



RPCI

Regina Palliative Care Inc.

Programs & Services Guide
Fall 2017

***We Have Moved
To Serve You Better!***

#200 – 2150 Scarth St.
Regina SK S4P 2H7

www.rpci.org

Registration is required for all groups. A fee of **\$40.00** is required to secure your spot, excluding yoga and art therapy which have their own fees. Group participants receive over \$2000 worth of counselling services at no additional costs thanks to the generous support of The Co-operators.



Beside you through grief's journey

Caring Hearts Camp For Bereaved Children and Teens

This overnight retreat is for children and teens **ages 6-16** who have recently experienced a loss due to the death of someone important in their lives.

When kids experiencing similar losses come together it creates a special kind of healing circle, one where the pain and loss, the guilt and regrets, and the sharing of beautiful memories comes together and sets each of these special children on a shared path to healing and understanding.

Campers walk away from this experience knowing they can survive their grief, and that it is still okay to feel the joys of childhood.

**September 29th & 30th
Dallas Valley Ranch**

There is no charge to attend.

For more information or to request an application to send a camper or become a volunteer, please call Connie at 306-523-2781

Is someone you know suffering from a loss or struggling with their grief? We can help.

Our counsellors can help you and your loved ones build hope and resiliency when dealing with grief following death whether from illness, an accident, a traumatic event, or the loss of a missing person. Our programs and services are offered in a variety of ways and support all ages and backgrounds.





Yoga for Grief

Join Kim Lawrence for the gentle practice of restorative yoga, calming breath work and iRest Yoga Nidra meditation. Breathing practices calm the nervous system and cleanse the mind while re-energizing an individual's emotional batteries. iRest (integrative restoration) relaxes you and gives you the tools and stamina to be a part of this intense experience with as much ease and grace as possible.

Class is open to those with all levels of experience or none at all. Yoga mats provided.

Thursdays: Nov. 2, Nov. 9, Nov. 16, Nov. 23 & Nov. 30

7:00 p.m. – 9:00 p.m.

Location: 26 Elmwood Place
\$100 for 5 sessions

Please contact Connie at 306-523-2781 to register

Hope Heals - Adult Grief Group

Each week, we gather to learn more about our grief and walk a personal journey as unique as our fingerprints. We begin each session together with a time of learning and discussion, then break into smaller groups based on who we have lost. Being with those who understand the nature of our loss can bring us healing and comfort. Together we create a circle of Hope – a safe place where we can begin to heal. Members can be at any point in their grief journey.

Tuesdays: Oct. 3, Oct. 10, Oct. 17, Oct. 24, Oct. 31, Nov. 7, Nov. 14, Nov. 21

7:00 p.m. – 9:00 p.m.

Location: RPCI Bereavement Centre, #200-2150 Scarth St., Regina
\$40 Registration Fee

Please contact Connie at 306-523-2781 to assess your group readiness and register.

Silver Linings Grief Group for Older Adults

This therapy group supports older adults, ages 60+ through their journey of grief due to the death of a loved one.

The pain of losing a loved one is almost unbearable, and particularly so for seniors and the elderly who have spent lifetimes together. The sudden or expected loss of a spouse creates a new life devoid of old comforts and support systems.

This group gathers to learn more about how grief is affecting them and provides new skills and tools for coping with loss. Mourning can be very isolating and this group reaffirms that senior individuals are not really alone.

Thursdays: Oct. 5, Oct. 12, Oct. 19, Oct. 26, Nov. 9, Nov. 16, Nov. 23, Nov. 30

1:00 p.m. – 3:00 p.m.

Location: RPCI Bereavement Centre, #200-2150 Scarth St., Regina

\$40 Registration Fee

Please contact Connie at 306-523-2781 to assess your group readiness and register.



Caring & Creative “H-Arts” Therapy

When words are not enough...

This unique and effective method of therapeutic emotional cleansing provides participants with the creative process of art-making to improve and enhance the physical, mental and emotional wellbeing for individuals of all ages.

