



“ There is true meaning in making a difference for someone during their last stages of life ... you appreciate your life more every time you wake up in the morning knowing someone out there is looking forward to your visit. ”

## VOLUNTEERING WITH HOSPICE

Peace Hills Hospice Society Volunteers provide practical, emotional, and spiritual support with the recognition that the relationship benefits and enriches both the volunteer and the individual.

As a not-for-profit charity, Peace Hills Hospice Society's mission and vision lies in the hearts of our compassionate and committed volunteers.

Our volunteer program connects trained volunteers with individuals experiencing a life-limiting or chronic illness, as well as with those who are experiencing grief.

Peace Hills Hospice Society volunteers:

- Sit vigil with those who are dying
- Support client families
- Companion those in grief
- Support clients in navigating clinical and social challenges
- Serve on the Board of Directors and working Committees and provide administrative and program support

## Hospice Programs Continued

### Grief Companionship

Grief companions are Hospice trained volunteers who offer one-on-one grief support.

This program is based on Dr. Alan Wolfelt's model of companionship the bereaved. In this model, companions are a compassionate, listening presence when you need a safe place to tell the story of your loss and share tears... or laughter.

### Grief Walk (See Website for Current Schedule)

This drop-in group meets year-round, 52 weeks, one morning a week.

Spend your time walking indoors and outdoors (depending on the season) and connecting with others through shared experiences.

### One-On-One Grief Mentorship

Book time with Grief & Bereavement Mentors, Bill Harder or Jessica Johnson, for conversation about your grief journey.

Assessment and referral are provided as desired.

There is no fee for this support.



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SHARE YOUR TIME,  
*Change a life.*

**Peace Hills Hospice  
Society**





# TOUCHING LIVES

*"We cannot change the outcome, but we can affect the journey."*

**-ANN RICHARDSON**



*"Too often we underestimate the power of a touch, a smile, a kind word... or the smallest act of caring, all of which have the potential to turn a life around" -Leo Buscaglia*

## Our Mission

Peace Hills Hospice Society is a community-based volunteer organization providing meaningful and culturally mindful support to all individuals and family members, regardless of age, race or gender through advancing illness, grief and bereavement.

## Our Vision

To create an informed and compassionate community, by supporting individuals through grief and bereavement programs

## Our Values

- Kisewatotatowin (Cree word meaning: "act of compassionate and loving care")
- Education
- Dignity
- Inclusivity
- Respect

# Hospice Programs

## Death Cafe

Through open conversation in a natural, comfortable setting, we can bring conversations about death out of the silence and increase awareness of death as a part of life.

\* Please note this is not a counselling or bereavement group. Refreshments provided.

## Palliative Support

This program brings together trained Hospice volunteers with individuals who have received a diagnosis of a life-limiting illness.

Quality of life is key to our service. Hospice volunteers provide practical, emotional, and spiritual support to both clients and their families.

## Nav-CARE (Navigating, Connecting, Accessing, Resourcing, and Engaging)

The goal of the Nav-CARE Program is to help members of the community with chronic illnesses enjoy a better quality of life.

Specially trained Hospice volunteers, or *Navigators*, conduct regular visits with clients in their home. Navigators specialize in helping members of the community with chronic illnesses find and access resources and supports, and make a difference in how clients live their experience with chronic illnesses.

Contact Executive Director, Jessica Johnson at [peacehillshospice@gmail.com](mailto:peacehillshospice@gmail.com) or by phone at 780.839.8530 for more information on Hospice Programs, to register for a program, or to volunteer.

