

# Grief : It's Everyone's Business

Louise Boissonnault- spiritual care practitioner, Vitalité

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# Grief : it's Everyone's Business

- **Presenter Disclosure:**

- Speaker's name: **Louise Boissonnault**
- Relationships with financial sponsors: *not applicable*
- Membership on advisory boards or speakers' bureau: *not applicable*
- Patents for drugs or devices: *not applicable*
- Other financial relationships /investments: *not applicable*

***Disclosure of Financial Support***

*No external support*

***Mitigating Potential Bias***

*Not applicable*

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- **Presenter Disclosure:**

- Speaker's name: **Kelly Hudson-Lewis**
- Relationships with financial sponsors: *not applicable*
- Membership on advisory boards or speakers' bureau: *not applicable*
- Patents for drugs or devices: *not applicable*
- Other financial relationships /investments: *not applicable*

***Disclosure of Financial Support***

*No external support*

***Mitigating Potential Bias***

*Not applicable*

# Grief : it's Everyone's Business

## **GRIEF AND BEREAVEMENT SUBGROUP**

Members include representatives from:

- Both regional health authorities
- NB Spiritual Health Network
- Department of Health
- NB Cancer Network
- Department of Social Development
- Extra-Mural Program
- NB Palliative Care Working Group members with special interest and experience in grief and bereavement

Members bring diverse expertise in various roles to the sub-group including positions such as:

- Palliative and Spiritual Care Leads and Coordinators
- Nursing and Social work Expertise
- Palliative Care Physician

# Grief : it's Everyone's Business



# Grief : it's Everyone's Business (F)



# Grief : it's Everyone's Business (E)



« grief »



# Grief is...



... not something to  
“get over” or “fix”.

... a natural response to any  
loss – a person, a relationship,  
security, hope, or others.

... messy and it doesn't  
have a timeline.

... felt and expressed in  
many different ways.

... something you live with  
and it changes over time.

*Grief needs to be  
recognized, honoured,  
and supported.*

Canadian Grief Alliance  
[CanadianGriefAlliance.ca](http://CanadianGriefAlliance.ca)

Financial contribution from



Health  
Canada

Santé  
Canada



Recognize... Honour... Support...

*“Grief is not a problem to be solved;  
it’s an experience to be carried.”*

*Megan Devine*

Recognize... Honour... Support...

# RECOGNIZING grief

# Recognize... Honour... Support...

*Grief is a normal reaction to a complex situation. Grief is not pathological. It is human.*

*Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.*

*Earl Grollman / [tinybuddha.com](http://tinybuddha.com)*

*Grief creates change you DON'T choose. Healing is about creating change you DO choose.*

*Michelle Rosenthal*

# Recognize... Honour... Support...

*When you try to take someone's pain away from them, you don't make it better. You just tell them its not OK to talk about their pain.*

*Megan Devine*

*As hard as it is, grief never leaves you. But it can inspire or shift your life in unexpected ways that bring about change and hope.*

*Dan Levy*

# Recognize... Honour... Support...

**GRIEF AND BEREAVEMENT:**      **CHAGRIN ET DEUIL**

**GRIEF:**      **DEUIL :** *duel* = douleur, l'affliction devant la mort de quelqu'un

**LOSS:**      La mort, la perte d'un proche "plusieurs **deuils** dans la famille"

**GRIEF WORK:**      Le travail de **deuil**

**MOURNING:**      Signes extérieurs du **deuil** (vêtements de deuil)

**BEREAVEMENT PROCESS:**      Processus du **deuil**, vivre un deuil, traverser un deuil

# Recognize... Honour... Support...

## THE SURPRISE QUESTION



# Recognize... Honour... Support...

## RESPONSES TO GRIEF

Emotional

Behavioural

Cognitive

Social

Physical

Spiritual





# Recognize... Honour... Support...

## MYTHS

- Grief has a time limit
- On special days, don't think about...
- You should “get over” grief

## REALITY

Grief has NO time limit

Honor the person who died

Grief isn't something you “get over”

# Recognize... Honour... Support...

## MYTHS

- Death ends a relationship
- You should avoid painful parts of grief
- You will achieve complete closure

## REALITY

Death does NOT end a relationship

You should NOT avoid painful...

You will not always feel...