Caring & Creative "H-Arts" Therapy can help individuals express emotions that are otherwise very hard to put into words, allowing them to do so in a safe and nurturing environment.

These sessions are open to those with all levels of artistic ability or none at all. **LOCATION TO BE ANNOUNCED CLOSER TO START DATE.**

Thursdays: Aug. 17, Aug. 24, Aug. 31, Sept. 7, Sept. 14, Sept. 21
7:00 p.m. – 9:00 p.m.

Location: RPCI Bereavement Centre, #200-2150 Scarth St., Regina
\$100 fee includes art supplies for all 6 sessions.

Please contact Connie at 306-523-2781 to register. Only 12 spots available.

Traumatic Loss Support Group

A sudden, accidental, unexpected or traumatic death shatters the world as we know it, and is often a loss that does not make any sense. A sudden and/or traumatic death often leaves us feeling shaken, unsure, vulnerable and alone.

If you have suffered a loss such as this, please join us for an 8 week journey as we support each other through this difficult and hard to understand type of loss. We will look at a variety of topics, such as: what to do when you didn't get to say goodbye, how to talk about your loss, how to cope with thoughts of remorse and guilt, and more.

Thursdays: Oct. 5, Oct. 12, Oct. 19, Oct. 26, Nov. 9, Nov. 16, Nov. 23, Nov. 30
7:00 p.m. – 9:00 p.m.

Location: RPCI Bereavement Centre, #200-2150 Scarth St., Regina
\$40 Registration Fee

Please contact Connie at 306-523-2781 to assess your group readiness and register.



Individual Counselling

Individual grief counselling is available for children, teens and adults. Fees for counselling may be covered by your insurance provider or your Employee Assistance Program. For more information or to make an appointment please call 306-523-2781.



Surviving Suicide Support Group

The grief following a death loss to suicide is particularly difficult and is often more intense and complex. This is an on-going drop in group where those who have been affected by a suicide loss can share their thoughts and feelings, and offer one another support in a confidential setting.

Meetings are held the **first Wednesday of every month**

7:00 p.m. – 9:00 p.m.

Location: RPCI Bereavement Centre, #200 – 2150 Scarth St., Regina

Homicide Loss Support Group

Facing the death of a loved one is never easy, but when murder occurs, pain, anger and grief are compounded by the realization that a precious life was taken intentionally. We invite you to join this group where you will find support, education and encouragement in a confidential setting.

Meetings are held the **third Wednesday of every month**

7:00 p.m. – 9:00 p.m.

Location: RPCI Bereavement Centre, #200 – 2150 Scarth St., Regina

New group members may join either of these drop in groups any month by calling Connie at 306-523-2781 to register. There is no charge for drop in groups.

Hope for the Holidays

Join Us for a Very Special Evening...

We know the holiday season can be particularly difficult for those who have experienced the loss of a loved one. We invite you to join us for an evening of reflection, music, hope and resiliency to help you find peace during the holidays.

Thursday, December 7th, 2017

6:30 p.m. – 9:00 p.m.

St. Mark's Lutheran Church (3510 Queen St.)

There is no charge to attend.

Space is limited, please RSVP before December 1st to: connie@rpci.org or call 306-523-2781

Caring Hearts Conference & Retreat

We understand the ripple effects trauma can have on the caretakers and frontline professionals — those who become immediately engaged with event(s) and provide sustained care for the survivors' physical and emotional needs over time. Many suffer from compassion fatigue or the effects of secondary trauma ... It's no surprise that many frontline workers develop symptoms similar to those who suffered a trauma firsthand.

This conference will provide a variety of quality and meaningful sessions on trauma, missing persons and bereavement. Frontline professionals and those who provide caregiving, will develop effective ways of working and coping with trauma.

Conference Dates: Nov. 2 & Nov. 3, 2017 at the Ramada Plaza Regina

Retreat Dates: Nov. 3 – Nov. 5, 2017 at Living Skies Retreat

Please contact Trish at trish@rpci.org to register today!

