

Formerly Regina  
Palliative Care Inc



Beside you through grief's journey

## Programs Guide Winter 2018

#200 – 2150 Scarth St.  
Regina SK S4P 2H7  
[www.rpci.org](http://www.rpci.org)

**Registration is required for all groups. Please call Connie at 306-523-2781 to assess your group readiness & register.**



conexus  
Credit Union

The Conexus Resource Library is a comprehensive lending library offering a variety of reading materials that can assist children and adults as they journey through their grief. It also offers resources about grief and bereavement for professionals, volunteers, educators and students.

To borrow materials, please stop by 200-2150 Scarth St.  
Monday – Friday  
8:30 a.m. – 4:30 pm

## Hope Heals - Adult Grief Group

Each week, we gather to learn more about our grief and walk a personal journey as unique as our fingerprints. We begin each session together with a time of learning and discussion, then break into smaller groups based on who we have lost. Being with those who understand the nature of our loss can bring us healing and comfort. Together we create a circle of Hope – a safe place where we can begin to heal. Members can be at any point in their grief journey.

**Tuesdays:** Jan. 16, Jan. 23, Jan. 30, Feb. 6, Feb. 13, Feb. 20, Feb. 27, Mar. 6

**7:00 p.m. – 9:00 p.m.**

**Location:** Caring Hearts, #200-2150 Scarth St., Regina

**\$40** Registration Fee

Phone 306-523-2781 to assess your group readiness and register.

## Is someone you know suffering from a loss or struggling with their grief? We can help.

Our counsellors can help you and your loved ones build hope and resiliency when dealing with grief following death whether from illness, an accident, a traumatic event, or the loss of a missing person. Our programs and services are offered in a variety of ways and support all ages and backgrounds.



## Caring Hearts Camp For Bereaved Children and Teens

This 3 day retreat is for children and teens **ages 6-16** who have recently experienced a loss due to the death of someone important in their lives.

When kids experiencing similar losses come together it creates a special kind of healing circle, one where the pain and loss, the guilt and regrets, and the sharing of beautiful memories comes together and sets each of these special children on a shared path to healing and understanding.

Campers walk away from this experience knowing they can survive their grief, and that it is still okay to feel the joys of childhood.

**May 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>**  
**Dallas Valley Ranch**

**There is no charge to attend.**

For more information or to request an application or become a volunteer, please call Connie at 306-523-2781



## Silver Linings Grief Group for Older Adults

This therapy group supports older adults, ages 60+ through their journey of grief due to the death of a loved one.

The pain of losing a loved one is almost unbearable, and particularly so for seniors and the elderly who have spent lifetimes together. The sudden or expected loss of a spouse creates a new life devoid of old comforts and support systems.

This group gathers to learn more about how grief is affecting them and provides new skills and tools for coping with loss. Mourning can be very isolating and this group reaffirms that senior individuals are not really alone.

**Wednesdays:** Jan. 17, Jan. 24, Jan. 31, Feb. 7, Feb. 14, Feb. 21, Feb. 28, Mar. 7

**1:00 p.m. – 3:00 p.m.**

**Location:** Caring Hearts, #200-2150 Scarth St., Regina

**\$40** Registration Fee

Phone 306-523-2781 to assess your group readiness and register.

### Individual Counselling

Individual grief counselling is available for children, teens and adults. Fees for counselling may be covered by your insurance provider or your Employee Assistance Program. For more information or to make an appointment please call 306-523-2781.

## Yoga for Grief

Join Kim Lawrence for the gentle practice of restorative yoga, calming breath work and iRest Yoga Nidra meditation. Breathing practices calm the nervous system and cleanse the mind while re-energizing an individual's emotional batteries. iRest (integrative restoration) relaxes you and gives you the tools and stamina to be a part of this intense experience with as much ease and grace as possible.

Class is open to those with all levels of experience or none at all.  
Yoga mats provided.

### Call for Details on Dates

**1:00 p.m. – 3:00 p.m.**

**Location:** 26 Elmwood Place

**\$100** Registration Fee



Please contact Connie at 306-523-2781 to register.

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## Traumatic Loss Support Group

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A sudden, accidental, unexpected or traumatic death shatters the world as we know it, and is often a loss that does not make any sense. A sudden and/or traumatic death often leaves us feeling shaken, unsure, vulnerable and alone.

If you have suffered a loss such as this, please join us for an 8 week journey as we support each other through this difficult and hard to understand type of loss. We will look at a variety of topics, such as: what to do when you didn't get to say goodbye, how to talk about your loss, how to cope with thoughts of remorse and guilt, and more.



**Thursdays:** Mar. 22, Mar. 29, Apr. 5, Apr. 12, Apr. 19, Apr. 26,  
May 3, May 10

**7:00 p.m. – 9:00 p.m.**

**Location:** Caring Hearts, #200 – 2150 Scarth St., Regina

**\$40** Registration Fee

Please phone 306-523-2781 to assess your group readiness and to register.

## Healing After Suicide

The grief following a death loss to suicide is particularly difficult and is often more intense, complex and long lasting. In addition, suicide survivors often try to cope with feelings of guilt, anger and shame.

If you have suffered a loss such as this, please join us for this 8 week program. You will be provided with information and support and will learn how your grief is affecting you as well as skills for coping with your complex emotions.

**Thursdays:** Jan. 18, Jan. 25, Feb. 1, Feb. 8, Feb. 15, Feb. 22, Mar. 1, Mar. 8

**7:00 p.m. – 9:00 p.m.**

**Location:** Caring Hearts, #200 – 2150 Scarth St., Regina

**\$40** Registration Fee

Please call 306-523-2781 to assess your group readiness and register.

## Missing Persons Support Group



When a loved one goes missing the uncertainty of what happened leaves the family of the Missing Person searching for answers, fluctuating between hope and hopelessness. This new group is designed to provide comfort and support to the families of Missing Persons allowing them to share their stories, emotions and experiences with other individuals and families that are walking a similar journey.

In a confidential and safe setting you will learn helpful coping mechanisms to reduce anxiety and build resiliency to deal with the uncertainty that comes from the grief of a loved one gone missing.

For more information or to register for this support group, please call 306-523-2781

## Homicide Loss Support Group Hope for those left behind...



Facing the death of a loved one is never easy, but when murder occurs, pain, anger and grief are compounded by the realization that a precious life was taken intentionally. We invite you to join this group where you will find support, education and encouragement in a confidential setting. This is an on-going group and you may join at any time.

Meetings are the **third Wednesday of every month**  
Nov. 15, Dec. 20, Jan. 17, Feb. 21, Mar. 21, Apr. 18, May 16

**7:00 p.m. – 9:00 p.m.**

**Location:** Caring Hearts, #200 – 2150 Scarth St., Regina

**There is no fee to attend.**

Please call 306-523-2781 to register.

## Hope for the Holidays Join Us for a Very Special Evening...

We know the holiday season can be particularly difficult for those who have experienced the loss of a loved one. We invite you to join us for an evening of reflection, music, hope and resiliency to help you find peace during the holidays.

**Thursday, December 7th, 2017**

**Doors Open: 6:30 p.m**

**Program: 7:00 p.m. - 9:00 p.m.**

**St. Mark's Lutheran Church (3510 Queen St.)**

**There is no charge to attend.**

**Space is limited, please RSVP before November 30**

**[connie@rpci.org](mailto:connie@rpci.org) or call 306-523-2781**