

What is Hospice Care?

It is a concept of care that is aimed at relieving suffering and improving the quality of life for persons who are living with, or dying from, a life limiting illness, **their whole family, and the bereaved.**

Our Community-based Services are:

- ✓ Client-centered; focused on what's important to you with your priorities
- ✓ Not medical in nature, but provide social, psychological, cultural, emotional, spiritual support.
- ✓ Respectful of any age, values, beliefs and cultural background
- ✓ Accessible to you, be it at your home, hospital or preselected local within your community
- ✓ Available beyond regular office hours through pre-scheduled appointments, telephone and social media venues
- ✓ Inclusive of a comprehensive lending library with books for self-help, information, inspiration and insight
- ✓ Creative and flexible in partnering with other local agencies, for focused service needs



We would be happy to present to your group for a specific educational agenda, or to bring awareness of services provided.

~ HOPE Support Team

Connect with us for more info:

email: HopeInElgin@gmail.com


website: www.hopeinelgin.com

226-721-5901
1-888-389-3655

102 – 10 Mondamin St.
St. Thomas, ON N5P 2V1

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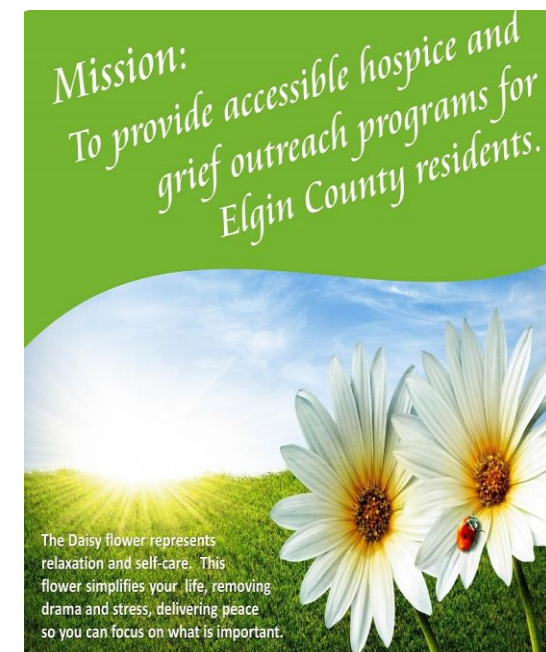
The funding for these free services is dependent on donations, fundraisers, and grant allocations. Help us to support your family and friends!

HOPE is an Associate Member of



*HELPING FAMILIES
UNDERSTAND, COPE
AND GROW TOGETHER*

226-721-5901
1-888-389-3655



How do we offer support?

CHILDREN AND YOUTH GRIEF SUPPORT

Services include play and art therapies facilitated through:

- ❖ **1:1 session** with trained supporters
- ❖ **HUUG (Helping Us Understand Grief)**- a family based program for children, from pre-school to age 18
- ❖ **Heal the Hurt** support for teens
- ❖ **Youth Grief Camp for HOPE**, scheduled throughout year

TEN THINGS GRIEVING CHILDREN WANT YOU TO KNOW:

1. *They need to be told the truth.*
2. *They need to be reassured that there will always be someone to take care of them.*
3. *Their grief is long lasting.*
4. *Children often cope with grief and loss through play.*
5. *That they will always miss the person who died.*
6. *They may often want to share their story and talk of the person who died.*
7. *Every child grieves differently.*
8. *They often feel guilty.*
9. *If they are acting out, it may be because they're feeling intense emotions of grief.*
10. *If you're not sure what a grieving child wants, **PLEASE ask them!***

ADULT GRIEF / BEREAVEMENT PROGRAMS

are not specific to any age or form of loss, *e.g. - spousal, parental, survivors of suicide, anticipatory grief, etc.*

Services may include:

- ❖ **1:1** Support, individualized group or family sessions
- ❖ **Preschedule treatments** to ease the physical symptoms of anxiety, depression and stress associated with caregiver burnout and/or grief, as per availability
- ❖ **Community outreach** and/or referrals for accessibility
- ❖ Specialized programming and educational **workshops** for adults
- ❖ **HOPE's Urgent Response Team (HURT)** - grief session(s) for families/groups/care homes, after tragic or compound death(s)



FAMILY/CAREGIVER SUPPORT(S) are

provided for individuals who are living with an illness, and their Caregivers, providing a safe space and permission to talk or destress. Service eligibility begins at diagnosis, and consists of:

- ❖ **1:1** Support, **Group** Sessions as needed for individuals with illness or carers (*focus specific*)
- ❖ **Wellness or Meditation Circle**, Complementary modalities are provided by apt, as per availability
- ❖ Assistance with **navigation** of local resources, information and referrals for relevant community services
- ❖ **Resources** and tools to help prevent caregiver burnout
- ❖ **Advanced Care Planning** resources and information

Let us come to you, where you are, to support you when you need it, for as long as you need us.

Confidential Referrals may come from any source, such as self, school, Doctor, friend or family and other service provider.

CONTACT US TODAY TO FIND OUT MORE ABOUT ANY OF OUR PROGRAMS AT 226-721-5901 OR TOLL FREE 1-888-389-3655 HOPEINELGIN@GMAIL.COM