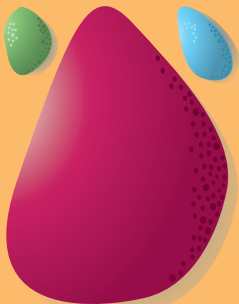


Touchstones

children's bereavement support group

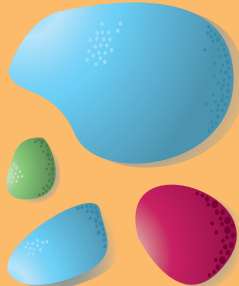


Touchstones is an opportunity for bereaved children to meet one another, share experiences, learn about grief, death and dying and to have some fun through art and play.

WHO


Children aged 5 to 12

WHAT



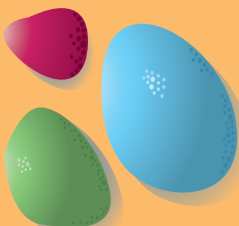
Weekly one-and-a-half hour sessions. It is recommended that children attend 8 weeks of the group. Examples of some of the themes are “remembering”, “heart”, “worries and fears” and “hope”.

WHEN



Every Saturday 10 a.m. to 11:30 a.m. (excluding Holidays) at a location near downtown Victoria.

There is no charge for this group.



Pre-registration is required. Please call Victoria Hospice Bereavement Services Department at **250-370-8868** (9 a.m. – 5 p.m., Mon to Fri) to register.



Victoria Hospice

Victoria Hospice's commitment to care continues through bereavement services offered throughout the first year following a death.

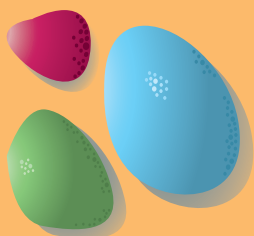
Professional counsellors and volunteers trained in bereavement support contact grieving family members and friends **by telephone** to offer help, provide information about grief and our programs, and to outline other resources available in the community.

Professional counselling is also available on a limited basis for **face-to-face sessions** and **group work**.

Victoria Hospice offers a variety of **bereavement support groups**. Some run for a fixed number of weeks, while others use a drop-in format.

These include:

- Walking Group
- Young Widows Group
- Living with Grief Group
- Daughters Group
- Gardening Group
- Touchstones Children's Drop-in Group
- Journal Group
- Wednesday Drop-in Group
- West Shore Drop-in Group
- Saturday Night Social Group



While there is no charge for most of the groups, fees may be charged for some in order to recover costs. A limited number of bursaries are available.

To register or obtain more information on any of our bereavement services, please call: **250-370-8868**, 9:00 a.m. – 5:00 p.m., Monday to Friday.

Visit **www.victoriahospice.org** to view bereavement services, read our brochures and learn more about Victoria Hospice.



Victoria Hospice