



## **Bereavement Services** available:

Proactive bereavement follow up phone call is provided by a Counsellor or a Bereavement Volunteer to the POA following all HCO residence and community client deaths.

**Information and referral**- Response to contacts for service, client intake process when appropriate, resource material sharing, contact or referral for services in community as needed.

**Partner/Spousal Loss Group**-Weekly peer support group series for those who have experienced death of a partner or spouse, usually 3-12 mo. post loss, offered at Maycourt and RSH in spring, early summer, and fall.

**Drop-In Groups**- Volunteer co-facilitated peer support group share circle, welcomes any relationship loss, twice monthly on 1<sup>st</sup> and 3<sup>rd</sup> Thursday at RSH 2:30-4pm. and one Thurs./mo. at May Court as per dates on poster and website.

**Bereavement support Walks**- Volunteer led peer support group offered on a Saturday, includes a gentle walk, coffee, and conversation in 2 locations: Andrew Hayden Park (2<sup>nd</sup> and 4<sup>th</sup> Saturday) and Ottawa South (last Sat. of each mo.)

**Bereavement Retreats** — Full day Retreat includes presentation by a Counsellor, small group share, a lovely lunch, gentle afternoon activity such as yoga, meditation, expressive art. Offered twice annually in spring and fall.

**Counselling** –Available to HCO residence and community clients and family.

**French Bereavement groups** at our MDE location currently on hold.

Contact Sandy Curtis Arnot RN at 613-591-6002 x243 to register.

Thank you

