



Victoria Hospice

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**NEWS RELEASE**  
*For immediate release*  
**October 13, 2009**

## **HOW TO COPE WITH THE HOLIDAYS WHEN YOU'RE GRIEVING**

**Victoria, B. C.** – “Grieving people and families may find it especially difficult to cope during the Holiday season and Victoria Hospice is here to help,” says Bereavement Coordinator, Marg Cooke.

“Victoria Hospice Bereavement Services provides counselling and support to more than two thousand people each year and we often see the effect of the Holiday season on the bereaved. For this reason, in November we are hosting two 90-minute seminars that offer simple strategies that can help reduce the stress of the Holidays on bereaved individuals and families.”

Each session is free of charge and has space for up to 50 people. Participants will take away ideas on how to communicate their concerns and needs at this time of year, plan ahead and give themselves permission to do things differently.

The seminars have been scheduled for:

- Thursday Nov. 12, 6:30 p.m. – 8:00 p.m. Juan de Fuca Library  
1759 Island Highway
- Saturday Nov. 21, 10:00 a.m. – 11:30 a.m., Yakimovich Wellness Centre,  
1454 Hillside Ave.

Victoria Hospice also offers an eight-week Saturday drop-in group called ***Touchstones*** for bereaved children between 5 and 12 years of age. Held year-round on Saturday mornings, this program offers an opportunity to meet other children, learn about grief, death and dying and to have some fun through art and play.

There are eight 90-minute sessions with themes, including “remembering”, “heart”, “worries and fears” and “hope”. Children work through the themes independently so they can join the program as soon as their parents or counsellors identify a need for help. This program is also free of charge.

Pre-registration is required for each program. Call: 250-370-8868 or e-mail [Hospice.Bereavement@viha.ca](mailto:Hospice.Bereavement@viha.ca).

- 30 -

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