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November Newsletter

National Grief and Bereavement Day, Nov. 19, 2024, and [Children's Grief Awareness Day](#), Nov. 21, 2024, are coming up next week! Check out the following resources to help you understand and respond to grief.

CGA presents a National Grief & Bereavement Day special event: Grief Chats - Culture & Grief

Canadian Grief Alliance presents a
National Grief & Bereavement Day Special Event:

Grief Chats: Culture & Grief

Nov. 19, 2024 | 8 pm ET, 5 pm PT

Hosts Harvey Max Chochinov, MD, PhD, and
Christopher MacKinnon, PhD, welcome:

- Elder Gerry Oleman - Cultural Advisor, St'atc'imc from Shalalth BC
- Shahina Siddiqui - Islamic Social Service Association
- Lawrence Cheung - Spiritual Health Practitioner
- Reena Samra - BIPOC Healing and Wellness Centre

Join our live panel discussion and
gain a greater understanding of grief
from different cultural perspectives.

Register at
CanadianGriefAlliance.ca



Our hosts:



Dr. Christopher MacKinnon
Monkland Psychology



Dr. Harvey Max Chochinov
Cancer Care Manitoba,
University of Manitoba

Our panel:



Lawrence Cheung
Spiritual Health Practitioner



Reena Samra
BIPOC Healing and
Wellness Centre



Shahina Siddiqui
Islamic Social Service Association



Elder Gerry Oleman
Cultural Advisor,
St'atc'imc from Shalalth BC

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Are you supporting someone whose cultural beliefs are different from your own? Learn how to respond in ways that honour and respect their traditions and beliefs. Join the Canadian Grief Alliance on Nov. 19 for Grief Chats Q&A: Culture & Grief. We welcome hosts **Dr. Harvey Max Chochinov**, PhD, FRCPC, distinguished professor of psychiatry and researcher at the University of Manitoba, and psychologist **Christopher MacKinnon**, PhD, for a host-led discussion with our cultural panel:

- **Elder Gerry Oleman**, St'atc'imc from Shalalth BC, Cultural Advisor
- **Lawrence Cheung**, Spiritual Health Practitioner
- **Shanina Siddiqui**, Islamic Social Service Association
- **Reena Samra**, BIPOC Healing and Wellness Centre

Date: November 19, 2024

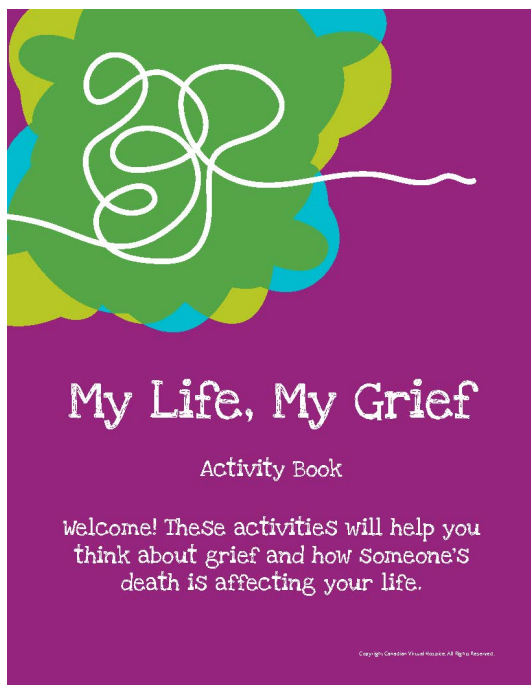
Time: 8:00 pm ET/5:00 pm PT.

There is no charge to attend.

Register

Please share this invitation widely within your networks and social media channels. If you can't attend the session but wish to receive the recording, register for the webinar and the recording link will be sent to you following the session.

My Life, My Grief Activity Book



This activity book is the most recent release in a series to support grieving school-aged children, and was developed by Canadian Virtual Hospice and Child Life Specialist, Ceilidh Eaton Russell, PhD. It can help children who have experienced someone's death to:

- make sense of their experiences,
- express their thoughts, feelings, and wishes,
- practice things that help when they are grieving.

[Download](#)

View the rest of the series at [KidsGrief.ca](https://www.kidsgrief.ca)

What's new

REMINDER: Help chart the future of palliative care

Statistics Canada is conducting a study called *Living with a Life-limiting Illness: Access to Care and Related Experiences*. If you are living with a life-limiting illness or care for someone who is, please consider participating. Results will help decision-makers assess the availability, accessibility, and use of supportive services and develop programs and policies that meet the diverse needs of Canadians. This is important! Share with your patients, clients, residents and others to inform federal and provincial investments and policies.

