

Please contact our Patient & Family Support Counsellors for intake regarding these bereavement support options, to receive further information about any of our services or other related services in the community. For intake, please call:

604-988-3131 ext. 1513

Patient and Family Support Counselling Services

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **GV.250.22.P38**
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North Shore
Palliative Care Program

319 East 14th Street
North Vancouver BC V7M 1P6
Tel: 604-984-3743

The Patient and Family Support Team includes two part-time Patient and Family Support Counsellors.

Individual and group counseling is offered free of charge to patients, families and/ or caregivers connected to the North Shore Palliative and Supportive Care Program.

This support is offered for up to six months and families are welcome to connect with the program anytime within two years of their loss.

The Patient and Family Support Counsellors provide individual counseling as well as a range of groups.

The group options include a psycho-educational group, group grief counseling and a walking group.

All these groups offer support and connection and an opportunity to build your skills to increase coping in a supportive and compassionate environment.



If you identify with any of the following, it may be time to seek support:

- Overwhelming emotions
- Social isolation
- Recurrent bothersome thoughts
- Lack of interest in self-care
e.g. changes in sleep patterns, loss of appetite
- Intense self doubt
- Guilt
- Increased anxiety
- Lack of meaning and purpose

Please feel free to reach out when the time is right for you, you are not alone.

We have seen time and time again that for those who have made a connection, the burden is lessened, making a difference in their grieving journey.

