

## Victoria Hospice Expands Bereavement Services to the WestShore

**FOR IMMEDIATE RELEASE** – VICTORIA, BC November 19, 2018 – Tuesday, November 20<sup>th</sup> marks the Canadian Hospice Palliative Care Association’s second annual National Bereavement Day. The goal is to raise awareness about grief and bereavement resources, to normalize grief and bereavement as a natural part of life, and to challenge Canadians to ask each other about their grief and share their stories.

Victoria Hospice is a leader in offering compassionate bereavement support through a range of services including volunteer calls and visits, professional counselling, grief support groups, memorial events, and useful resources for grieving families such as [Bereavement Tips for Special Holidays](#). Programs and services are offered in Victoria and now, conveniently to residents of the WestShore, at a new weekly ambulatory palliative clinic located at 940 Goldstream Avenue.

“We are so pleased to bring much-needed Hospice services to the growing WestShore community,” says Victoria Hospice’s Fund Development Director, Tom Arnold. The new clinic at the Esquimalt WestShore Health Unit offers weekly patient consults with a palliative care physician and community counsellor as well as bereavement counselling sessions. Starting Thursday, January 31<sup>st</sup>, 2019, a monthly bereavement drop-in group from 6:00 to 7:30 pm will begin, and will run on the last Thursday of every month.

Special holidays can be an especially challenging time when grieving a loved one. Memories of past celebrations with those who are no longer here can magnify feelings of loss. Victoria Hospice is pleased to offer these events for people to share their concerns and honour the lives of their loved ones:

[Holiday Light Up and Open House](#) on Thursday, November 29, 2018 at 4:45pm – the 50-foot Garry oak tree next to Victoria Hospice will be lit, bringing joy and light to the Hospice community for the holiday season.

[Sharing of the Lights](#) on Sunday, December 2, from 4:30-5:30pm at the UVic Interfaith Chapel – a unique opportunity to come together to remember and honour those you love.

[Celebrate A Life](#) from December 10 – 16, **NEW LOCATION:** Tillicum Centre (Winner’s entrance) – hang a personalized tribute card in memory of a loved one on our festive tree. Volunteers will be on hand to help with this holiday tradition of sharing memories and remembering family and friends.

**Did you know?** Donations fund almost half of Victoria Hospice’s annual operating costs. Critical funds enable us to provide the best care, support and pain and symptom management for patients nearing end-of-life; extend our care to patients’ families and loved ones through our bereavement support and grief counselling programs; engage in education, training and research to develop evidence-based clinical practices.



Victoria Hospice Counsellor, Betty Anderson, conducts weekly bereavement drop-in groups. Contact Victoria Hospice Bereavement Services for more information at 250-370-8868 or [www.victoriahospice.org](http://www.victoriahospice.org).

Photo credit: Sarah Stein. High res photo available upon request.