# Recognize... Honour... Support...

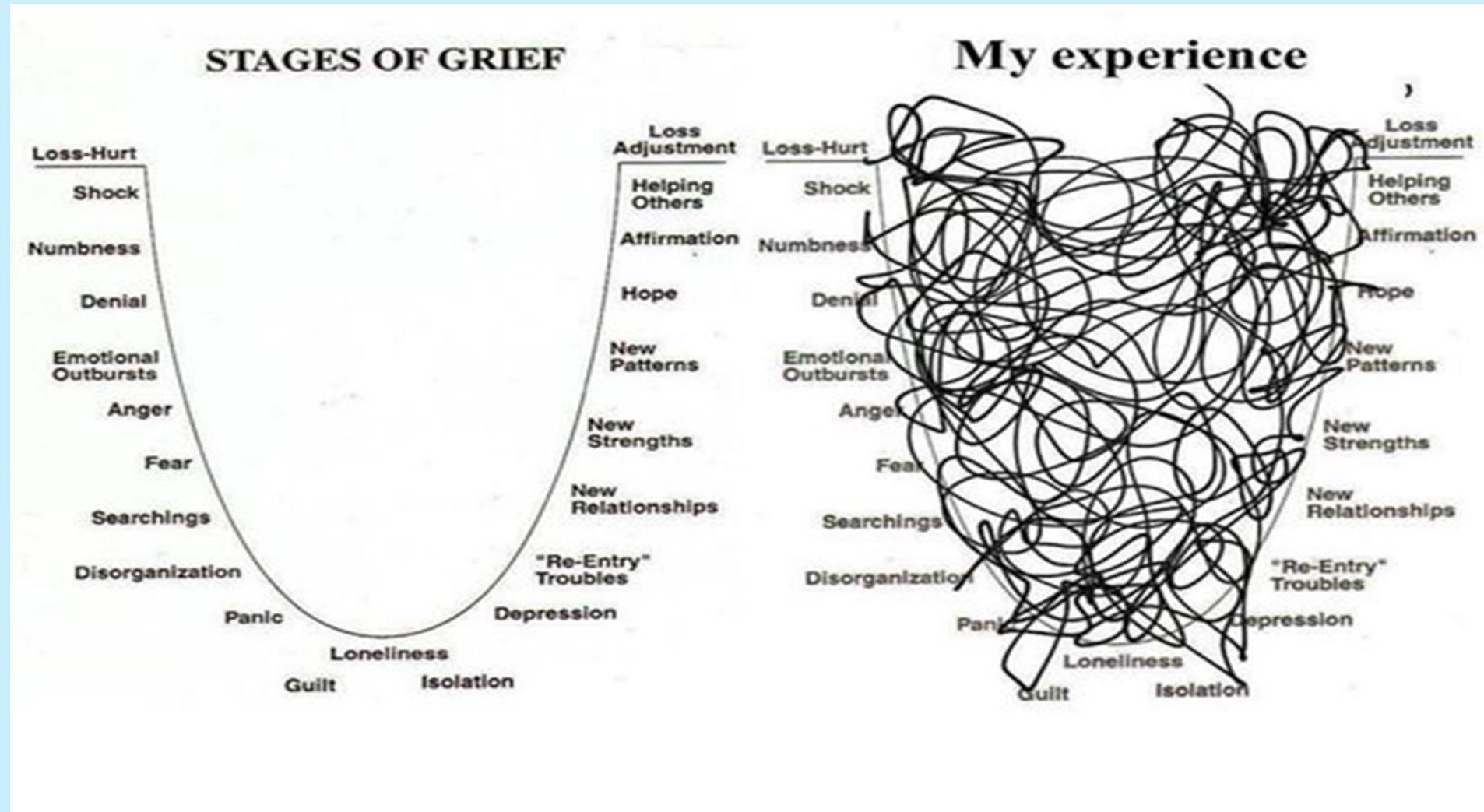
## MYTHS

- There are 5 stages of grief

## REALITY

Grief is messy,  
the stages were meant for **preparatory grief**

# Recognize... Honour... Support...



Recognize... Honour... Support...

