

*"Truly, it is in the
darkness that one finds
the light, so when we
are in sorrow then this
light is nearest to all
of us."*

- Meister Eckhart

Bereavement Programs

Red Deer Hospice

99 Arnot Avenue

Red Deer, AB

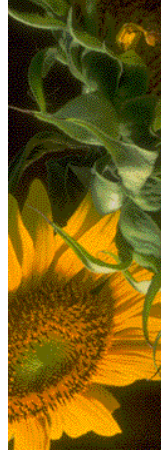
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Web: www.reddeerhospice.com



Thank you to the *Life Long Learning Council of Red Deer* for honoring the Bereavement Support Programs offered by the Hospice. The Council has granted funds towards program costs of *Loss Lectures, Good Grief - Bereavement Support Group* and *H.E.A.R.T.S.*



Bereavement Programs

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Red Deer, AB T4R 3S6
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Bereavement Support Programs

The Red Deer Hospice offers the following services to Central Alberta.

Community Connections

We provide a variety of presentations to assist the community in supporting and communicating with those who are anticipating a death and those who are grieving a loss. Some presentations we have provided include "Grief in the Workplace", "Grief and Loss" and "Working with Death and Dying".

'Good Grief Bereavement Support Group

This is an eight-week series offering information, strategies and reflection in a supportive environment on topics related to the grief experience.

This series is specifically designed for those who have experienced the death of someone important to them and who wants to learn how to manage this journey called grief.

Drop In Programs

Wherever you are in your journey, we invite you to join us in the following programs:

Grief Connections & Drop In Tea

*First & Third Thursday
of Each Month
1:30 to 3:00 pm*

For those who have experienced a loss through death, this program offers an opportunity to connect with others and to learn more about how grief may impact you.

Walk and Talk

To resume in the spring 2011.

H.E.A.R.T.S

*"Helping Empty Arms
Recover Through Sharing"*

A **Baby Loss Support Program** designed to help families through the loss of their baby, including stillborn and miscarriage. This group meets the second Thursday of each month (*September through June*) at the Bremner Avenue Community Health Unit.

Loss Lectures

Throughout the year, Hospice will host workshops designed to assist those who have suffered a loss through the difficult times such as holidays, special occasions and seasonal changes.

*See our website:
www.reddeerhospice.com
for dates and times.*

For more information on any of the Bereavement Programs, call our

Bereavement Support Coordinator:
403-309-4344 ext. 105.

Log-on to our website for updates:
www.reddeerhospice.com.



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