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

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.

www.cehhospice.org
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

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

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