



4400-4th Ave.
Regina, SK
S4T 0H8



"A physical space, a sacred place, a place to gather to get comfort and gain strength from one another, to grieve without feeling lost and alone."

Elder Betty McKenna

WINTER / SPRING
2010

CONTINUED CONNECTIONS: SUPPORTING PEOPLE THROUGH GRIEF

Information on Individual Counselling and Upcoming Grief Support Groups
at the Greystone Bereavement Centre, Regina, SK

Pre-Registration is required for all groups.

There is no charge for any services.

For more information or to register call Marlene: 766-6947

Services can be accessed by any resident of Saskatchewan.

Individual Bereavement Counselling

Individual bereavement counselling is available at the Greystone Bereavement Centre for both children and adults. Referrals may be made for all types of death loss. For more information, or to make an appointment with a bereavement counsellor, please call 766-6947.

Conexus Resource Library

Thanks to the support of Conexus Credit Union, the Greystone Bereavement Centre offers a comprehensive lending library collection for all ages. There is a variety of titles available for borrowing on a two-week loan period. To visit the Conexus Resource Library at the Greystone Bereavement Centre, please call 766-6947 so that someone can assist you with your search. Complete listing of the resources is available online at www.rpci.org (follow links to library). We are happy to mail the resources out to people from outside of Regina.



Living with a Life-Threatening Illness

Is someone in your family dealing with a life-threatening illness? Are you struggling with how to prepare your children for the future? Do your teens have questions that you're not sure how to answer? We may be able to help.

We will tailor the support to meet your family's needs. Support can be family specific, or if more than one family with similar needs comes forward, we can provide a group experience.

This Bites: Group for Teens affected by Life-Threatening Illness. Teens aged 13-18 are invited to join other teens who have a family member living with a life-threatening illness. Join us for a time to talk about your situation, and share music, art and other creative ways of getting it out. Held Tuesday afternoons from 3:45-4:45 at the Greystone Bereavement Centre. Must pre-register. Must have at least two youth for group to be offered. Please confirm attendance by the Monday before the group. Please call the Greystone Bereavement Centre at 766-6947 for more information.

Elpida Grief Support for Adults—*Translation: “Hope”*

In recognition of the support of
St. Paul’s Greek Orthodox Community of Regina
and An Evening in Greece



Adult Grief Group

This is a five session program designed to help adults who are grieving. Each week a different aspect of the grieving process is examined.

Participants are divided into small groups according to type of loss (i.e., spouse, child, parent, sibling, perinatal).

Thursday Evenings

7:00 PM—8:45 PM

April 8, 2010

April 15, 2010

April 22, 2010

April 29, 2010

May 6, 2010

Daytime Support Group for Older Adults

This is a five session program designed to help adults who are grieving the death loss of a spouse, parent or child. Each week a different aspect of the grieving process is examined. The sessions follow the same format as the evening Adult Grief Group, but are held in daylight hours.

Thursday Mornings

10:00 AM - 11:45 AM

April 8, 2010

April 15, 2010

April 22, 2010

April 29, 2010

May 6, 2010

Young Adult Group

Greystone Bereavement Centre offers a five week session for young adults aged 18-30 who have had a recent death loss.

These sessions are run at same times and dates as the Adult Grief Group.



Death doesn't just happen to the person who dies...
it also happens to those left behind.

Drop-In Coffee Time

Please join us at the Greystone Bereavement Centre on Thursday afternoons from **2:00 PM – 4:00 PM** for an informal coffee time. Hosted by volunteers, the coffee and tea will be on and you will find a warm, caring, confidential environment to connect with other bereaved adults. Note: group meets off site for lunch on the last Thursday of each month.

Start Date: Thursday January 7, 2010

No need to pre-register. New participants can join at any time.



Homicide Survivors Support Group

Dealing with the death of a family member by homicide is extremely challenging. Not only are you dealing with intense, and sometimes complicated grief, but you are having to navigate your way through the justice system.

Please join us for an open-ended support group that will meet once a month.

Meetings are held on the **third Wednesday** of the month.

