

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 bereavement programs that are available to residents in Anmore, Belcarra, Coquitlam, Port Coquitlam, Port Moody and New Westminster. Our programs are offered free of charge but may require registration and admission process.

Crossroads Hospice Society provides compassionate support and honours the dignity of those affected by the end-of-life experience.



Crossroads Hospice Society relies on financial support from fundraising, grants and public/corporate donations.

For further information please contact the Society administrative office at:

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Port Coquitlam, BC V3B 5Y9
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www.crossroadshospicesociety.com

Thank you for remembering Crossroads Hospice Society when planning your gifts. Society #S-24391
Charitable Registration #894850635 RR0001

UPDATED 04-2016

Crossroads Inlet Centre Hospice Bereavement Services

YOUR TIME TO HEAL



FOR MORE INFORMATION PLEASE CALL

Anmore, Belcarra and Tri-Cities Services
604-949-2274

New Westminister Services
604-949-2274

info@crossroadshospice.org
www.crossroadshospicesociety.com



Supportive Volunteers

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

Information Packages

We have a wide variety of print material available to offer understanding and reassurance about the experience of grieving. A series of four support packages which are distributed throughout the first year of bereavement provide general information on the grief process and ways of coping. To request a copy of the first support package call 604-949-2274.

Memory Albums/Art Care

Our memories can be as precious as gold and act as balm to our souls. 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. Please call 604-949-2274 for more information.

Walking and Healing

Our Grief's Journey Walking Group, held weekly Fridays in Port Moody, is open to bereaved individuals or those grieving the imminent death of a significant person in their life. It is a time to walk and talk, at a relaxed pace, with others who are sharing this experience.

Bereavement Celebrations

In the spring join us at Celebrate Life, in May held in Coquitlam. In December you are invited to Hope for the Holidays, in Port Coquitlam and Honour a Life in New Westminster. The events are offered during the difficult holiday seasons and focus on your losses and not on the seasonal celebrations. Participants find comfort in attending our events which encourage public recognition of their losses.

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 free to use. It is located at Pioneer Memorial Park (loco Road at Heritage Mountain) in Port Moody, BC.



Your Guides Through Grief

All our groups are lead by our trained hospice visiting volunteers. Volunteers are trained in group dynamics, facilitation, and the multiple effects of grief. Pre-registration is required. Please book an appointment with our Bereavement Coordinator at 604-949-2274.

Monthly Support Evenings

Individuals over the age of 19 are welcome to attend this informal gathering of people who are experiencing grief due to the recent death of a loved one. We offer a gentle, understanding and safe environment to those seeking extra support.

Adult Groups

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

Teenager 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.