

Grief Support for Adults

Dealing with the loss of someone you love is one of the most challenging tasks you can face in a life time. Sometimes it is hard to find a place where you can openly express all of your feelings. Often, as time passes, family and friends become less understanding and supportive, and they want to “move on”. Yet you may find you are unable to simply move on.

The Penticton & District Hospice Palliative Care Program and Moog & Friends Hospice House provide grief support in a safe and comfortable environment to express all the thoughts and feelings you may experience due to the loss of a loved one. Our Grief Support and Education Groups provide an opportunity to meet with others who have experienced a loss, and, therefore, have a greater understanding for what you are going through. All groups are facilitated by social workers with expertise in grief counselling. Through the care and support of others, you can deal with these feelings at your own pace.

The Grief Support and Education Groups address a range of topics to assist you in

- What to expect when grieving
- Physical, emotional, and social challenges of grief
- Managing your life after the loss of a loved one
- Caring for yourself after the death of a loved one
- Managing the deep feelings of grief
- Resource and information sharing

The Grief Support and Education Groups are open to the family members and friends of all Hospice clients. Group sessions are free. Interested individuals can phone Moog & Friends Hospice House at 250-492-9071 to find out when the next groups will begin, how to register, or how to get connected with other grief support services. Individual counselling sessions are also available.

Am I ready to attend a Grief Support Group? Is a group for me?

Managing grief takes time, attention, and hard work. During the first months after a death, it is common to experience a range of feelings, including shock, numbness, forgetfulness, and fatigue. Although, you may seek individual counselling either early on or later in your bereavement, consider attending a group no earlier than 3 months after a death. As initial feelings of shock and numbness pass, it is normal to experience the full impact of a death months later. The social workers can advise you about the grief process and opportunities for individual counselling and group support that match your needs.

Grief Support and Education Group Options

8 Week Grief Support and Education Course

February-March

A closed small group discussion. Pre-registration is required.

Bereavement Walking Group Sessions

Spring and Fall

For those who have suffered a loss, 7-12 weeks, one morning/week. Drop-In.

Grief Education Video Series

November-December

For those who have suffered a loss.
7 weeks, one morning/week.
Drop-in

For specific dates, times, and locations of these groups, contact Moog & Friends Hospice House at 250-492-9071.

Death ends a life, but not the relationship. In memory, we carry our loved ones forward with us and these memories are a part of their lasting legacy. It is our hope that the grief support services of the Penticton and District Hospice Palliative Care Program will help you manage the pain of grief and remember your loved one with gratitude and love so that you can move forward with your life.