

## Hospice Services

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**Colchester East Hants Hospice Society** provides support and comfort to families facing life threatening illness and grief. We are 100% funded through the generosity of our communities. We encourage you to contact us at any time to find out more about our variety of services.

### Palliative Support

(Hospice works with people being followed by the CEHHA Palliative Care Program)

- ◆ Volunteer Visiting (Hospital and Community)
- ◆ Food from the Heart
- ◆ Practical Support
- ◆ Social Work Support

### Grief Support

(Grief Support is available to anyone in the Colchester East Hants area)

- ◆ Grief Outreach Mail-out
- ◆ Evenings of Remembrance
- ◆ Supportive Counselling
- ◆ Support Groups
- ◆ Public Workshops
- ◆ Lending Library

Colchester-East Hants Hospice  
is a registered charity.  
88543-4407-RR001



## How do I access Grief Services at Hospice?

**Contact the Hospice Office:** You or your family member can contact the Hospice Society directly to request counseling services, to register for groups or workshops or find out about upcoming events.

89 Queen Street, Truro, B2N 2B2  
(902) 893-3265  
Fax: 893-4485

**Email:** [Info@cehhospice.org](mailto:Info@cehhospice.org)

Please feel free to drop by our Hospice Centre and our friendly staff and volunteers will be glad to discuss our services and answer any questions you may have.



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[www.cehhospice.org](http://www.cehhospice.org)

## Hospice Social Work Grief Services



**Supporting Grieving  
Individuals and Families in  
Colchester East Hants**

# About Hospice Grief Programs

Hospice aims to provide skilled and accessible grief and bereavement programs and services to all members of the communities in Colchester East Hants.

Accessing grief services at Hospice is entirely voluntary and confidential. We encourage you to consider which of our grief-related services may meet your specific needs.

Our Hospice Social Workers are:

**Nonjudgmental**

**Skilled counselors**

**Client-focused**

**Good listeners**

**Effective facilitators**

**Compassionate**



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## Hospice Grief Services

### Supportive Counseling

People can struggle to make sense of a significant loss and a Hospice social worker can talk with you about overwhelming and confusing emotions and questions. Counseling at Hospice is offered at no cost and you can call our Hospice office to arrange an appointment.

### Grief Outreach Mail-out

Our monthly grief outreach mail-out combines a calendar of Hospice events and programs with information and thoughts about the grieving process. Each month looks at a grief-related topic and offers some general coping strategies. Hospice is happy to send the mail-out via regular post or email.

### Grief Groups

After a loved one dies many people find it helpful to come together with others who are grieving. Hospice offers a number of different types of grief groups: support groups, drop in groups, and educational workshops. We usually run groups when a sufficient number of people express an interest. Please call the office to inquire.

### Evening of Remembrance

This is an opportunity for people who are grieving to come together and honour their loved ones and others who have died in the community. We offer a short program of readings and musical selections and some light refreshments. These gatherings are held in different locations throughout Colchester East Hants— please check with Hospice to find out about ones in your area.

### Lending Library

Hospice maintains a library of grief-related resources (books, articles, videos) that people are welcome to borrow.

## What to expect when you are grieving...

The experience of grief and loss can be extremely difficult but it is also a normal part of all of our lives. Grief can affect us physically, mentally, emotionally, spiritually and socially. Some people seem to manage their grief on their own and for others it can be surprisingly intense, overwhelming, and confusing. Our usual ways of coping with life stresses might not be enough— we may need a little extra help and support.

Below we have identified some of the common impacts of grief, but it is important to remember that each person's experience of grieving will be unique.

### Physical Effects

Exhaustion, General pain or tension, Changes in sleep /appetite, Dizziness/Headaches, Difficulty breathing, Digestive upset

### Mental Effects

Difficulty concentrating/forgetfulness, Trouble making decisions, "Zoning out", Clumsiness

### Emotional Effects

Sadness, Depression or despair, Guilt, Anger, Anxiety, Fear, Numbness, Relief, Helplessness

### Spiritual Effects

Loss or questioning of faith, Anger at God or the universe, Loss of purpose or meaning, Sense of feeling detached from the world

### Social Effects

Withdrawal, Disinterest in hobbies and activities, Bothered by crowds or noise, Desire to make dramatic life changes, Feelings of irritation toward others