



Offers a weekly Relaxation Circle for people who are living with a life threatening illness, their caregivers and bereaved individuals.

- ♥ The Relaxation Circle provides an opportunity to experience relaxation, to receive emotional support and to learn stress management skills that can be used in coping with a life threatening illness.
- ♥ The experience of each person at the Relaxation Circle is one where:
  - Honesty is honored.
  - A safe place to say and show how you are feeling, and honor everyone else's right to the same
  - You will be heard, not judged.
  - You will be listened to, but not advised.

## What Happens at the *Ridge Meadows Hospice Society* Relaxation Circle?

- ♥ 30 minutes open circle for check in and sharing.
- ♥ 45 minutes of relaxation approaches that include soft music/sounds and gentle touch.
- ♥ 15 minutes for closing circle.



- ◆ Comfortable clothing is recommended.

- ♥ All sessions are facilitated by trained volunteers, knowledgeable in various areas of relaxation techniques.

## Why Relaxation?

- ♥ Grief can depress the immune system, leaving one vulnerable to illness.
- ♥ Individuals who practice relaxation regularly experience significant improvements in quality of life, and decreased sense of hopelessness, tension, depression and anxiety.
- ♥ Deep relaxation techniques quiet the mind and the body.
- ♥ If you wish to participate in the *Ridge Meadows Hospice Society* Relaxation Circle, or would like more information please call the Ridge Meadows Hospice Society Resource Centre at :

**604-463-7722**





## Ridge Meadows Hospice Society

is dependent upon your support. If you are interested in becoming a member, making a donation or planned giving please complete the following:

### Membership

- \$30 Three Year Membership
- \$15 One Year Membership

### General Donation

\$ \_\_\_\_\_

Cheque

Visa # \_\_\_\_\_

Expiry Date: \_\_\_\_\_

### Planned Giving

- Monthly Giving
- Bequests – gifts made through wills or living trusts
- Gifts of Stock or Property
- Life Insurance

### Memorial Gift

A gift in memory of a loved one is a special way to support hospice. The *Ridge Meadows Hospice Society* will send a personalized letter acknowledging your gift.

Tax receipts will be issued for donations of \$15.00 or more.



## Ridge Meadows Hospice Society

### Mission Statement

To provide compassion, support and care to patients and loved ones in dealing with end of life experience, grief and mourning.

### Vision Statement

To be recognized by the community as a society that, through our efforts, enables dying persons and their families to experience this part of their life story in comfort, dignity and peace.



## Ridge Meadows Hospice Society

*Grief has no timeline.*

## Relaxation Circle



### Ridge Meadows Hospice Society

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[www.ridgemedowshospicesociety.com](http://www.ridgemedowshospicesociety.com)

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