



Caring
Hearts

Beside you through grief's journey

Winter 2024
Newsletter

Hope for the Holidays

Hope for the Holidays returned on December 7, 2023 after a 3-year break. The event brings our community together to help manage what can be a very difficult season for some when a loved one is not here.

It was a beautiful evening of music provided by The Amici Singers Choir and local singer/songwriter Pol Kinsella alongside speakers who shared with us laughter, tears, and connection.

And let's not forget the delicious food from The Bannock House and Munch Catering. We are excited to offer Hope for the Holidays annually once again, save the date **December 5, 2024 in your calendars!**

Elder Eber Hampton



Pol Kinsella



Hope for the Holidays Sponsors

The Amici Singers



A Legacy of Love

Caring Hearts was deeply honored to receive an unexpected and incredibly generous donation from the Estate of Harold P. Howard. There could not have been a better way to begin 2024 and Caring Hearts is SO grateful!

Harold and his dear wife Jeanette began a long and impactful legacy of supporting their community. Together for over 51 years, their experiences in hospitals led them to many years of donating to Saskatchewan health care. Jeanette sadly passed away in 2012 and Harold committed to continue his wife's vision of giving back to the community. It is through Harold's humility and kindness that Caring Hearts became one of the recipient's of their legacy of giving back. Until his passing in 2021, Harold encouraged others to do the same and support our community.

The kindness of Harold and Jeannette will go directly to grief support groups, counselling services, and the Caring Hearts Grief Camp.

*"If you're in a position
to help others after
you're gone, you should."*

It's as simple as that"

Harold P. Howard



Meet Our Director of Education & Outreach

Jennifer Yasinowski is an experienced adult educator and human resources professional with a gift for assisting people and communities cope with grief, loss and trauma.

Jen adopts a two-eyed seeing approach weaving Western and Traditional knowledges together. She does so by working working in close collaboration with our Elders and communities.

If you would like to connect with Jen about bringing grief, loss and/or trauma education to your organization or community, contact her at: **education@caringheartssk.ca**



Arthur the Therapy Cat

Caring Hearts has a new staff member. Arthur has been around for years living outside, but this winter, he decided to make Caring Hearts his forever home.

He's now a favourite of those we support and is a BIG snuggle-bug offering comfort and love.

Education Corner

Ambiguous loss in its simplest form is a loss that is unclear and has no clear closure. Whether loss from person missing or health conditions like dementia taking someone away, ambiguous loss has a profound impact. Unlike concrete losses, it lacks clear definitions or resolutions, leaving us without coping rituals.

The absence of guidelines for emotions and behaviors contributes to emotional exhaustion causing heightened anxiety and conflict.

Over time, side effects emerge, including diminished trust, negative perceptions of authority, strained family communication, and dysfunctional coping mechanisms.

Ambiguous loss comes with its own forms of grief and may require specialized care. **Missing Persons Support Group** (including MMIWG2S) **starts March 7 & Ambiguous Loss for Caregivers is coming soon.**

Upcoming Support Groups

In-Person Grief Group

Wednesdays, 7PM - 8:30PM

Feb 21 - March 27

Cost: \$25

Suicide Loss Support Group

Tuesdays, 6:30PM - 8PM

Feb 27 - April 2 Over Zoom

Cost: \$25

Missing Persons Support Group

Thursdays, 6:30PM - 8PM

Mar 7 - April 11 Over Zoom

Cost: \$25

Coming Soon!

Yoga for Grief

Grief & Loss for Seniors

Suicide Attempt Survivor's Group

Ambiguous Loss Support for Caregivers

Register online at: caringheartssk.ca/counselling-grief-support

Support for Children & Youth

Grief Groups for Kids 6-11

Wednesdays, 4:30-5:30PM

Ongoing

Fee: 25\$



Grief Groups for Teens 12+

Wednesdays, 4:30-5:30PM

Ongoing

Fee: 25\$

Register for Children & Teen Groups at: www.joshuatreelearning.com

2024 Grief Camp for Children & Youth

June 8 & 9, 2024

Beaver Creek Ranch, Lumsden



Email: contactus@caringheartssk.ca for more information.

WestJet Raffle in Support of Caring Hearts Camp

One lucky winner will win two tickets to anywhere WestJet flies.

Purchase raffle tickets:

trellis.org/caring-hearts-raffle-2024



Support Us



The availability of our services relies on fundraising & donations. Your support ensures that people don't have to navigate the grief and loss journey alone.

\$50 = 2 people can attend a grief support group

\$100 = counselling for those with financial barriers

\$250 = a child can attend grief camp

DONATE TODAY



Want a cost-free way to donate?
SARCAN Drop n Go. It's easy!
Just use the phrase **Caring Hearts** when you
drop off at any local SARCAN.

