

### **Our Mission**

Providing compassion, support and care to individuals and their loved ones in our community experiencing the end of life journey, grief and bereavement

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Registered charity number: BN: 11903 2019 RR0001

We are here to help 604-463-7722

www.ridgemeadowshospicesociety.com

## **Grief Support**

Free support services for individuals of all ages (children ages 6-12, teens, adults) in Pitt Meadows & Maple Ridge. All support services are provided by staff and trained volunteers

- One-to-One grief support
- Multi-week grief support program and a follow-up grief group option



- Healing Steps Walking Group
- Lending library of information and support materials
- Circle of Hearts Children's Grief Group with expressive arts therapy to help support children in healing from loss.



## **Palliative Support**

#### Our Vision

As a society, through our efforts, enable dying persons and their families to experience this part of their life story in comfort, dignity and peace.

The Ridge Meadows Hospice Society provides volunteer support and programs in our communities, at McKenney Creek Hospice, in residential care, and hospital.

- One-to-one support volunteers to listen and offer compassionate, non-judgmental support
- Advocacy and resources to help navigate this often challenging time
- Family caregiver support
- Vigil support, around the clock support and companionship for someone in their last few days of life

### Relaxation Circle

A free program that uses guided imagery and Healing Touch to help cope with emotions, anxiety and pain; relaxing the body and mind to enhance quality of life.



# Support Us

The Ridge Meadows Hospice Society is a registered not-for-profit charitable organization funded through grants, memberships, donations, and fundraising.



Our hospice thrift store located at #3-12011 224th Street in Maple Ridge, provides extra support with proceeds from the sale of donated goods going back into hospice society programs.

### Ways to Help

Shop at our thrift store
Volunteer
Attend an event
Sponsor
Become a member
Make a donation

Visit our website for details www.ridgemeadowshospicesociety.com

