



Four Tides
Hospice
Society

March 2026

Join us for a busy Spring Season



CREATE OR JOIN A TEAM!

2026 HIKE FOR HOSPICE

Support hospice care in qathet by walking, biking, running and donating. You can create a team, join a team or just come by.

May 23 @ Willingdon Beach.
Fun starts at 10am, hike at 11am



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Get Ready for May 23, and Join us for Hike for Hospice 2026!

Support Four Tides Hospice by hiking, biking, walking, running or joining us in person at Willingdon Beach on May 23rd. Registration and fun starts at 10 am, followed by a group warm-up and a start to the hike at 11am, finishing the day with fun prizes and an opportunity to mix and mingle.

[Become a Sponsor](#)

contact - melaniemunroe@fourtideshospice.org

[Create or join a team or donate](#) in support of Hospice Care in qathet!

Find out more at [Four Tides Hospice Society and Hike for Hospice 2026](#)



2025 Annual General Meeting - Board Update

Our AGM was a huge success. Thank you to all of our members who attended. We are thrilled to welcome Kim Barton-Bridges as our new President who will be guiding a new strong Board of Director team through the year. The society would like express our sincere appreciation and gratitude to all outgoing Board members and to Malerie Meeker for her incredible leadership as past president.

Read the [2024-2025 Annual Report](#).

Learn more about [our new Board of Directors](#)

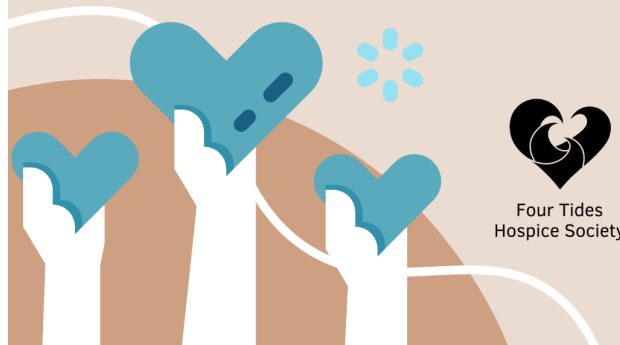
2026 FTTHS Volunteer Training

WE *Our Volunteers*



Our volunteers are the
heart of hospice.

In April, we'll be facilitating a
30-hour training session for new
volunteers. Thanks to everyone
who has registered!



Our 2026 training cohort is being selected and we are looking forward to this training session in April which will follow a new format in this year.



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Advance Care Planning Workshop

***Monday, April 13, 2026, 10:30-12pm
at the Library, FCU Community Room***

Advance Care Planning workshops support participants to explore, identify and document their future health care wishes.

Pre-registration is required with
anna.byrne@fourtideshospice.org or 604 223 7309



April 13, 2026 from 10:30 am to noon

Advance Care Planning Workshop

At the Powell River Public Library, FCU Community Room

Free for pre-registered participants

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; explore, identify and document your health-care wishes.

Limited space, so advance registration is a must! Register with anna.byrne@fourtideshospice.org or 604 223 7309



*Great News! Thank you Time Hortons
Powell River for choosing us again as
“Charity of Choice” for the 2026 campaign.*

smile cookies™

at Tim Hortons®

*from **April 27 to May 3** in support of*



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©Tim Hortons, 2024

Great news! We have been chosen again as the charity of choice for the Tim Hortons cookie campaign this year! The campaign will run from April 27th to May 3rd. We will let you know how to help us decorate the smiles on the cookies and how to order them. Stay tuned for updates in April



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More details at
fourtideshospice.org/jobs/

We Are **HIRING** *a p/t*

Program Coordinator

Are you looking for meaningful work directly supporting the Client and Volunteer Manager to provide effective and needs based programming as well as volunteer and administrative support?

Specific Skills

- Post-secondary education
- Relevant training and experience within non-profit, social services, health section and/or hospice/palliative program
- Excellent interpersonal and English language skills
- Effective team-building and leadership

APPLICATION ARE WELCOME FROM NOW UNTIL MARCH 27TH

**Send a letter of application with your resume to
anna.byrne@fourtideshospice.org**

We are hiring! If you are looking for meaning work, consider applying for this part-time Program Coordinator position supporting our Client and Volunteer Manager. See the [full job description](#) to consider how your skills, education and experience match the demands of this opportunity.

Grief Support Walking Group

The Grief Walking Group is open to anyone who is grieving the loss of a loved one. Participants share an hour outdoors, make connections, and acquire tools to manage grief. The group is led by trained hospice volunteers. All fitness levels welcome.



The Grief Walking Group meets at the Lower Seawalk parking lot at 10 am every Tuesday, weather permitting.

We are planning our next **8-week Grief Group** and have started a waiting list. If you or someone you know is interested please contact anna.byrne@fourtideshospice.org to find out more.

In the meantime, our dedicated volunteers offer a Grief Walking Group accessible to any fitness level. Join them every week on Tuesdays at 10 am at the Lower Seawalk parking lot.

Our ongoing Programs and Services



Four Tides Hospice Society

4675 Ontario Ave, Unit C
www.fourtideshospice.org

Providing free programs & resources
to the qathet region



**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!](#)



Powell River Hospice Society | 4675 Ontario Ave., Unit C. | Powell River, BC V8A 5B9 CA

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