



FOR IMMEDIATE RELEASE

June 19, 2021

## Heron Hospice Society announces new programs

Delta, BC – Heron Hospice Society of Delta is pleased to announce the launch of two new programs in early July, **Grief Companions** and **Relaxation Circle**.

When we lose a loved one, it can feel like there is no time to sit and acknowledge our grief. When this happens, it can be helpful to carve out a specific time each week to pause, breathe, and process this grief. In the Grief Companion program, people who are struggling to cope with the loss of a loved one will be matched with a trained Grief Companion volunteer and have a chance to meet via phone, online or in person at a convenient time. The volunteers, who are trained and supervised by registered clinical counsellor, Margaret Fletcher, will listen and support participants through their grief journey over a period of up to 12 weeks.

‘We recognize that suffering the loss of a loved one during the COVID-19 pandemic adds additional stress and pain because some may suffer through their grieving process with little human contact. The ability to connect with others who are grieving is so important and we felt it was necessary to expand our services.’ says Chris Pettypiece, President of Heron Hospice Society.

Another new program offering will be a Relaxation Circle held twice a month during July and August, with more dates planned in the fall. This online program focuses on relaxation and mindfulness techniques to help individuals experiencing grief or who are coping with a life limiting diagnosis.

‘The relaxation response can help with pain, anxiety, sleep disturbances, and more’ offers Relaxation Circle leader Tama Recker. ‘Participants experience the calming effects of guided meditation set to soft music’, she adds.

Summer Relaxation Circle sessions are planned for Mondays from 10:00 – 11:00 am on July 5 and 19; and August 9 and 23. Relaxation Circle is open to individuals who have been diagnosed with cancer and other life-limiting illnesses and to those who are grieving. Family and caregivers are welcome.

Heron Hospice Society of Delta programs are offered at no cost. To register for Grief Companions or Relaxation Circle, please email [info@heronhospice.org](mailto:info@heronhospice.org), or leave a message at 604 245 7380.

For more information:

Sharon Farrish

Heron Hospice Society of Delta

Email: [info@heronhospice.org](mailto:info@heronhospice.org)