

Wellness Centre Focused on Emotional, Physical, and Spiritual Wellbeing

Shuswap Hospice & Palliative Care Resource Centre provides a variety of programs and services to families throughout the Shuswap Region. We are a Wellness Centre focused on emotional, physical, and spiritual wellbeing.

Why what we do is important...

We provide an environment where we honour and respect personal health care decisions and offer psychological, emotional, and spiritual support for families. Our work also focuses on grief, either anticipatory or for the loss of a loved one. Grief comes in many forms and expressions, and we recognise them all. Our aim is to empower people to continue finding their reason for being, their joie de vivre for life. Through actively listening, hearing their concerns, and helping them navigate this impactful phase of their life we guide them on their journey of reconnection and healing. We help clients discover the necessary tools to have the conversations with their loved ones that are so vitally important while we support loved ones to acknowledge and understand end of life wishes. We lend a hand to achieve living well and dying well with dignity and compassion, humor and laughter and some tears.

**Quality - Compassion - Dignity ...
What everyone deserves.**

**We are not just about end of life;
we are about quality of life.**

Programs offered include Caregiver Support Groups - Bereavement Support – Companion Program – One-on-One Grief Support – Nav-CARE - Advance Care Planning - Walk & Talk Groups - Touch Therapy. New programs include Youth, Grief and Loss, Children's Room providing support for children of all ages and the Wig and Prosthesis Lending Bank where we offer free wigs and breast accessory service, fittings, and support. You will also find an extensive Lending Library for those who may find comfort in reading.

We are a non-profit, volunteer-based organization that depends on donations and support from community. All of our services and programs are offered free of charge.

Community caring for community

To learn more, contact us at:

Shuswap Hospice Society
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www.shuswaphospice.ca
info@shuswaphospice.ca

SHUSWAP
HOSPICE
SOCIETY



HOSPICE AND PALLIATIVE CARE
RESOURCE CENTRE

When medical intervention can no longer add days to life,
Hospice care adds quality of life to each day.

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