

## Bereavement Services

At times people hear hospice and only think about elderly loved ones at end of life. The Sea to Sky Hospice society is so much more than that and our bereavement support services are offered throughout the Sea to Sky Corridor to any individual that has experienced a loss. We offer a wide range of supports including our bereavement packages, infant loss package, grief support walking group, drop in coffee time grief support, Courage to Grieve group, supportive visits and 1 to 1 counselling. These services have been utilized by a wide range of individuals of all ages supporting each unique situation.

Although COVID interrupted our in person supports we also have been able to offer virtual options for anyone that may be interested. With our upcoming volunteer training in the fall we hope to be back running full capacity in person programs by the end of the year.

We have recently updated our bereavement packages and are currently running our in person grief support walking group until July 27th on Wednesdays at 9:45am meeting at the Adventure Centre.

For more information regarding bereavement support please email [carlee.baker@vch.ca](mailto:carlee.baker@vch.ca)

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