

The Mourner's Bill of Rights

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "grief-bursts".
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your



Langley Hospice Society

langleyhospice.com

Providing compassionate care and support since 1983

Supportive Programs Centre

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Our Mission Statement

Langley Hospice Society, is a community-based, non-profit organization, that provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.

Langley Hospice Society was incorporated in 1983

Registered Charity Number:

11900 5353 RR0001



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Bereavement Support Programs



"Some things can not be fixed — they must be carried..." ~ Tim Lawrence

Our Privacy Policy

Langley Hospice Society is committed to protecting the privacy of its donors, members, volunteers, employees and other stakeholders. Your personal information is never shared with other organizations.

www.langleyhospice.com

Since 1983, the [Langley Hospice Society](#) has been providing emotional, practical and social support for individuals, their caregivers, families and friends during the last stage of illness, at the time of death and throughout bereavement.

Saying good bye to a loved one is not an easy task—the **Langley Hospice Society** is here to help.

In addition to palliative support through the hospice residence and in the community, the *Langley Hospice Society* provides Bereavement Support Programs, free of charge for those who've experienced the death of a loved one, including:

Individual and Group Grief Support

- ◆ Anticipatory, early and ongoing grief support programs for children, teens, adults and families
- ◆ Other bereavement services, day camp and summer camp programs and more.

Supportive Steps Walking Group

- ◆ A volunteer-led walking group for bereaved adults that meets weekly at our Supportive Programs Centre.

Resource Library

- ◆ Open to the public, our lending library has important information about end-of-life and bereavement for all ages and stages, and is open Mon-Fri, 9am to 4pm.

Special Events

- ◆ Journey Through the Holidays, an annual memorial celebration event each December.
- ◆ Celebrate-A-Life, memorial ornaments placed in remembrance each December.

Grief... A Personal Journey

There is no “right way” or “wrong way” to grieve. The loss of a loved one is an incredibly personal journey and each person experiences grief in his or her own way, and in their own time.

The death of a loved one can be one of the most stressful events in a person's life. A wide array of emotions can be experienced, such as sadness, anger, anxiety, guilt, and despair. Changes in sleep patterns and appetite can occur, as well as physical illness. These are all natural parts of grieving and the feelings can ebb and flow over time.

How Can We Help?

At the *Langley Hospice Society* we recognize that grief is a very personal journey. There are many stages of grief: denial, anger, bargaining, depression, acceptance are among those that you may encounter on the road to learning to live with your loss.


Our hope is that through the support of our staff and volunteers, and through connections with others who have experienced a similar loss, you will find some comfort and learn to develop tools to help you maneuver through these stages and feel better equipped to cope with life and your loss.

The *Langley Hospice Society* offers bereavement support programs including: one-to one support, loss support groups, and Supportive Steps—a walking group for bereaved adults, all **free of charge**.

Remember: you need to be patient and allow yourself the chance to grieve—it takes time.

Our Langley Hospice Bereavement Support Programs and Services are:

- ◆ Confidential
- ◆ Free of charge
- ◆ Led by trained professionals
- ◆ Participant-centred, and adjusted to the unique needs of each client no matter what the circumstances of their loss.
- ◆ Open to children, teens and adults
- ◆ Available through self-referral

"Grief is **NOT** a disorder,
a disease or sign of weakness.
It is an emotional, physical and spiritual
necessity, the price you pay
for love 
The only cure for grief is to
grieve" -- Earl Grollman

For More Information:

Langley Hospice Society
Supportive Programs Centre

Phone: 604.530.1115

Email: adultgriefsupport@langleyhospice.com

Our office hours: 8:30 am—4:30 pm
Monday through Friday

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