

## Grief

We believe that grief is a natural and normal response to the death of someone important. We understand that even when grief is expected, it can still be painful and confusing. To help you with your grief we offer information, support, counselling and groups.

“ We would not have made it through this loss without the compassionate support of Victoria Hospice. ”

– VICTORIA HOSPICE  
BEREAVEMENT SERVICES CLIENT

## Emergencies

Victoria Hospice Bereavement Services is unable to respond to emergencies. If you are in crisis, please call the Vancouver Island Crisis Line at 1-888-494-3888 or go to your nearest hospital emergency department.

## Funding

Victoria Hospice Bereavement Services are funded largely by community donations. This essential service would not be possible without the generosity of our donors.

If you would like to make a gift to help support Bereavement Services or find out more about fundraising activities, please call the Fund Development office at 250-519-1744 or email [Donate@VictoriaHospice.org](mailto:Donate@VictoriaHospice.org)

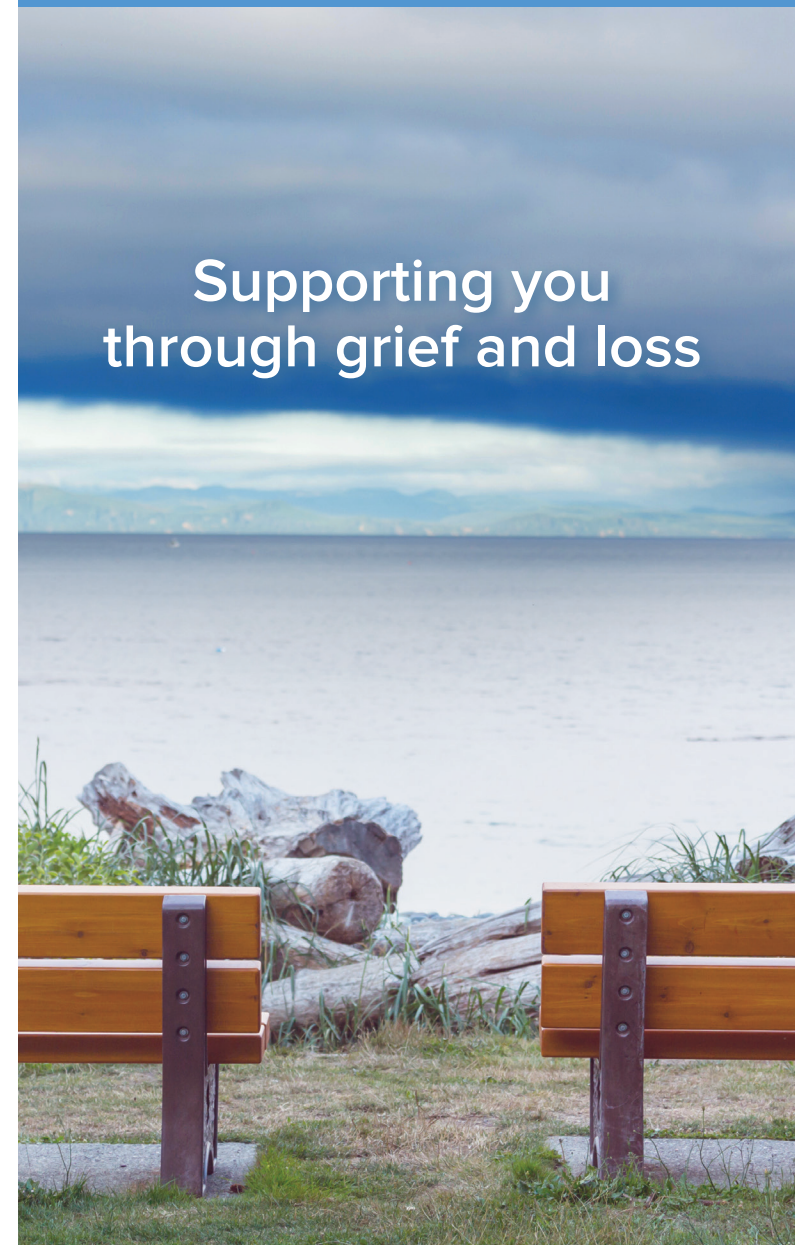


4TH FLOOR  
RICHMOND PAVILION  
1952 BAY STREET  
VICTORIA BC V8R 1J8

T 250.370.8868  
F 250.519.1745  
[BEREAVEMENT@VICTORIAHOSPICE.ORG](mailto:BEREAVEMENT@VICTORIAHOSPICE.ORG)  
[WWW.VICTORIAHOSPICE.ORG](http://WWW.VICTORIAHOSPICE.ORG)

## Bereavement Services

Supporting you  
through grief and loss



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# Bereavement Services

## Support

Victoria Hospice Bereavement Services provides a range of supports to bereaved people. These supports include volunteer calls and visits, professional counselling, grief support groups, and information about grief. Our overarching goal is to increase knowledge and understanding about the grief process and to support people as they experience grief and bereavement.

Our bereavement support programs are offered in Victoria and in the WestShore, and are available to any South Island resident. You do not need a prior connection with Victoria Hospice to access bereavement services.



## Counselling

Grief counselling may be useful as you learn to live with grief and adapt to life after loss. Some of the things you could work on with a grief counsellor include managing strong emotions or memories, completing unfinished business or learning new skills or roles.

“ The weight of my grief was all-consuming. Counselling took the sting out and helped me to live with my loss. ”

– VICTORIA HOSPICE  
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## Groups

You may find it helps to join a bereavement group. By listening to other people's stories of grief and sharing your own you may discover new ways of thinking and feeling about your loss. We often hear from people in our groups what a relief it is just to be with other bereaved people.

## Information

The Victoria Hospice website — [www.VictoriaHospice.org](http://www.VictoriaHospice.org) — provides information about loss and bereavement.

There are a variety of brochures about coping with grief and links to online resources and supports. You can read the information for yourself or print it to share with friends and family.

## Contact

For more information about counselling, groups and other supports, please contact Bereavement Services by calling 250-370-8868 or emailing [bereavement@victoriahospice.org](mailto:bereavement@victoriahospice.org)

“ Participating in the bereavement group had a profound impact.

My life is no longer defined by grief, and I feel like a whole person again. ”

– VICTORIA HOSPICE  
BEREAVEMENT SERVICES CLIENT