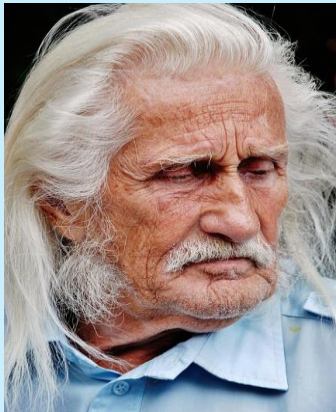
# HONOURING grief

# Recognize... Honour... Support...



# Recognize... Honour... Support...

## HONOURING THE LIVED EXPERIENCE



# Recognize... Honour... Support...

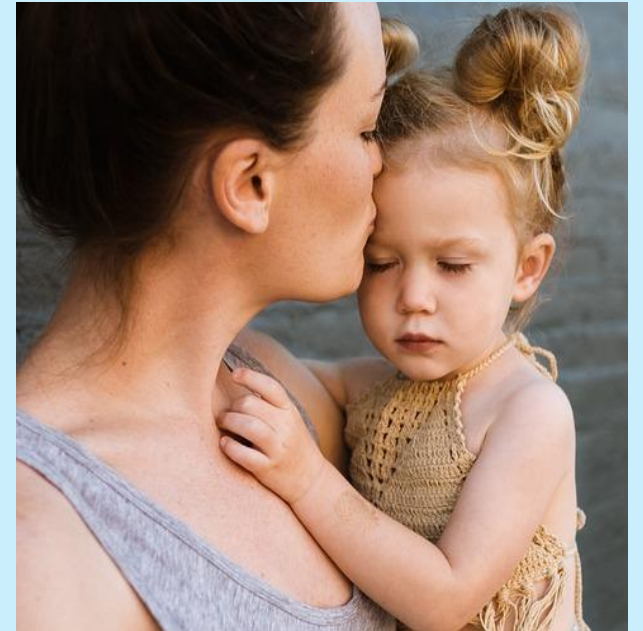
## **ROAD SIGNS ON THE GRIEF JOURNEY**

- Anticipatory grief
- Preparatory grief
- Disenfranchised grief
- Ambiguous grief
- Cumulative grief



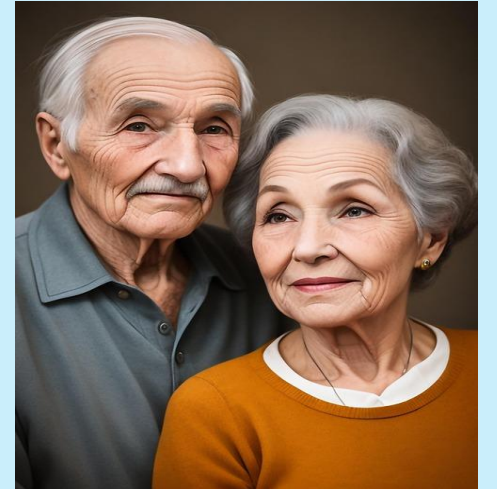
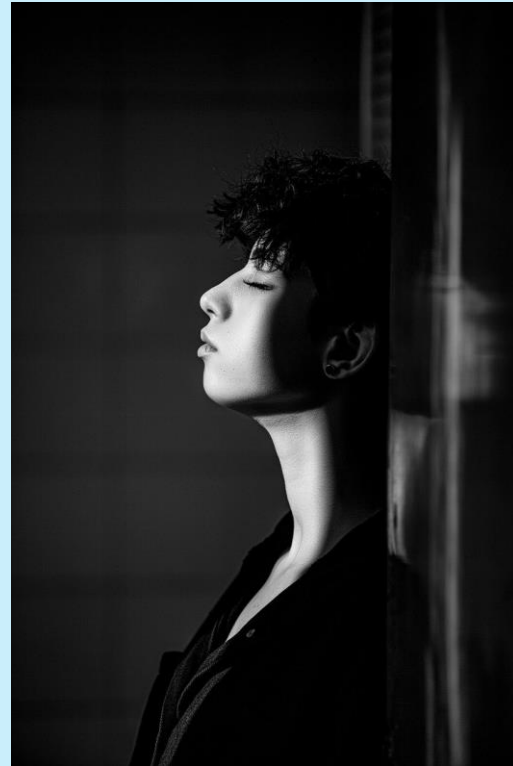
# Recognize... Honour... Support...

