

Volunteers

Hospice volunteers are caring, dedicated, and willing to provide a compassionate listening ear. They offer gentle companionship as you navigate life with a life-limiting illness or grief. Our volunteers have all completed 30 hour core training and as life-long learners continue to participate in additional training so they can offer the best support possible.

If you think you might be interested in either having or becoming a volunteer please contact us for more information.



Volunteer With Us

Volunteer opportunities include:

- Palliative Care Companion
- Support Group Facilitation
- Grief Guide
- Library
- Special Event Support
- Office Support

"I always feel like I receive more than I give when I visit with my hospice clients."

-Hospice Volunteer

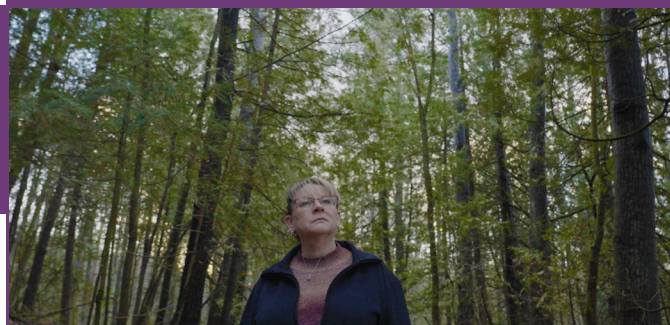
We Are Here To Support You

If you or someone in your family is living with a palliative diagnosis or grief, our Hospice Services Team may be able to help with:

- Health system navigation
- Caregiver support
- Support groups
- Volunteer companion support
- Grief and bereavement support for children and adults

"I couldn't have made it without the other folks that shared in the grief process. This has changed how I feel for the better."

-Support Group Participant



Palliative Care & Grief Support

Hospice Services supports individuals and their families who are living with a life-limiting illness, or who are grieving loss.

Evidence shows early engagement with a palliative care approach is beneficial in preventing emergency room visits and crisis in the home. Referrals can be made by medical teams or individuals.

Our Promise To You

Being diagnosed with a life-limiting illness can be overwhelming. It can create moments of sadness, fear, and you may have many questions. Families must try to navigate the healthcare system and wonder what life may be like, at the same time.

At Hospice Services, we aim to support your goals and we will support you and your family through your illness and into bereavement. Our focus is to improve your quality of living, dying, and grieving.

Hospice Services

705-324-7323 ext. 550

hospiceinfo@ccckl.ca

2 Kent St. W., Lindsay, ON K9V 2Y1

www.ccckl.ca

Founded in 1987 by a group of dedicated volunteers in Lindsay, Hospice Services has continued to grow. Integration with Community Care City of Kawartha Lakes in 2011 allows us to offer far-reaching support in all our communities.

Visit our website for more information about support and services available through CCCKL.



Hospice Services



"You matter because you are you. You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die."

-Cicely Saunders



Hospice Palliative Care

Hospice palliative care respects the whole person, not only the physical needs. Early connection to hospice palliative care after diagnosis has been proven to have a positive impact on overall care and quality of life. Knowing you're connected to a compassionate team of experts can help alleviate fear and anxiety. When your life is up-ended and suddenly filled with uncertainty, it's comforting to know that you're not facing it alone. Our team is here to support you.

Our Compassionate Staff

- Guide you and your family through the complex healthcare system
- Offer expert palliative care consultation to members of your care team
- Are available for emotional support as you and your family navigate the challenges of living with illness
- Provide access to palliative care professionals round the clock, ensuring continuous support and medical expertise

Our Caring Volunteers

- Offer supportive companionship
- Offer an opportunity for your caregivers to run errands or attend appointments
- Support patients and families on the Palliative Care Unit at Ross Memorial Hospital

We can't stop the downpour, but we can walk with you in the rain.



Our Palliative Support



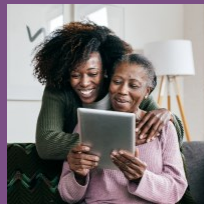
Living with Cancer

Connects people living with cancer and offers an opportunity to explore challenges and share laughter and hope.



Living with Illness

Connects people living with life-limiting illnesses such as cancer or end-stage COPD and offers an opportunity to share experiences and learn from others.



Caregiver Connection

Peer support that offers people caring for someone with a progressive life-limiting illness an opportunity to share experiences, challenges, and joys.

Hospice Grief Support

Grief is natural and necessary. It is how we process loss. Grief is not an illness so it can't be "cured". Grief is not only the pain and suffering we feel, it is so much more. Grief has no expiry date.

When we do not grieve well, it can intensify our suffering, hurt our relationships, and even affect our health. When we do grieve well, we may find that grief is not all pain, it also embraces the joy of love and remembrance.

The Journey of Grief

We are social beings who process our grief through sharing. For many, this is a vital part of the journey. This kind of sharing takes much more than a good shoulder to cry on. It requires a safe, supportive, and non-judgemental environment, along with people who truly understand what we are going through.

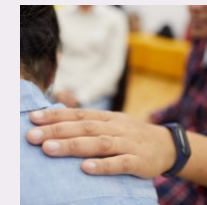
At Hospice you'll find a comforting place, specialized programs, and a highly trained team to help you transform your hurt into hope.

Our Grief Support Groups



Understanding Your Loss

A curriculum based program which allows participants to experience support from others who are also grieving while exploring ways to cope with life following the loss of a loved one. Registration is required.



No Time to Say Goodbye

Understanding grief after a sudden loss is especially challenging and painful. This group is a safe space to explore those feelings with others who have experienced a death by suicide, overdose or traumatic incident. Registration is required.



Standing Together and Receiving Support (STARS)

Through activities and open discussion, participants will be able to connect with others who have experienced the death of a loved one. For children ages 6-12 via Zoom. Registration is required