[Participate](#)

Innovation Challenge winners celebrated in home province

Since winning International Innovator of 2024 at the Canadian Virtual Hospice's Innovation Challenge last month, Sarah Scott and Terri Milton from Valley Hospice Foundation have received an enthusiastic homecoming from their province. Their innovation, Grief Library, beat six finalists, including contenders from Harvard and John Hopkins Bayview. The Grief Library provides free access to books about grief and bereavement for all Nova Scotians through a book-by-mail system. Nova Scotians can access the library by internet or phone, or browse a booklet on a three-month loan with a prepaid return envelope.

Explore the Grief Library

View media coverage of the winners:

- [Sarah and Teri's Global News interview](#)
- [The Laker article](#)
- [Entrevestor article](#)

Ontario building first Indigenous hospice in Canada

The Six Nations of the Grand River, with fundraising and financial support from the Ontario government, is constructing a new five-bed hospice that will provide Indigenous families with culturally-safer palliative care in the community.

Canadian Virtual Hospice is honoured to have partnered with Six Nations of the Grand River on our [LivingMyCulture.ca](#) resources.

Learn more

New website and socials launched for CPPCA

On National Children's Hospice Palliative Care Day, Canada's Pediatric Palliative Care Alliance (CPPCA) launched its website and new LinkedIn and X (formerly Twitter) channels. This online presence is designed to bring together healthcare professionals, families, and organizations to shape the future of pediatric palliative care in Canada.

Website

LinkedIn

[X \(formerly Twitter\)](#)

Second phase of palliative care campaign launches

This fall, Health Canada will launch the next phase of its campaign to promote a palliative approach to care, support grief literacy, encourage early conversations with patients, and provide tools and resources for providers.

[Explore campaign tools here](#)

Indigenous Cultural Safety Training modules accredited

Canadian Virtual Hospice's five Indigenous Cultural Safety Training modules, found on The Learning Hub, have been accredited by the College of Family Physicians of Canada for up to 5 Mainpro+ credits. The modules were developed by Indigenous scholars, Elders, and healthcare providers and are available at no cost. 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 and be an ally. Receive a certificate of completion for each module.

[Explore modules](#)

NEW BOOK for grieving children

The death of a parent, sibling or friend can be one of the most traumatic experiences for a child or young person and it can be hard to know how to talk to them about it. Clinical psychologist and founder of childhood bereavement charity Winston's Wish, Julie Stokes, provides readers with the tools they need to navigate this tough and turbulent time in this guide, *You Will Be Okay*.

[Learn more](#)

Response to grief clip on Sesame Street shows the need for real-world support

In this article, Kevin Maimann of CBC News engages specialists to examine the outpouring of comments online about loss and grief in response to a clip from

Sesame Street in which actor Andrew Garfield spoke to Elmo about his grief following the death of his mother.

[Read more](#)

PODCAST: Is a better death possible?

In this episode of podcast, *Bio(un)ethical*, hosts Leah Pierson and Sophie Gibert speak with Dr. Richard Leiter, MD, MA, senior palliative care physician at Dana-Farber Cancer Institute and Brigham and Women's Hospital, and assistant professor of medicine at Harvard Medical School. They discuss the state of end-of-life care in the US today, why patients often receive care that doesn't align with their values, and whether doctors put too much pressure on patients to make end-of-life decisions autonomously.

[Listen now](#)

Research articles

Telehealth vs in-person early palliative care

In *Telehealth vs. In-Person Early Palliative Care for Patients With Advanced Lung Cancer*, Dr. Joseph Greer, PhD, et al., evaluates whether delivering early palliative care via secure video vs. in-person visits has an equivalent effect on the quality of life of patients with advanced lung cancer.

[Read more](#)

End-of-life decision-making among AYAs

Dr. Melissa Cousino, PhD, et al., research survey, *Medical and End-of-Life Decision-Making Preferences in Adolescents and Young Adults with Advanced Heart Disease and Their Parents*, examined decision-making preferences and determining factors associated with these preferences.

[Read more](#)

Report looks at communities underserved by palliative care

Dr. Kelli Stajduhar, BSN, MSN, PhD, and Institute on Aging and Lifelong Health research coordinator, Carren Dujela, of the University of Victoria, contributed insights and support for a report recently released by the Te Ārai Research Group. This report provides a snapshot of nine communities underserved by palliative care.

[Read more](#)

Research examines virtual funeral experiences during COVID-19

In this study by Lochlan Wilson, Department of Psychiatry at the University of Manitoba, et al., the research group explores the experiences of individuals attending virtual funerals, including reasons for choosing virtual attendance, perceived differences relative to in-person attendance, and the extent to which mourning practices were accommodated.

[Read more](#)

Research recruitment

Improve physician communication and relationships with minority patients

Conducted by Dr. Justin Sanders and Karen Wassef from McGill, this study aims to understand the relationships between physicians and patients who identify as being from a visible minority group in outpatient palliative settings. They are recruiting adult, English-speaking patients who identify as being from a visible minority group and have had at least two outpatient palliative care visits.