## Anticipatory Grief



# Recognize... Honour... Support...

## Preparatory Grief



# Recognize... Honour... Support...

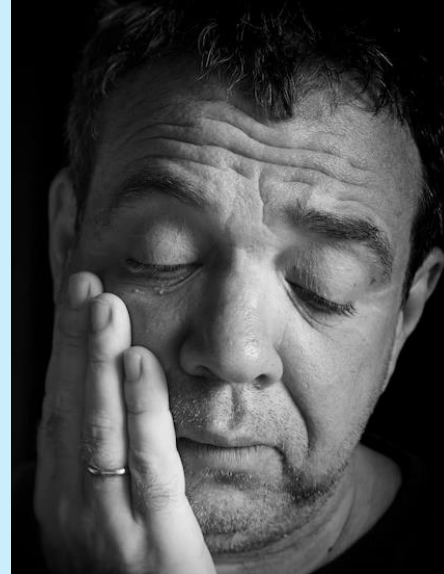
## Disenfranchised Grief





# Recognize... Honour... Support...

## Ambiguous Grief

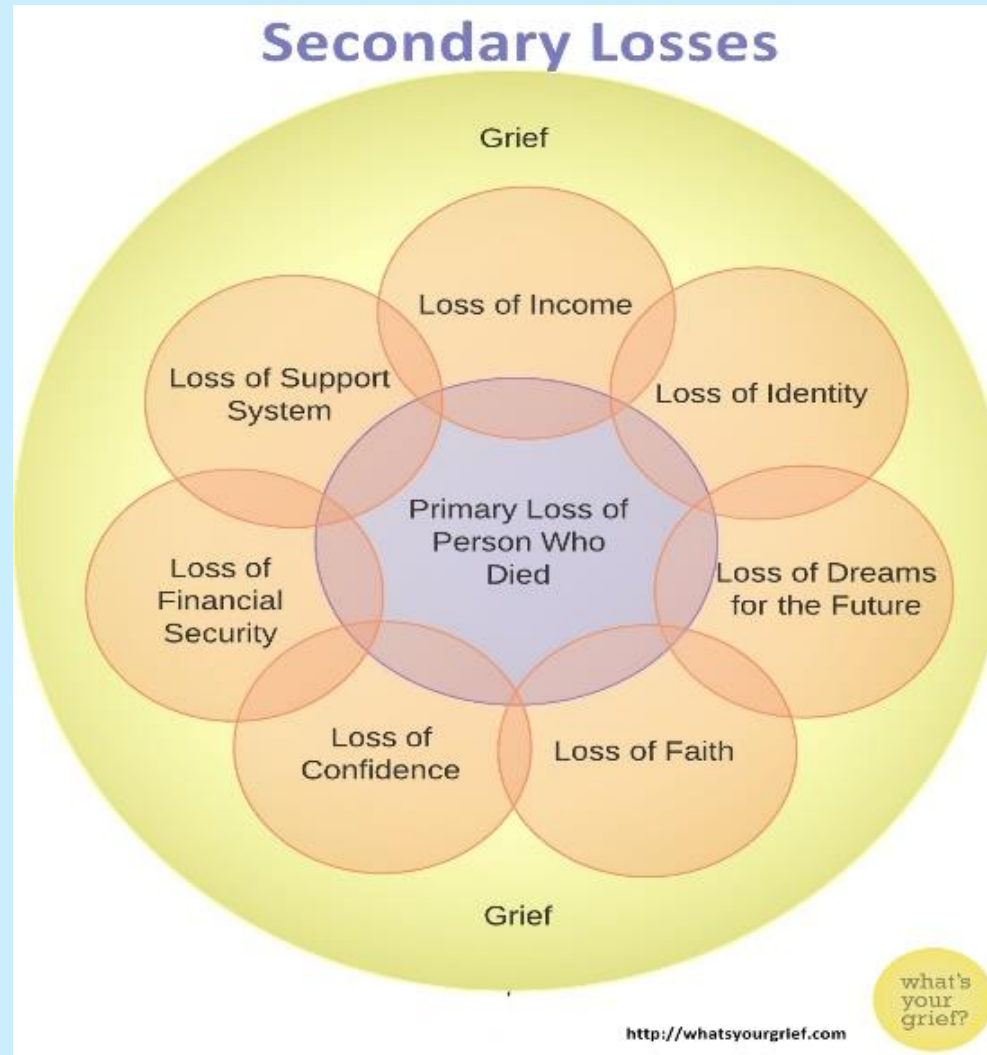


# Recognize... Honour... Support...

## Cumulative Grief



# Recognize... Honour... Support...



# Recognize... Honour... Support...

## **HONOURING BY BEING & DOING**

### BEING:

Being attentive

Being with, holding space

Ok to feel sad and not change the conversation

The box of tissues...

Chochinov's ABC's

### DOING

Responding to needs (body, mind, emotions, spirit)

Asking, verifying, recognizing, ...

