

### Support Groups are Held:

- in Sackville
- twice a year (Spring and Fall)
- run for 7 to 8 weeks
- free of charge

### Support Groups Offer:

- peer support
- a safe and confidential setting
- a willingness to listen to everyone
- the option not to speak
- a sense of community and comfort
- literature about loss to take home
- light refreshments to start the evening
- the opportunity for participants to bring a family member or friend

### Topics Covered Include:

- reactions to grief
- what is normal
- dealing with anger
- self-care
- coping with grief on special days
- finding peace

Anyone wishing to know more details, please contact:

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The THPCO is a nonprofit, charitable organization, which advocates for and supports the provision of hospice palliative care services and programs in the Tantramar region. See the THPCO website for more information.

[www.thpco.ca](http://www.thpco.ca).

Charity business number: 81112 3348 RR0001



## **Grief & Bereavement Peer Support Group for Sackville & Tantramar Region**

An opportunity for those who are grieving the loss of a loved one to come together and support one another in a safe and confidential environment.

Do you need help coping with the death of a family member or loved one? If so, support is available. The Tantramar Hospice Palliative Care Organization (THPCO) sponsors a grief and bereavement peer support group in Sackville.

The group's goals include providing information (e.g., what are normal reactions to grief, coping with anniversaries and other special dates), being supportive and understanding, and helping each other work toward the positive resolution of grief in a confidential and emotionally safe place. The grief and bereavement peer support group is open to anyone who has experienced the death of a family member or loved one, including those where the death was sudden.

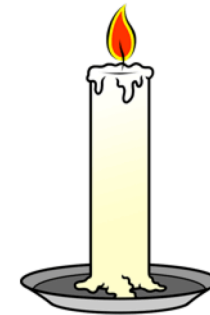
Meeting other individuals who are going through similar experiences, sharing your story (if you feel comfortable doing so), learning from one other, and receiving much-needed support can help you cope with your loss. Knowing that others feel the same way that you do, think what you think, and do what you do is part of what creates a peer support group.

Although anyone is welcome, it is advised that people who are grieving a very recent loss (e.g., within the past two months) wait until the next group is offered. In the meantime, one-on-one peer support is available provided by volunteers (see contact information).

Grief and bereavement books for children and adults can be borrowed from the THPCO library at the Sackville Memorial Hospital, 8 Main Street (family room).

*“The reality is you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same again. Nor should you be the same nor should you want to.”*

*Elizabeth Kubler-Ross*



*“A candle loses nothing by lighting another candle.”*

*James Keller*