



Four Tides
Hospice
Society

Season's Greetings





Four Tides
Hospice Society

Celebrate a Life Memory Tree

The Celebrate a Life Memory Tree supports community members to honour loved ones who have died. Please take a card and write your loved ones name. You can hang it on our tree or take it home with you.

We also have an online ornament option. Head to our Facebook page to register.
[@FourtidesHospiceSociety](#)

www.fourtideshospice.org 604-223-7309 4675 Ontario Ave, Unit C, Powell River

Volunteers will be here at the table from
10 am - noon and 2 pm - 4 pm most days

Until December 23rd

[Create A Virtual Ornament Here](#)



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Hospice Society

SUPPORT OUR MISSION WITH YOUR DONATION

Your kind donation supports us to deliver vital end-of-life, bereavement and caregiver programs and services in community.

- ▶ Volunteer Visitor Program
- ▶ Caregiver Support Group
- ▶ Bereavement Groups
- ▶ Advance Care Planning

Donate Now



1 604 223 7309



www.fourtideshospice.org



Volunteer Visitor Training

January 14 - March 4, 2025

Mondays (2x), Tuesday (5x) evenings 6:30-8:30, two Saturdays

Four Tides Hospice Society Volunteer Visitors receive training to support clients who are living with a life-limiting illness, who are grieving, and those who are caregiving. Volunteer Visitors are caring, supportive, and good listeners.

Providing support may include:

- Visiting in homes, hospital or care facilities
- Companionship, reading, letter writing, etc.
- Relief of caregivers for short periods of time
- Spiritual, emotional, and social support
- Simply being with the dying person and/or their loved ones during the death journey and through bereavement

*Contribute
to your community
in a meaningful way
while learning new
skills and making
friends!*

To apply go to our website below and click "Become Involved"

For more information call 604-223-7309 or email coordinator@fourtideshospice.org.

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6 Things to Say to a Grieving Friend During the Holidays

1. I am thinking of you.

Sounds so simple, but it means so much to know someone is aware you are in pain, and thinking good thoughts about you.

2. I really want to support you this season.

People in grief usually have no clue how you can help them, so you'll need to offer some suggestions. A few holiday possibilities: decorate the Christmas tree, bake cookies

together, bring coffee over, help to wrap presents, clean the house. Do not be offended if your friend turns down every offer you make; simply knowing you're willing and able to help might be enough for the time being.

3. I don't expect a call back.

Just leave a message of love and support, letting the person know they don't need to return the call.

4. You can cry with me anytime.

Grief comes in waves and sometimes catches you off guard. Support your friend as they are – even if they're happy one minute and sobbing the next.

5. Can I share a favorite memory of _____?

Though it may be emotional, sharing stories of the person who passed can be really therapeutic for those left behind. Share how he or she impacted your life or bring up stories you remember your friend sharing about their relationship.

6. There is no "right" way to grieve.

Remind your bereaved friend {and yourself} that everyone deals with grief differently. There are no rules or expectations. During the holidays, some people find it impossible to carry on with family traditions, while others find comfort in them.

Adapted from: <https://livlane.com/2011/12/10-things-to-say-to-a-grieving-friend-during-the-holidays-12-15-11/>

For more information, see our brochure "[Grieving Through The Holidays.](#)"



Connect With Us!
www.fourtideshospice.org



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