

## *What does the 8 weeks look like?*

### **We are a closed group.**

This helps ensure confidentiality. It increases the ability to share close-to-the-heart realities. It promotes self-care, and nurturing care of others. It helps us look our grief in the face and know we must go forward.



We strongly suggest the Support Group continues to nurture each other following the 8 weeks of Group Support.

In the future you may want to be trained to offer this support

If you or someone you know might benefit from a Support Group Encourage them to Call, write or email...

#207 – 4650 Lazelle Ave.  
Terrace, B.C. V8G 1S6

Tel: 250 635 4811  
Fax: 250 635 4817

#### **Email:**

[chair.terracehospice@citywest.ca](mailto:chair.terracehospice@citywest.ca)

After hours please leave a voicemail.

Office hours:  
Variable  
Monday - Friday

Terrace Hospice Society is financially assisted by the BC Gaming Commission, Northern Health, BC Bereavement Helpline, Bob Erb, SOSJ, IdealOs, and other donors

# *Terrace Hospice Society*

*Is offering an 8 week  
Traumatic  
Loss  
Support Group*



## *What is Traumatic Loss?*

The state of having suffered the loss of a loved one when grief and mourning over the death is complicated or overpowered by the traumatic stress brought about by its circumstances.

*In the Support Group we are sitting in Council, bearing witness and listening deeply, creating unity of spirit and a sacredness of space. We can listen without prejudice or judgement.*

## *Participants ...*

- Share a welcoming
- Partake in a Centering Exercise
- Light Candles
- Practice “Way of Council” communicating
- Share an Emergent Topic
- Take part in Restorative Telling / Listening
- Take part in a Closing Activity
- Wrap up with a closing contemplation



## *Terrace Hospice Society ...*

- Provides a safe setting
- Uses three certified facilitators per 6-8 participant group
- Is based on the training from BC Bereavement Helpline (BCBH.ca)
- Stresses Confidentiality
- Considers Trauma and the Instinct to Heal

*The Traumatic Loss Support Group is a free Community Service.*

Self-referrals and referrals from anyone concerned about the quality of life are accepted.