



Four Tides Hospice Society

October 2025

Message from the Board President

Working with our new Executive Director, Melanie Munroe

It's been my pleasure to engage with Melanie over the summer as she oriented from her former position as Resource Development Manager, to her new position of Executive Director. The responsibilities of both these positions will now be in Mel's wheelhouse.

I've learned that Melanie has a passion for bringing people together; and the upbeat attitude she projects into each and every encounter typically results in positive outcomes. As we all know - relationships are everything; and Mel is a relationship builder.

Having worked all across Canada, Mel now calls qathet home. We are so happy she landed here, and we're happy and very fortunate to have scooped her up! She is well positioned to lead the society and to forward our Hospice House vision.

Annual General Meeting

Below you will find details for our AGM, which I would like to invite you all to attend. At this meeting you'll hear updates on the overall health of FTHS, learn more about our current programs and services, and (if you are a paid member) take part in the appointment of directors.

It's an opportunity to connect with others who care deeply about hospice support in our community, and to help advance our shared vision. Your presence will make a difference. Together, we can ensure compassionate care continues to thrive in the qathet region. I hope to see you there.

Malerie Meeker

Four Tides Hospice Society



ANNUAL GENERAL MEETING

Monday,
Nov 24
2025

6:00pm - 8:00pm
Seniors Centre
6792 Cranberry Street

Join us to hear about
the year's activities and
what the future holds!

Refreshments served

For more information: info@fourtideshospice.org,
or call 604-208-4378
Visit our website at: fourtideshospice.org

Community Events



October 28 - November 22

Memento Mori Festival

Multiple venues

The annual Memento Mori is a festival to celebrate and explore seasonal transitions, life, love, loss, grief, death and dying in qathet. Listed below are some of the events taking place in collaboration with Four Tides Hospice Society. See [here](#) for other happenings!

CELEBRATE WITH US

DIA DE LOS MUERTOS

SATURDAY, NOVEMBER 1ST
CARLSON LOFT

CATRINA COSTUMES | CANDLELIGHT VIGIL
MEXICAN MUSIC | FOOD VENDORS

OPENIG 2:00 PM FREE ADMISION
SUGAR SKULL CONTEST 4:00 PM
SPEACHES 4:30 PM
BLESSING OF THE ALTAR 5:00 PM
CLOSING 6:00

CATRINA DANCE 7:30 PM
BY
DJ MINERVA



RUMBA 7

TICKETS \$25 + TAX

SPONSORS



Four Tides
Hospice Society



November 1

Community Ofrenda + Dance – Día De Los Muertos

2 – 6:30pm (ofrenda), 7:30pm – late (dance), Carlson Community Club

Please join us for a community *Ofrenda* (or altar) to commemorate and celebrate loved ones who are no longer with us.

You are invited to bring a memento for the altar: a photograph, special object, flowers, etc.

There will be a candlelight vigil, sugar skull contest and Mexican food.

The Ofrenda will be followed at 7:30pm by a dance featuring DJ Claudia Medina and band Rumba 7. Tickets are \$25.

This is a fundraising event, hosted by Iguana's Mexican Grill and in collaboration with El Centro, qathetART and Viva Mexico! Partial proceeds will be donated to Four Tides Hospice Society.



November 12

Advance Care Planning Workshop

1 – 3pm, qathet Art Centre

By donation, pre-registration required

Advance Care Planning is a process of thinking and talking about what's important to you. This helps you and those closest to you prepare to make future health-care decisions. This workshop will help you to: think about what matters most to you; discuss your plans with those closest to you; and begin recording your wishes.

Seating is limited. To register please contact:
coordinator@fourtideshospice.org or 604 223 7309



November 22

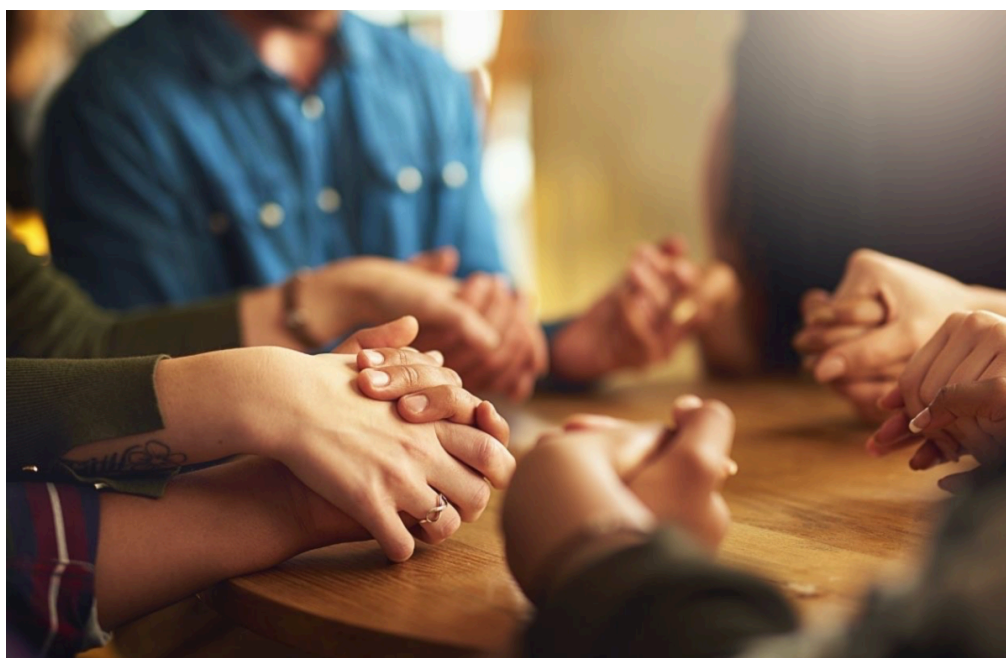
Walking the Labyrinth: A Path Through Grief

1 – 4pm, Sycamore Commons

(St. David's and St. Paul's Anglican Church, Townsite)

Join us for a contemplative gathering where the labyrinth becomes a space for healing. This ancient walking practice offers a quiet, meditative way to honour loss and carry grief with gentleness. As you follow the winding path, you are invited to pause, reflect, and release what weighs heavy on your heart.

No experience needed, just come as you are. Refreshments and resources provided.



October 26
Death Café
2 – 4pm, Cranberry Seniors Centre

An open, respectful space to talk about death, dying, and the many ways it touches our lives. Join us for conversation, reflection and connection. Free, all are welcome.
Hosted by Dr Jaspreet Soor.

FTHS Programs and Services



Four Tides Hospice Society
4675 Ontario Ave, Unit C
www.fourtideshospice.org

Providing free programs & resources to the qathet region

ONE-TO-ONE VOLUNTEER SUPPORT	Support for those caregiving, grieving or with life-limiting illness	IN PERSON OR BY PHONE
GRIEF WALKING GROUP*	Informal, social group for those needing space to grieve	EVERY TUESDAY, 10AM @ SEAWALK
CAREGIVER SUPPORT GROUP	Drop-in support, education & resources for care-givers	EVERY SECOND MONDAY, 10AM @ UNITED CHURCH

*We also provide some 8-week Grief Support Groups throughout the year.
Call 604-223-7309 or email coordinator@fourtideshospice.org for more information.



Connect With Us!
www.fourtideshospice.org



604-223-7309
info@fourtideshospice.org
PO Box 33 Powell River, BC V8A 4Z5

[Click here to make a donation!](#)





Try email marketing for free today!