

UNDERSTANDING WHAT YOU'RE FEELING

Grief is a normal reaction to the loss of a loved one. It can also be a reaction to the loss of relationships, physical ability, opportunities or future hopes and dreams.

Bereavement is the state of having suffered the loss of a loved one. It is the time after a loss during which grief is experienced and mourning occurs.

Mourning is the external expression of grief. It includes rituals that mark someone's death, such as funerals, wakes or memorial services. Mourning is strongly influenced by a person's spiritual and cultural beliefs and practices.

RESOURCES AT YOUR FINGER TIPS

NSMHPCN and Hospice Orillia have created a virtual resource library for those who are bereaved or are supporting the bereaved. For more information, please scan the QR Code or visit:

<https://nsmhpcn.ca/grief-bereavement/>



OUR MISSION

Hospice Orillia offers practical, emotional and spiritual support to those in our community coping with advanced illness, death and bereavement. Our volunteers and staff serve clients and their loved ones of all ages and backgrounds with compassion and respect, while honouring their choices and supporting them through their life journey.

**Hospice Orillia is a program
of the North Simcoe
Muskoka Hospice Palliative
Care Network (NSMHPCN)**



[HTTPS://HOSPICEORILLIA.CA](https://hospiceorillia.ca)

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Ontario Santé
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Grief and Bereavement Support



Grief is a natural response to loss. It is the painful process of life change when someone you love is dying or has died. As you work to find new meaning in a world without the physical presence of your loved one, our bereavement services offer you assistance and support. Our programs offer a safe space for all individuals regardless of age, race, creed, disability, family and marital status, gender identity, gender expression, receipt of public assistance, record of offences, sex, or sexual orientation.

ONE-ON-ONE

These custom sessions involve up to four (4) meetings with a trained bereavement support volunteer to explore grief on a personal, as well as, universal level. Volunteers are also available for community and home visits.

BEREAVEMENT SUPPORT GROUP

Hospice Orillia offers an 8-week bereavement support group that provides an opportunity for those who have experienced the loss of a loved one to learn from, and share with others as they move through their own grief journey. Afternoon and Evening sessions run throughout the year.

SPECIALIZED SUPPORTS

Our team of dedicated volunteers provide additional support through our specialized support programs:

- equine therapy
- overdose related losses
- pregnancy and infant loss

ANTICIPATORY GRIEF SUPPORT

Though we think of grief as something that happens after a death, it often begins long before death occurs. Once death is on the horizon, even just as a possibility, it is natural that we begin to grieve. Anticipatory grief support offers assistance to individuals who are facing the impending loss of a loved one.

TRANSITIONS

For those who have completed our 8-week bereavement support group sessions, we offer a monthly group for further support and growth.

MEMORIAL EVENTS

Our community memorial events take place twice a year providing an opportunity for clients and community members to honour the memory of loved ones who have died.

COFFEE & CARE

A weekly group that provides individuals who are dealing with the loss of a loved one with an opportunity to meet and share with others that are also grieving.

Butterfly Story

A man found a cocoon of a butterfly.

One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole. Then it stopped, as if it couldn't go further.

So the man decided to help the butterfly.

He took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shriveled wings.

The man continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body.

Neither happened!

In fact the butterfly spent the rest of its life crawling around. It was never able to fly.

What the man in his kindness and haste did not understand: The restricting cocoon and the struggle required by the butterfly to get through the opening was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved.

Sometimes struggles are exactly what we need in our lives. Going through life with no obstacles would cripple us. We would not be as strong as we could have been and we would never be able to fly.