# Recognize... Honour... Support...

## SPIRITUAL NEEDS INCLUDE CULTURAL AWARENESS

Cultural humility  
Respectful curiosity

*LivingMy*Culture.ca

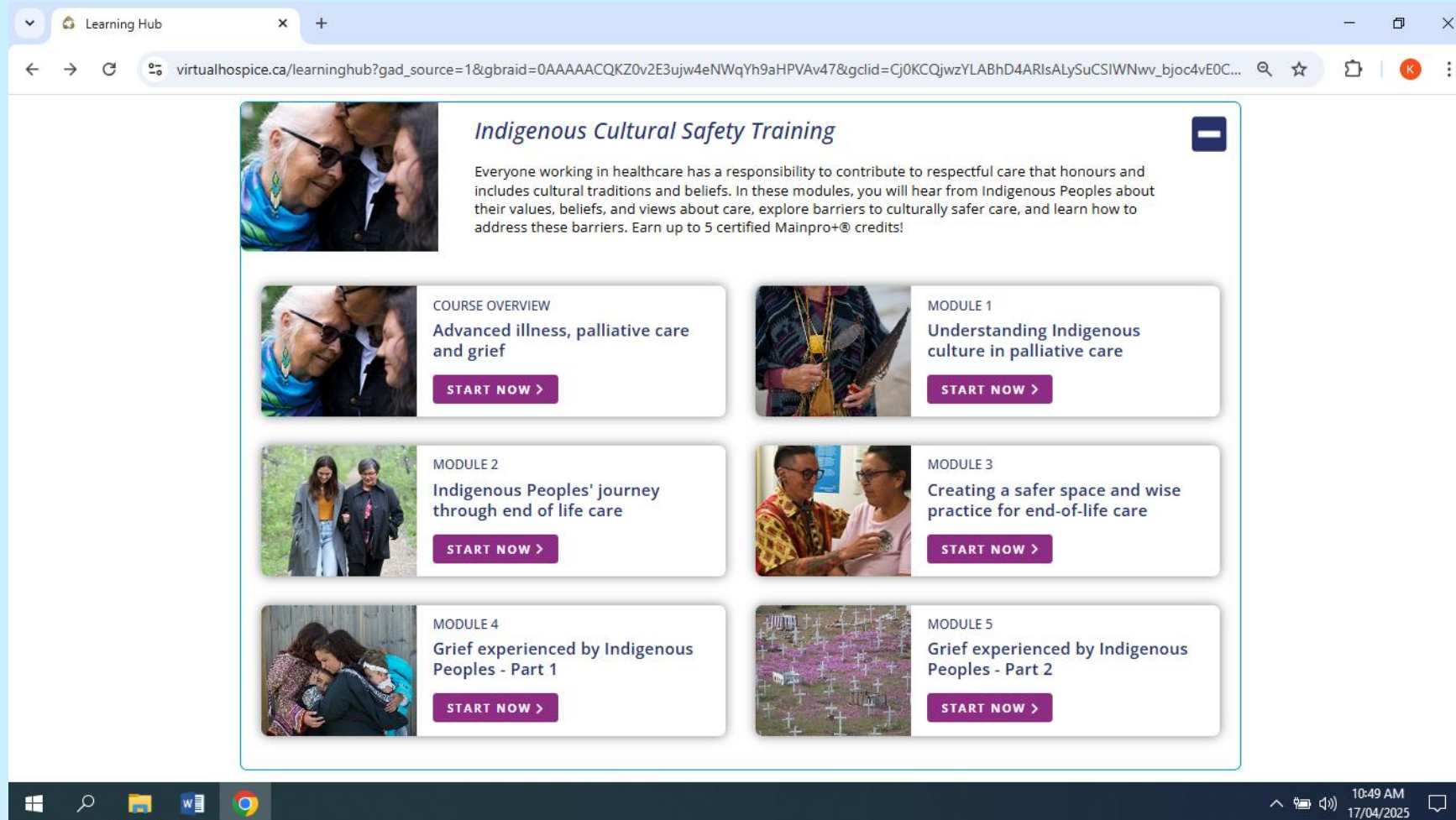


CANADIAN  
VirtualHospice





# Recognize... Honour... Support...



The screenshot displays a web browser window with the 'Learning Hub' tab. The address bar shows the URL: [virtualhospice.ca/learninghub?gad\\_source=1&gbraid=0AAAAACQKZ0v2E3ujw4eNWqYh9aHPVAv47&gclid=Cj0KCQjwzYLABhD4ARIsALySuCSIWNwv\\_bjoc4vE0C...](https://virtualhospice.ca/learninghub?gad_source=1&gbraid=0AAAAACQKZ0v2E3ujw4eNWqYh9aHPVAv47&gclid=Cj0KCQjwzYLABhD4ARIsALySuCSIWNwv_bjoc4vE0C...)

