Solace: A Palliative Care Grief Group

A support group for families, friends, and loved ones

www.nshealth.ca
Grief Group helps you understand and work through the many different thoughts and feelings you may experience after the death of a loved one. Group members offer each other mutual support, sharing, and understanding.

Grief Group is open to all family members and friends of people in the care of NSHA Integrated Palliative Care Services.
What to expect
Grief Group is a place to talk, listen, learn, and share over a cup of coffee. Although you will undoubtedly learn much about grief, this is not an education group. Rather, we encourage dialogue, story-telling, and sharing. Consolation and comfort are important parts of healing our grief.

Is this group for me?
› Grief Group doesn’t make your pain go away; it helps members feel understood.
› Grief Group is a 10-week commitment.
› A short interview is needed to make sure that attending this group is the right choice for you at this time.
Grief Group often includes:

• Telling the story of your loss and talking about the person you loved.
• Listening to others and sharing.
• Coping with:
  › Loneliness
  › Sadness
  › Anxiety
  › Family issues
  › Uncomfortable thoughts
• Giving consolation and comfort to others.
• Thinking about the future.
A family member speaks

“I’d never attended a group session before joining the Grief Group, and didn’t know if it was right for me, but in the end I found it to be a very healing experience. There was a caring, supportive atmosphere in the group which gave me a safe place to express all the messy, confusing emotions I was feeling. Grieving is such a hard, strange journey - it felt good to know that each week I could spend time with others who were on that same journey. By the end of group I felt I’d moved forward in my grieving, and made some close friendships as well.”

– Carol
When:
Groups usually run in the fall and spring. There are often options for morning, afternoon, and evening groups.

Where:
Family Room, 7A Centennial Building, Victoria General (VG) site and off-site locations.

Contact:
Tel: 902-473-1622
Room 055, 7A Centennial Building
Victoria General Hospital
Halifax, NS

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