. 1 in 14 children will experience the death of a parent or sibling who lives in their home.



General Thoughts and Ideas About the Grief Journey

- The timeline for grief is unpredictable.
- The grief journey is exhausting.
- Grief touches every area of life (psychological, social, physical, and spiritual)
- How the loss is perceived affects the grief journey
- Loss has many faces, and each type of loss requires grieving.
- The grief journey can surface unresolved losses from your past.
- The grief journey impacts your identity and purpose.

Ten Common Misconceptions of Grief

1. Grief and mourning are the same thing.
2. Grief and mourning progress in predictable, orderly stages.
3. You should move away from grief, not toward it.
4. Tears of grief are only a sign of weakness.
5. Being upset and openly mourning means you are being “weak” in your faith.
6. When someone you love dies, you only grieve and mourn for the physical loss of the person.
7. You should try not to think about the person who died on holidays, anniversaries, and birthdays.
8. After someone you love dies, the goal should be to “get over” your grief as soon as possible.
9. Nobody can help you with your grief.
10. When grief and mourning are finally reconciled, they never come up again.

Source: Alan Wolfelt, *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*



'GROWING AROUND GRIEF'

(LOIS TONKIN, 1996)

WHATSYOURGRIEF.COM

PEOPLE
THINK THAT
GRIEF

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WITH

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IN
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Questions & Answers

Thank you for
sharing this
time together
with me.



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