## Indigenous Cultural Safety Training

Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs. In these modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care, explore barriers to culturally safer care, and learn how to address these barriers. Earn up to 5 certified Mainpro+® credits!

**COURSE OVERVIEW**  
Advanced illness, palliative care and grief  
[START NOW >](#)

**MODULE 1**  
Understanding Indigenous culture in palliative care  
[START NOW >](#)

**MODULE 2**  
Indigenous Peoples' journey through end of life care  
[START NOW >](#)

**MODULE 3**  
Creating a safer space and wise practice for end-of-life care  
[START NOW >](#)

**MODULE 4**  
Grief experienced by Indigenous Peoples - Part 1  
[START NOW >](#)

**MODULE 5**  
Grief experienced by Indigenous Peoples - Part 2  
[START NOW >](#)

The Windows taskbar at the bottom shows the time as 10:49 AM on 17/04/2025.

# Recognize... Honour... Support...

**S O N G : Self**  
**Others**  
**Nature**  
**God or Greater purpose**

**F I C A : Faith**  
**Importance**  
**Community**  
**Addressing it**



[illegible]

Recognize... Honour... Support...



Recognize... Honour... Support...

# **SUPPORTING** grief



# Ideas to support someone who is grieving

Acknowledge. Show up. Check in.

## Acknowledge:

### The loss

*"I'm sorry this happened to you."*

### The grief

*"I won't pretend to know what you're going through or how you feel, but I'm here for you."*



## Support:

### Offer to spend time together

*"Would you like some company? We could go for a walk."*

### Support how they need to grieve

*"Whatever you're feeling is alright. I'm here even if you don't know what you need."*

### Be specific with offers of help

*"Can I walk your dog? Bring you dinner? Mow your lawn?"*

### Keep checking in

*"Just letting you know I'm thinking of you."*

### Know the importance of small gestures

*"You're welcome to join us for dinner if you're feeling up to it."*

### Show you care, follow their lead, and listen

*"If you would like to talk, I'm here to listen."*

### Don't let discomfort stop you

*"We don't have to talk. We can just be together."*

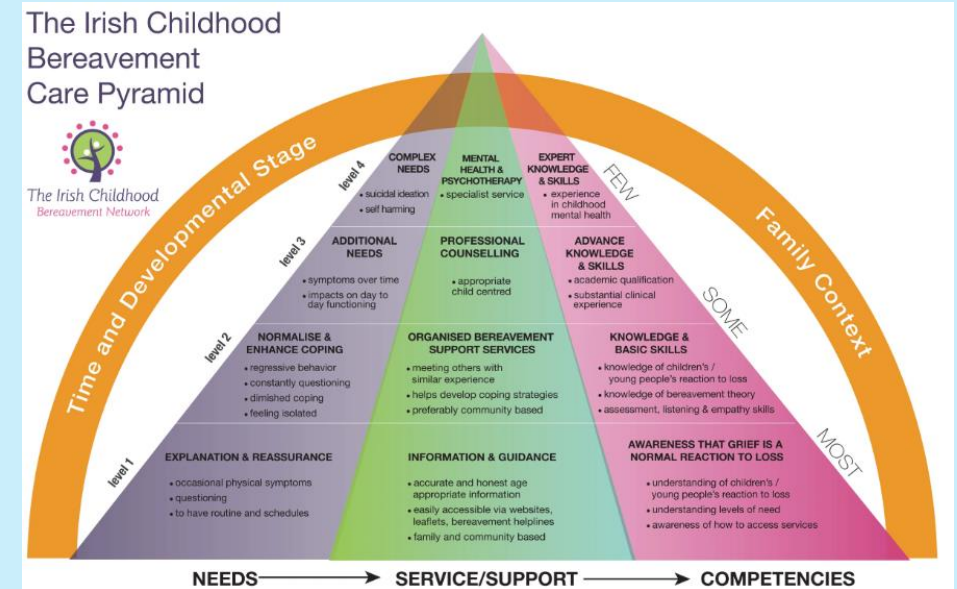
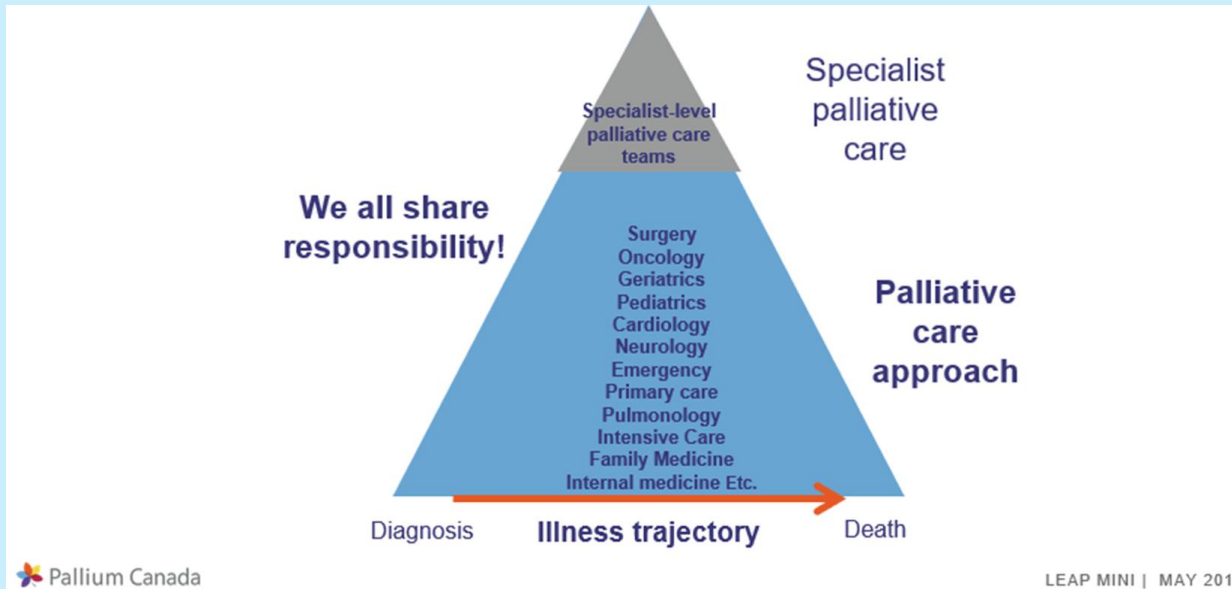
Recognize... Honour... Support...

