

Questions?



What is Palliative Care?

Palliative care is a type of health care for patients that helps them to achieve the best possible quality of life; providing comfort and symptom management

How long does grieving last?

There is no timeline for grief. We never truly "get over" the death of someone, but we do learn to live with the loss. Healing from grief means giving yourself time to experience and explore your feelings and emotions through this journey of loss.

Can family members receive help?

Yes, hospice society support addresses the needs of an entire family unit, including partners, friends, and loved ones.

Is your grief support just for those who went through the Hospice?

No, *anyone who is grieving* can access our support. This includes unexpected deaths such as, but not limited to, suicide and drug deaths.

MISSION:



The Ridge Meadows Hospice Society is a non-profit organization providing compassionate support and programs for individuals and families experiencing death, dying, grief and loss



Ridge Meadows
HOSPICE SOCIETY

Centre for Grief and Loss

Contact Us

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Registered Charity Number
BN: 11903 2019 RR00001

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PALLIATIVE AND END-OF LIFE

The Ridge Meadows Hospice Society provides programs and volunteer support in community settings such as, McKenney Creek Hospice, residential care, hospital and patients' own homes.

- Trained volunteers to listen and offer compassionate, non-judgemental support
- Help to navigate this often challenging time, and connecting to resources
- Family caregivers and anticipatory grief

RELAXATION CIRCLE

A support group that uses relaxation techniques and Healing Touch to help cope with emotions, anxiety and pain. Participants learn to relax their body and mind and to enhance quality of life.

GRIEF AND LOSS

The Ridge Meadows Hospice Society offers free grief support for individuals of all ages (children, youth, and adults) in Pitt Meadows and Maple Ridge. All support services are provided by staff and trained volunteers.

- Individual Grief Support
- Adult Grief Support Groups
- Child and Youth Grief Support Program
- Traumatic Loss Grief Support Group
- Healing Steps Walking Group
- Lending library of books and resources



ACCESS OUR SUPPORTS

Anyone can self-refer by calling us directly. We can also receive referrals from physicians, social workers or other health care providers.

604-463-7722

HOW YOU CAN HELP

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

Our Thrift store is located at #3-12011 224th Street in Maple Ridge. The store generates much-needed revenue from the sale of donated goods, that goes directly back into Hospice Society programs.

Make a donation, volunteer, attend an event, sponsor, or become a member today to support the Ridge Meadows Hospice Society!

