

**Every day in Saskatchewan, people begin their journey through the grieving process. They don't have to do it alone.**



*"When my husband died, I searched in the phone book for bereavement counselling and found nothing.*

*I was put in touch with Palliative Care Services and received individual counselling and participated in a support group.*

*While I continue to struggle with my loss everyday, now the people at Greystone Bereavement Centre are there to help me work through it."*

*-Young mother whose husband died suddenly at the age of 41 years.*

## **There is no timeline to grief and everyone's experience is unique**

The physical and mental health effects of bereavement can be debilitating. It may affect your ability to work, your ability to interact with your family and friends, or result in illness.

## **Finding a new normal in life**

Whether faced with an expected death or one that is sudden, the Greystone Bereavement Centre provides a safe place for people to go and learn to cope with their loss.

## **The need for bereavement support**

The need for grief support is growing and RPCI is striving to meet that need. The Greystone Bereavement Centre offers counselling expertise, group support and education around grief and bereavement. You will receive the right care, in the right place at the right time.



## You Can Help

With your help, we can meet the specialized needs of bereaved children, teens and adults. Together, we can build a healthy community.

We anticipate that \$3.5 million will be required to cover the initial costs of establishing and growing the bereavement programs and services offered through the Greystone Bereavement Centre. Eventually, projected annual costs of operating the programs and services will be in the range of \$1.5 million. We are more than half-way to our initial goal and you can help us reach it.

### **Make a donation, volunteer, or share our story**

You will be making a huge difference for your friends, neighbours and colleagues who are dealing with death and grief. Every dollar donated or every hour volunteered helps to make the lives of others more bearable in a world where loss is inevitable.

Donations can be made by phone, mail or online.  
Visit [www.rpci.org](http://www.rpci.org) to donate on line or contact us at:

Regina Palliative Care Inc.  
4F-4101 Dewdney Avenue  
Regina, SK S4T 1A5

306-766-2300  
Email: [contact@rpci.org](mailto:contact@rpci.org)

To volunteer, contact the Greystone Bereavement Centre at 306-766-6946

## What your donation does

### **Individual Counselling**

While watching her young daughter play, she begins to cry. Meeting with a counsellor has helped her understand that these tearful waves are a normal part of grieving. Your donation ensures that individualized counselling supports are available to people in a timely manner when they most need them.

### **Group Support**

He thought he was coping but worried about his adult children. The adult grief group gave them the opportunity to find support together. Your donation helps cover the cost of these programs allowing entire families to participate in grief groups and join others experiencing similar types of death loss.

### **Grief Support for Kids**

She had been quiet since her sister died. Caring Hearts Camp helped begin to bring her out of her shell and allowed her to connect with other kids going through the same thing. Your donation can help send a kid to camp.

### **Education and Training**

She was so thankful that she took grief training and was able to help her colleague make a smooth transition back to work following the death of her child. Your donation allows us to provide training to individuals so they can better support others at home or in the workplace.