*« People will forget what you said,  
people will forget what you did,  
but people will never forget  
how you made them feel. »*

Maya Angelou

# Recognize... Honour... Support...

## DIFFERENT LEVELS OF LITERACY





# Reconnaître... respecter... accompagner...

## CONTINUING EDUCATION

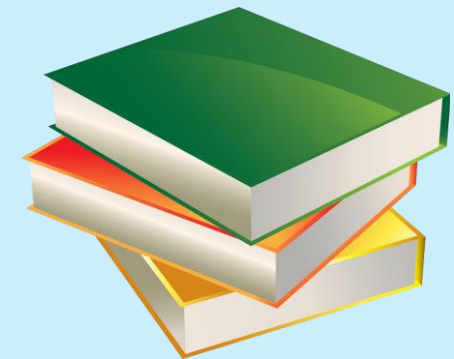
Pallium Canada ECHO SERIES

Living through loss.ca

Andrea Warnick [awcgrief.com](http://awcgrief.com)

Wilfred Laurier University in Waterloo

Fondation Monbourquette – Université de Montréal



# Recognize... Honour... Support...

- Books
- Canadian musts:

The logo for MyGrief.ca features the text "MyGrief.ca" in a stylized font. "My" is in blue, "Grief" is in green, and ".ca" is in a lighter green. The text is set against a white background.The logo for the Canadian Grief Alliance features the text "Canadian Grief Alliance" in a bold, dark blue sans-serif font. To the right of the text is a light blue silhouette of a maple leaf.The logo for "what's your grief?" features the text "what's your grief?" in a bold, black sans-serif font, enclosed within a yellow speech bubble.