Start Date: March. 17, 2010.

Time: 7:00 PM

Support group will be facilitated by staff from the Greystone Bereavement Centre and staff from Victim Services.

Pre-registration and pre-group individual session required. Please call 766-6947 to register.

Cooking for One Class

This class is for bereaved adults.

Has it been difficult for you making the transition of cooking for you and your spouse, to cooking for only yourself? Have you struggled with meal planning? Maybe you've never been the cook and now it's all up to you and you have no idea where to begin. If so, this may be the class for you.

Join us for this one day class on how to cook for one. A Public Health Inspector will talk about food safety, and a dietician will help us understand how to make good food choices. You will also have an opportunity to meet other bereaved adults in a similar situation.

Come and learn simple, nutritious recipes and meal planning ideas.

Space is limited to 20 participants, so please call now to avoid disappointment.

Friday, February 19, 2010

Time: 9:00 AM – 12:00 PM



Bearing Loss: A Support Group for Families Grieving Perinatal Loss

Sometimes the unthinkable happens—your baby has died. We are so sorry.

Please join us for the **Bearing Loss** support group, open to any grieving parent who has lost a baby through miscarriage, ectopic pregnancy, termination, stillbirth, newborn or neonatal loss.

The group is open to parents (both moms and dads) and grandparents or other supportive friends.

Meetings are held the **first Tuesday of every month at 7 PM** at the **Greystone Bereavement Centre**. New group members can join any month.

Please call 766-6947 to confirm your attendance.

Surviving Suicide Support Group

The grief following a death loss to suicide is particularly difficult. Please join us at this monthly group to be with other adults who have experienced a similar loss. You will find support, education, encouragement and help in the group, in a confidential and safe setting.

Meetings are held the **first Wednesday of every month** at the Greystone Bereavement Centre at 7 PM. New group members can join any month. **Please call 766-6947 to confirm your attendance.**



Grieve Outloud– Helping Kids and Teens Work through Bereavement

This is a great opportunity to meet other kids and teens who are grieving the loss of a parent, sibling, grandparent, friend or other family member.

It provides children and teens the opportunity to learn about the grieving process and to share in mourning the death of a family member in a caring, accepting and confidential setting.

Three different age groups are offered at the same time (**Littles:** 5-8, **Middles:** 9-12, **Teens:** 13-18), as well as a group for **parents**.

We talk, share, cry, paint, draw and play our grief out.

Wednesdays after school—six week program.

4:15 PM– 5:15 PM

February 24, March 3, March 10, March 17, March 24, March 31, 2010



Caring Hearts Camp May 14-16, 2010

This weekend camp is for children and teens who have recently experienced a loss due to death of a family member. The camp will provide guided activities aimed at working through the campers' grief, as well as a fun, memorable camp experience. Space is limited to 70 children; if needed, priority will be determined by the Bereavement Coordinator, Palliative Care Services.

Pre-registration by May 1st is required. Please call 766-6947 for a registration package.

- Open to children and teens aged 5-18 who've experienced a recent death loss.
- Location: Dallas Valley Ranch Camp, Lumsden—transportation to/from Regina provided
- Guided age-appropriate grief activities, facilitated by trained staff
- Horseback riding, canoeing, hiking, campfires, archery, rock wall climbing



If you'd prefer to receive future brochures by email, please contact Kathy at:

kathy.geiger@rqhealth.ca

If you wish to decline from receiving this newsletter and future notices of our programs, please contact **766-6946**.

Parking

For Groups: Turn west onto 4th Ave from Lewvan Dr. Turn right off 4th Ave. onto Connaught Street. Drive one block to 3rd Ave. and turn into the "Campus Parking" area. Use main entrance and follow signage to Bereavement Centre.

For Individual Counselling: Turn west onto 4th Ave from Lewvan Dr. Turn right into semi-circular driveway and park. Enter through the glass doors, marked with "Bereavement Centre Downstairs". Come down the flight of stairs for your appointment.



in partnership with



Greystone Bereavement Centre is not a religion-specific organization. We provide services to people of all faith backgrounds and to those with none at all.