

## The Mourner's Bill of Rights

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "griefbursts".
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

### Our Privacy Policy

Langley Hospice Society is committed to protecting the privacy of its donors, members, volunteers, employees and other stakeholders. Your personal information is never shared with other organizations.



**Langley  
Hospice Society**

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**Registered Charity Number:  
11900 5353 RR0001**

### *Mission Statement*

*Langley Hospice Society,  
a community-based,  
non-profit organization,  
provides compassionate  
support to help people  
live with dignity and hope  
while coping with grief  
and the end of life.*



**Langley  
Hospice Society**



**Bereavement  
Support  
Programs**

## Hospice is an approach to care that:

- ♥ emphasizes comfort, dignity and quality of life
- ♥ offers support to patients, family and friends throughout the last stages of illness, at the time of death and during bereavement
- ♥ is available to patients and their families at home, in hospital, in residential care or in hospice



## The **Langley Hospice Society** is...

- ♥ a registered not-for-profit charitable organization established in 1983.
- ♥ committed to providing emotional and practical support for people who are living with a life-limiting illness, and their family and friends, throughout the last stages of illness, at the time of death and bereavement following a death
- ♥ funded through general donations, fund-raising events, memorial and in honor gifts, planned giving, grants, Second Story Treasures Thrift Store, BC Gaming, United Way and a service contract with Fraser Health

## Grief ... A Personal Journey

The death of a loved one can be the most stressful event in a person's life. A wide array of emotions can be experienced, such as sadness, anger, anxiety, guilt, and despair. Changes in sleep patterns and appetite can occur, as well as physical illness. These are all natural parts of grieving and the feelings can ebb and flow over time.

There is no "right way", "wrong way", or time limit to grieve. Each person experiences grief in his or her own way, partly based on religious, cultural, social, and personal beliefs and partly because of the relationship with the person who died. Bereavement has four basic phases which typically occur:

- ◆ Numbness and shock—usually occurs in the beginning and may last for a brief period. It is useful in helping people function through the initial funeral time period.
- ◆ Feeling of separation—when the feeling of loss or missing the loved one starts to occur.
- ◆ Disorganization—time period when the bereaved is easily distracted and might have difficulty concentrating or may feel restless.
- ◆ Reorganization—toward the end of the bereavement period when the person has begun to adjust to life without the loved one.

It is very important to seek out people who understand your loss. It may be friends, family, therapists, clergy or hospice staff and volunteers. It may take a long time to complete the grieving process, so you need to be patient to allow yourself the chance to grieve.

## Langley Hospice Bereavement Services include:

- ♥ Individual and family counselling
- ♥ One-to-one volunteer support in person or by phone
- ♥ Bereavement support groups (day and evening groups)
- ♥ Children & teens support programs and summer camps
- ♥ Education & support for community groups

## Our Bereavement Support Services are:

- ♥ Confidential
- ♥ Free of charge
- ♥ Led by trained professionals
- ♥ Open to children, teens and adults
- ♥ Adjusted to the unique needs of each client



If you are concerned or have questions about your grief, please contact Bereavement Services at Langley Hospice Society.  
Call us at **(604) 530-1115**.  
Our office hours are  
8:30 am—4:30 pm  
Monday through Friday.