

Camp Bridges



**“Love builds bridges
where there are none.”**

Camp Bridges provides a safe environment where children and teens ages 7-17 have opportunities to interact and share their feelings with other children. They may learn to understand their grief, recognize that they are not alone, and that their feelings are normal. The camp is not designed to provide grief therapy, but we will acknowledge the loss and grief, honour memories, and have some fun, too.

**For more information
please contact your
Palliative Care Coordinator**

Or

**Canadian Virtual Hospice
Website at:
www.virtualhospice.ca**

Other Palliative Care brochures:

- **Palliative Care Program**
- **Pain Control at End of Life**
- **Food and Fluids at End of Life**
- **What to Expect at the End of Life**

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Understanding Your Grief

Palliative Care Program

*There is no road map
for this journey.
Every person's life
and death is unique.*

Grief and You

The death of a loved one is very difficult. It is important to realize that grief is a natural, normal, and expected response to the loss of a significant person in your life.

Grief is a process of healing a heart that has been broken. Although grief may be very painful, it is a necessary process. It takes great courage to cope with a loss and begin to embrace life again.

Grief may be a long process with many ups and downs. This process may last much longer than our society recognizes.

Grief may be experienced in many different ways. Each person may deal with it a little bit differently. There is no “right or wrong” way to grieve.

You may experience:

- You may have physical reactions: e.g. upset stomach, headaches, non-specific aches, sleep problems, loss of appetite, heaviness in the chest, etc.
- You may feel restless and have difficulty concentrating.
- You may have trouble thinking and making decisions.
- You may easily tire and feel exhausted.
- You may feel guilt over things that happened or did not happen in the relationship with the deceased.
- You may feel the need to tell, retell, and remember things about the loved one and the experience of their death.
- Your grief may involve continual changes. Grief is ongoing and is never finished. Grief does get easier.
- Certain dates, anniversaries, birthdays and other events may bring upsurges in your grief.
- Be gentle with yourself. Give yourself permission to take as much time as you need to heal.

Signs of Healing

There are many signs of healing; however, it is normal and common for someone going through the grief process to experience renewed grief at any point. During these times, people coping with loss need acceptance and support, not judgment.

Some signs of healing are:

- Eating, sleeping and exercise patterns return to “normal.”
- Looking forward to getting up in the morning.
- A renewed sense of energy and purpose.
- Ability to concentrate on a book, movie, or game or enjoy time alone.
- Ability to remember both good and bad times.
- Establishing new and healthy relationships.
- Looking forward to holidays, events and special occasions.