

Every day in Saskatchewan, people begin their journey through the grieving process. They don't have to do it alone.



"When my husband died, I searched in the phone book for bereavement counselling and found nothing.

I was put in touch with Palliative Care Services and received individual counselling and participated in a support group.

While I continue to struggle with my loss everyday, now the people at Greystone Bereavement Centre are there to help me work through it."

-Young mother whose husband died suddenly at the age of 41.

There is no timeline to grief and everyone's experience is unique

The physical and mental health effects of bereavement can be debilitating. It may affect your ability to work, your ability to interact with your family and friends, or result in illness.

Finding a new normal in life

Whether faced with an expected death or one that is sudden, the Greystone Bereavement Centre provides a safe place for people to go and learn to cope with their loss.

The need for bereavement support

The need for grief support is growing and RPCI is striving to meet that need. The Greystone Bereavement Centre offers counselling expertise, group support and education around grief and bereavement. You will receive the right care, in the right place at the right time.



You Can Help

With your help, we can meet the specialized needs of bereaved children, teens and adults. And together, we are helping to maintain a healthy community.

We need to raise \$3.5 million to develop and grow the bereavement programs and services at the Greystone Bereavement Centre.

Make a donation, volunteer, or share our story

You will be making a huge difference for your friends, neighbours and colleagues who are dealing with death and grief. Every dollar donated or every hour volunteered helps to make the lives of others more bearable in a world where loss is inevitable.

Donations can be made by phone, mail or online.
Visit www.rpci.org to donate on line or contact us at:

Regina Palliative Care Inc.
4F-4101 Dewdney Avenue
Regina, SK S4T 1A5

306-766-2300
Email: contact@rpci.org

To volunteer, contact the Greystone Bereavement Centre at 306-766-6946

What your donation does

Individual Counselling

While watching her young daughter play, she begins to cry. Meeting with a counsellor has helped her understand that these tearful waves are a normal part of grieving. Every \$1,000 raised provides individualized counselling support to one bereaved person for one year.

Group Support

He thought he was coping but worried about his adult children. The adult grief group gave them the opportunity to find support together. A donation of \$2,000 covers the cost for a family to participate in grief groups and join others experiencing the same death loss.

Grief Support for Kids

She had been quiet since her sister died. Caring Hearts Camp helped begin to bring her out of her shell and allowed her to connect with other kids going through the same thing. For every \$1,500 committed, a child can go to Caring Hearts Camp.

Education and Training

She was so thankful that she took grief training and was able to support her colleague make a smooth transition back to work, following the death of her child. A gift of \$2,000 provides training to individuals so they support others at home or in the workplace.