



Abbotsford Hospice
& Grief Support Society

WINTER 2026

Care for the Caregiver - Workshops and Support

Care for the Caregiver - Workshops and Seminars

Dates and times for workshops TBA

Caring for someone nearing the end of life often brings profound emotional challenges, not only for the person receiving care but also for those providing it.

One of the most significant yet often misunderstood experiences is **anticipatory grief**: the grief that begins before a loss occurs. These workshops are designed to provide education, support, and practical tools for those who care for others during this critical time.

Care for the Caregiver One-to-one support offered for those facing the unique challenges of anticipatory grief. Offered ongoing throughout the year.

Education & Training

Adult Volunteer Training

Tuesday evenings January 6 to March 24, 2026 - Our Volunteer Training provides you with the opportunity to understand the role of volunteers in a hospice palliative care facility. It aims to provide you with the relevant knowledge and experience to thrive in your role as a hospice palliative care volunteer.

Adult Volunteer Training

IN PERSON and VIRTUAL GROUP!

Thursday afternoons - January 8 to March 26, 2026 - Our Volunteer Training course is offered both in-person AND accessible through our OWL virtual learning system.

For more information on Community Training and Professional Development,
please connect with

Susanne Fehr, Palliative & Training Director

SFehr@abbotsfordhospice.org

604-852-2456 ext. 419

www.abbotsfordhospice.org/trainingandeducation





Abbotsford Hospice
& Grief Support Society

WINTER 2026

Programs & Services

How to Navigate the Holidays

Thursday November 27, 2025 - 6:30pm-8:00pm



A Night to Remember - Annual Christmas Memorial Event

Friday December 5, 2025 - 6:30-8:00pm at Legacy Sports & Banquet Room

Registration required - *Limited spaces available*. Please RSVP via QR code here:

Holiday Visits (Open house at AHGSS)

A warm and welcoming space to pause, connect and care for yourself. Because holidays can be hard, come as you are.

Monday December 22, 2025 - 1:00-3:00pm / Monday December 29, 2025 - 1:00-3:00pm

Monday January 5, 2026 - 1:00-3:00pm

Reflections in Grief - 8-week support group for adults in our community, offering a guided space to explore purpose and identity following the loss of a loved one.

January 12 - March 9, 2026 - Monday evenings 6:30-8:00pm

From Grief to Growth - 8-week support group for widowers, offering a space to heal, share and rediscover purpose while navigating life after loss of a partner.

January 29 - March 19, 2026 - Thursday mornings 9:00-10:30am

Understanding your Grief Journey - 8-week course that gently guides you through the complexities of grief, offering compassionate support and practical tools to help you navigate your personal healing process.

February 10 - March 31, 2026 - Tuesday evenings 6:30-8:30pm

Walk with Grief - 8-week course that combines gentle outdoor walking with supportive conversation and reflection, helping participants to process their grief through movement, nature and connection.

March 4 - April 22, 2026 - Wednesday mornings 9:30-10:30am at Mill Lake park

Grieving Wives Support Group - 8-week support group that offers a compassionate space for women to connect, share their stories, and find strength and healing after the loss of a partner.

March 5 - April 23, 2026 - Thursday evenings 6:30-8:00pm

Our programs and services are offered at no cost to our community.

For more info and for start dates, please register by

email: info@abbotsfordhospice.org

phone: 604-852-2456

www.abbotsfordhospice.org