

## A WORD ABOUT PERSONAL LOSS

### A Time to Heal

Many times in our lives we feel alone. This is especially true when someone we love dies. Even though family and friends may be near, they may not understand just how we feel. Grief, like a wound, needs time to heal.

In our experience it is not uncommon to feel overwhelmed and detached from people who love you after a significant loss. We offer a supportive environment where you may continue to express your feelings without concern for judgment or expectations.

This brochure briefly outlines the grief and loss support programs available to the residents of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody. Our programs are offered free of charge but may require registration and admission process.

*"Each person's grief journey is as unique as a fingerprint or snowflake."*

- Earl Grollman

## RESOURCES

If you are in crisis, visit your family doctor or hospital emergency, or contact the following 24-hour help lines:

**Fraser Health Crisis Line: 604-951-8855**

**Distress Crisis Line: 604-872-3311**

**Senior's Distress Line: 604-872-1234**

**1-800-Suicide: 1-800-734-2433**



*"A labyrinth has a single, winding purposeful path from the entrance to the center and back out again. Unlike a maze, it has no dead ends or wrong turns. There is only one way to walk, which is forward. So it is with grief."*

Crossroads Hospice Bereavement Services are fully funded through donations from generous individuals, businesses and community groups, and the BC Community Gaming Grant.

**There are no fees for teen and adult grief and loss support services.**

To make a donation, please contact us.

Crossroads Hospice Society

MAILING ADDRESS:

Box # 504 34A-2755 Lougheed Hwy  
Port Coquitlam, BC V3B 5Y9

Tel: 604-945-0606 • Fax: 604-945-9071  
info@crossroadshospice.org  
www.crossroadshospice.org

Charitable Registration No. 94850635 RR0001

## GRIEF & LOSS SUPPORT

Crossroads Hospice Society



If you, or someone you know, has concerns or questions about grief, please contact us.

**604-949-2274**

Support@CrossroadsHospice.org

Serving Coquitlam, Port Coquitlam, Port Moody,  
Anmore & Belcarra since 1988

  
**CROSSROADS**  
HOSPICE SOCIETY  
BEREAVEMENT SERVICES

### Volunteer Support

Bereavement volunteers offer support to those who are grieving the loss of a loved one. They help facilitate support groups and take part in Grief's Journey - a weekly walking group for the bereaved. Their kind and caring nature helps guide clients through their loss. Our volunteers offer reassurance and encouragement by providing the time and space needed to journey through grief.

### Information Packages

We have a wide variety of print material available to offer reassurance and support through the grieving process. A series of four support packages are distributed throughout the first year of bereavement and provide general information on the grief process and ways of coping.

### Memory Albums/Art Care

Our memories are as precious as gold and provide comfort in times of sorrow. A wonderful way to remember a loved one is to create a memory album through the art of scrap booking. Volunteers are available to demonstrate scrap booking techniques and consult with you about a project you may be interested in completing.

### Lending Library

Crossroads has a wide range of books about grief and bereavement available for loan from our library at the Crossroads Inlet Centre Hospice.

For more information, please contact our Bereavement Coordinator at 604-949-2274 or [Support@CrossroadsHospice.org](mailto:Support@CrossroadsHospice.org)

### Walking and Healing

Our Grief's Journey Walking Group, held weekly Fridays in Port Moody, is open to bereaved individuals who have lost a loved one to death. It is a time to walk and talk, at a relaxed pace, with others who are sharing this experience.

### Celebrations of Life

Events are offered during the holiday season so we can honour and remember loved ones who have passed away. During these free community events, participants may find support and comfort which encourages public recognition of their loss. Our community events are non-denominational.

### Labyrinth Healing Garden

Crossroads Hospice Labyrinth Healing Garden is the perfect place to mediate, reflect and find balance in life. Walk the path as a meditative journey to your inner world. The garden is open to the public and located inside Pioneer Memorial Park (loco Road at Heritage Mountain) in Port Moody across the street from Starbucks and adjacent to City Hall.



### Monthly Drop-Ins

Individuals over the age of 19 are welcome to attend this informal gathering of those who are experiencing grief due to the death of a loved one. We offer a gentle, understanding and safe environment to those seeking support. Day and evening support groups are offered once a month.

### Adult Groups

In the safety of a group the bereaved can share and learn from others who have also experienced the death of a loved one. Groups meet once a week for 8 weeks to explore and express thoughts and feelings associated with their personal grief. Evening programs are offered regularly throughout the year.

### Teen Groups

Teenagers have special needs and our programs are designed to fit this transitional phase of life. Groups directed for the special needs of our teens are offered in the community and as a part of local high school programs. Teen groups focus on adolescents between the ages of 13 and 19 years who have experienced the loss of someone special through death.

Please note that clients must be registered with the Grief and Loss program prior to attending support groups.

For more information, please contact our Bereavement Coordinator at 604-949-2274 or [Support@CrossroadsHospice.org](mailto:Support@CrossroadsHospice.org)