# Recognize... Honour... Support...

	Resources and links	Info/description
	<b>New Brunswick Resources</b>	
NB -Horizon Bilingual	<b>Bereavement Packages</b>	Given to family members of those who have died within Horizon facilities. *Pediatric available as well
NB – Vitalité Bilingual	<b>Palliative Care Manual for Patients and Families</b>	Given to family members and patients.
NB	<b>The Compassionate Friends of Canada</b> 506-232-1950 Email : <a href="mailto:Moncton@TCFCanada.net">Moncton@TCFCanada.net</a> Email: <a href="mailto:SaintJohn@TCFCanada.net">SaintJohn@TCFCanada.net</a> Email : <a href="mailto:Fredericton@TCFCanada.net">Fredericton@TCFCanada.net</a>	- Grief support after the death of a child no matter what their age. -A Grief Support Group; Self help group for bereaved parents of all ages who have experienced the death of a child. We need not walk alone!
Moncton Area	<b>Hospice Southeast New Brunswick</b> 506-797-0011 Website: <a href="https://hospicesenb.ca">https://hospicesenb.ca</a>	Trained volunteers providing 7-week peer to peer support <a href="#">groups</a> Drop-ins in Moncton and Shediac; Death café Connected to Albert House <a href="http://www.hospicesenb.ca/maison-albert-house/">www.hospicesenb.ca/maison-albert-house/</a>
Saint John	<b>Bobby's Hospice</b> <a href="https://hospicesj.ca/">https://hospicesj.ca/</a>	
Saint John	<b>Hospice Sussex</b> <a href="mailto:info@hospicesussex.ca">info@hospicesussex.ca</a> 506-432-5001	Grief support and grief groups
Saint John	<b>Addiction and Mental Health Services for Seniors</b> Telephone: 506-632-5400	Individual and group mental health counselling services to adults 65 or older and/or those assessed as requiring specialized seniors' program. St. Joseph's Community Health Centre
Saint John	<b>Horizon Health Adult Mental Health Centres</b> Saint John: 506-658-3737 Grand Manan: 506-662-7023 St. George: 506-755-4044 St. Stephen: 506-466-7380 Sussex: 506-466-7501	Individual counselling or support groups. To make an appointment call the specific centre.
Fredericton	<b>Hospice Fredericton</b> <a href="http://www.hospicefredericton.ca">www.hospicefredericton.ca</a>	The Centre for Hope
Edmundston French only	<b>360 degrés – Une histoire sur le deuil</b> <a href="https://www.facebook.com/360DegreUneHistoireSurLeDeuil/">https://www.facebook.com/360DegreUneHistoireSurLeDeuil/</a>	French weekly support group Kedgwick /Saint-Quentin

# Recognize... Honour... Support...

## **CONCLUSION**

Awareness « where is grief showing up », because it is !

Recognizing, honouring and supporting it in ourselves

Being present to our own lives, so we can be present to others

# Recognize... Honour... Support...

## **CONCLUSION**

Allowing the variety of religious and spiritual experiences, everyone is unique

Honouring the specialists, but not leaving it to them

Making space for life's big life questions...

Recognize... Honour... Support...

## A MINDFUL SELF COMPASSION MOMENT



# Recognize... Honour... Support...

Brock, Ira “Dying Well: Peace and Possibilities at the End of Life”, Berkley Publishing Group, 1997.

Canadian Association for Spiritual Care / Association canadienne de soins spirituels

Devine, Megan. “It’s OK that You’re Not OK: Meeting Grief and Loss in a Culture that Doesn’t Understand.” Sounds True Inc. 2017.

Galek, Kathleen PhD; Flannelly, Kevin J. PhD; Vane, Adam MA; Galek, Rose M. MS, RN [Assessing a Patient's Spiritual Needs: A Comprehensive Instrument](#). *Holistic Nursing Practice* 19(2):p 62-69, March 2005.

Grief and Bereavement - NB Palliative Care Working Group / Sous-groupe de travail sur le deuil- Groupe de travail sur les soins palliatifs au N.-B.

<https://nbhc.ca/surveys/patients-experience-hospital-care-new-brunswick>

<https://www.partnershipagainstcancer.ca/topics/palliative-care-competency-framework/>

[https://commons.wikimedia.org/wiki/File:Albert Gy%C3%B6rgy, M%C3%A9lancolie, 2012 \(43641849895\).jpg](https://commons.wikimedia.org/wiki/File:Albert_Gy%C3%B6rgy,_M%C3%A9lancolie,_2012_(43641849895).jpg)

[www.Mygrief.ca](http://www.Mygrief.ca) [www.What'syourgrief.com](http://www.What'syourgrief.com) [virtualhospice.ca](http://virtualhospice.ca) <https://www.canadiangriefalliance.ca/> [infodeuil.ca](http://infodeuil.ca)

<https://vitalitenb.ca/fr/services-et-emplacement/repertoire-des-services/soins-spirituels>

<https://horizonnb.ca/services/support-and-therapy/therapeutic-services/spiritual-care/>

Pixabay.com , freepik.com

Stroebe, M., Schut, H., & Boerner, K. (2017). [Cautioning health-care professionals: Bereaved persons are misguided through the stages of grief](#). *OMEGA*, 74(4), 455-473.



Recognize... Honour... Support...

THANK YOU!

