



Did you know that the Hospice exists solely because of the generosity of our caring community?

Donations to St. Joseph's Lifecare Foundation (the official fundraising organization for Stedman Community Hospice), have brought this beautiful building to life. Our community has funded vital programs and services, purchased medical equipment, patient meals, furnishings, therapeutic gardens, heat/hydro and everything in between.

Ongoing donations are vital to ensure that Hospice patients and families will never get a bill for the care they need and deserve!

If you would like to donate to the Hospice, please contact the Foundation office or give directly on-line at www.sjlc.ca.
Thank you for caring!

St. Joseph's Lifecare Foundation's mailing address is the same as the Hospice.



Stedman Community Hospice
99 Wayne Gretzky Parkway
Brantford, ON N3S 6T6
519.751.7096 Ext. 2500
www.sjlc.ca

Widow to Widow Program

*Learning to
Live with Hope
in the Midst of Grief*

W I D O W T O W I D O W P R O G R A M

Overview

The Widow to Widow Program is a ten-week structured group session that invites women to a commitment of doing grief work in a safe environment.

Areas of Discussion

- The theory of what healthy grieving can be and how to live with the loss of your spouse
- The opportunity to share your pain and integrate this experience into your life
- Other losses that have been realized
- Review and reflect on how grief affects all aspects of your life
- Dispelling misconceptions of loss
- Developing a new self-identity and the transformation that will happen when you are open to change and acceptance
- Understanding grief avoidance

- Why support is vital and how to support others when they have had a loss of a spouse
- The importance of self-care

*"Grief is a part of life.
My hope is that your pain
will soften and
be manageable as you
live out your life."*

*~Camillia Galezowski
Supportive Care Coordinator/Chaplain*

**For more information regarding the
Widow to Widow Program
please contact
Stedman Community Hospice
519.751.7096 Ext. 2500**

What Past Participants Have to Say

"The group allowed me to realize that there were many things in my life that I hadn't taken care of."

"There is a certain bonding and friendship formed. It is good to learn and relate to others in their experience."

"My family was pleased that I joined the support group. It helped them in their grief."

"I have a better understanding of what it means to live with my loss and it is a safe place to share my pain."

"I learned new coping skills and realized that grieving is a process."