[Learn more](#)

Awards

Canadian Society of Palliative Medicine 2024 Awards

Dr. Amy Poelzer

Dr. Poelzer was awarded the 2024 Palliative Medicine Resident Research Award for her project titled Evaluation of the Palliative Prognostic Score (PaP) in an ambulatory symptom control and palliative care clinic in a tertiary cancer centre. The award is given annually for the best scholarly project by a resident enrolled in a palliative medicine residency program in Canada.

Matthew Cho

Medical student, Matthew Cho, received the 2024 Annual Undergraduate Narrative Award for Palliative Medicine. The objective of this award is to stimulate undergraduate medical students to think and reflect creatively about the multifaceted aspects of palliative medicine and caring at the end of life.

Upcoming Webinars

Grief Chats - Culture & Grief

Date: November 19, 2024 | 8:00 pm EST / 5:00 pm PST | Location: Virtual
Are you supporting someone whose cultural beliefs are different from your own? Learn how to respond in ways that honour and respect their traditions and beliefs. We welcome hosts Dr. Harvey Max Chochinov, PhD, FRCPC, and psychologist Christopher MacKinnon, PhD, for a host-led discussion with our cultural panel.

[Register](#)

KidsGrief Q&A December

Date: December 10, 2024 | 1:00 pm EST / 10:00 am PST | Location: Virtual
Join children's grief specialists Andrea Warnick, Colleen Mousseau, and Nicola Elbro as they answer your questions. Please submit your questions for discussion in advance via the link below.

[Submit question](#)

Register

Canadian Grief Alliance: Grief Chats Q&A - Holiday Grief

Date: December 9, 2024 | 8:30 pm EST / 5:30 pm PST | Location: Virtual

Are you carrying sorrow this holiday season? Join grief specialists Marney Thompson (MA, RCC) and Maxxine Rattner (MSW, RSW) to get answers to your questions about grief during the holidays, and find understanding, hope, and community as we gather to honour and reflect on our losses. Whether you are mourning a death, a relationship or anything else meaningful to you – your grief is welcome here.

Please submit your questions for discussion via the link below. Please note that while we do our best to respond to everyone’s questions, there may not be time to get through them all. Thank you for your understanding.

Those who register will receive a link to the recording.

Submit question

Register

Webinar recordings

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar

8:30 pm ET
Nov. 12

Visit www.canadiangriefalliance.ca for more information and to register for future sessions.

SPEAKERS:

- Marney Thompson, MA**
Victoria Hospice Bereavement Services
- Maxxine Rattner, PhD, RSW**
Canadian Grief Alliance

Logos for CANADIAN VirtualHospice, Health Canada, Santé Canada, and Canadian Grief Alliance.

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canadiangriefalliance.ca

The recording of the Canadian Grief Alliance's November Grief Chats Q&A is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, hosted this live event on November 12, 2024.

Canadian Grief Alliance presents...
Grief Chats Q&A
 Free Webinar
Pet Loss

8:30 pm ET
 Oct. 22

Special guest:
Dr. Vanessa Papiernik, BSc, DVM
 Resting Paws In-Home
 Veterinary Hospice Services

Hosts:
Maxxine Rattner, PhD
 Canadian Grief Alliance
Marney Thompson, MA
 Victoria Hospice
 Bereavement Services

CANADIAN VirtualHospice
 Canadian Grief Alliance

Health Canada Santé Canada
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 canadiangriefalliance.ca

The recording of the Canadian Grief Alliance's Special Topics Grief Chats Q&A - Pet Loss is now available. Grief specialists Maxxine Rattner, PhD, and Marney Thompson, MA, were joined by Dr. Vanessa Papiernik, BSc, DVM for this live event on October 22, 2024.

Support groups

Lumara's Fall Programs - Final sessions for the fall

Kids Support Group (Virtual):

- Minecraft Groups (age 7-12): December 7 at 9:30-11:30 am PST / 12:30-2:30 pm EST

In-Person Programs in BC:

- Circles of Strength Adult and Children's Grief Support Groups (age 6-12): December 14 from 10-12 pm PST at New Westminster Secondary School

Register for groups and workshops

Children Grieve Too! Memorial Event

Date: November 19, 2024 | Location: Hospice Vaughan, Ontario

Hospice Vaughan is inviting children ages 7-12 who have lost a loved one to attend our upcoming memorial event on November 19th. A light dinner will be served.

[Register](#)

Child Loss Support Group

Date: December 12, 2024 | Location: Bracebridge United Church, Ontario

Have you experienced the loss of a child? Join Grief Through the Holidays drop-in group for a chance to connect with individuals who have also experienced the loss of a child. This group drop-in program is open to anyone who has experienced the loss of a child between the ages of 1-18.

[Register](#)

We'd love to hear from you!

[Place an order](#) for free printed materials, bookmarks, and tissues

[Email us](#) with a story idea

[Inquire about webinars](#) presented by our interdisciplinary team

[Update us](#) on palliative care news in your region

Socialize with #VirtualHospice for more stories and news



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