

Flexing your Core: the Palliative Workout

Supporting Loss, Grief & Bereavement

Facilitators: Mary Coleman, MSW & Sue Bartnik, BScN

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The BC Centre for Palliative Care works with humility and respect alongside partners across the land, colonially known as British Columbia.

We acknowledge that our work takes place on the traditional and unceded territories of many distinct First Nations, whose values continue to guide us.

We also recognize Métis people and Métis Chartered Communities, as well as the Inuit and urban Indigenous peoples living across the province on various traditional territories.



Polls

What is your
role?

What type of care
setting do you
work most often?

Learning Objectives

By the end of the session, participants will be able to:

Identify that people
experience grief
differently

Identify ways to
support grief and
loss

Loss, grief, and bereavement

People, and designated families and caregivers, may experience loss and grief from the time of diagnosis, during the illness, into bereavement, and after death. Health care providers assess needs, identify issues, and provide information and support.



What is grief and bereavement?

Grief is more than an emotion. It's the complex reaction to losing a loved one that affects how we think, feel and act. It's an expression of love that continues after death. Love never dies.



Foundation of Grief Informed Principles

Grief is a natural reaction to loss

- Within each individual is the natural capacity to heal
- The duration and intensity of grief are unique for each Individual.
- Caring and acceptance assist in the healing process.

(Dougy Center manual, p.1)



Grief Responses

- Emotional
- Cognitive
- Physical
- Behavioural
- Interpersonal
- Spiritual



Types of Grief Responses

There are many types of grief...

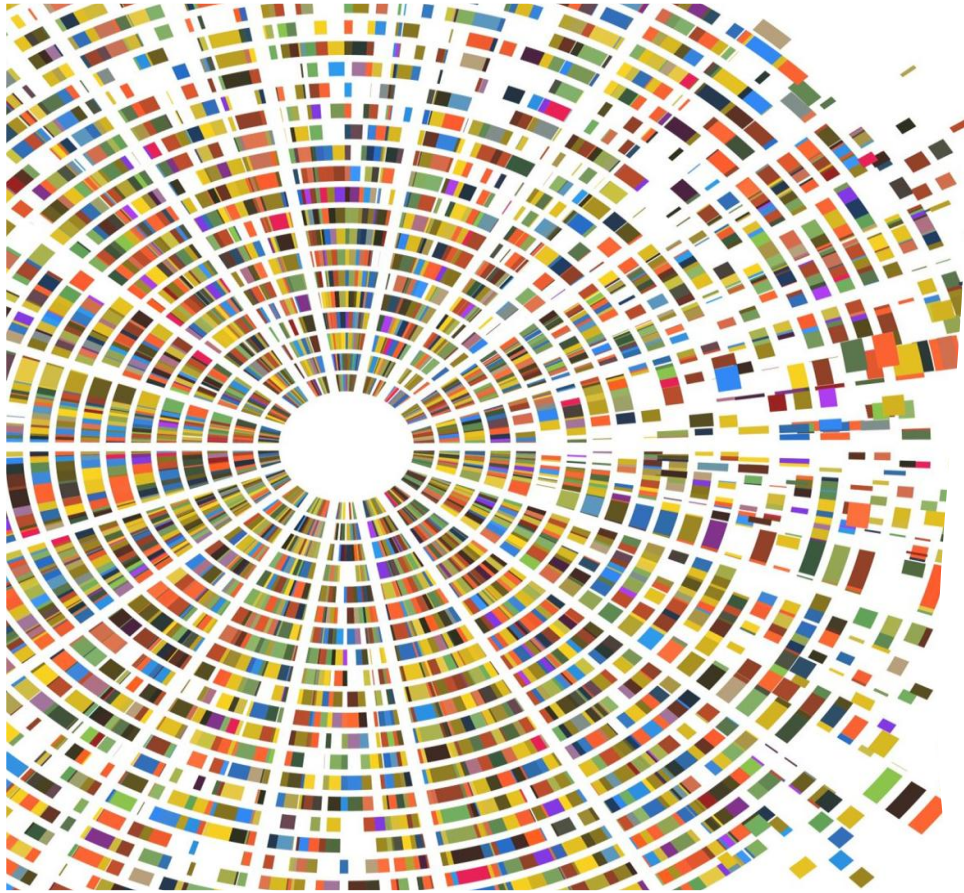
- Anticipatory
- Disenfranchised
- Prolonged grief disorder
- Delayed
- Cumulative
- Inhibited
- Collective
- Complex

Where do people get their grief support from?



Culture:

values, beliefs, ceremonies, traditions



Collective and individual continuum
Care of the body
Grieving times
Connection to spirit
Expression of mourning and emotion
Integration with place and heritage

(Best et al 2020 and Silverman 2021)

Discussion

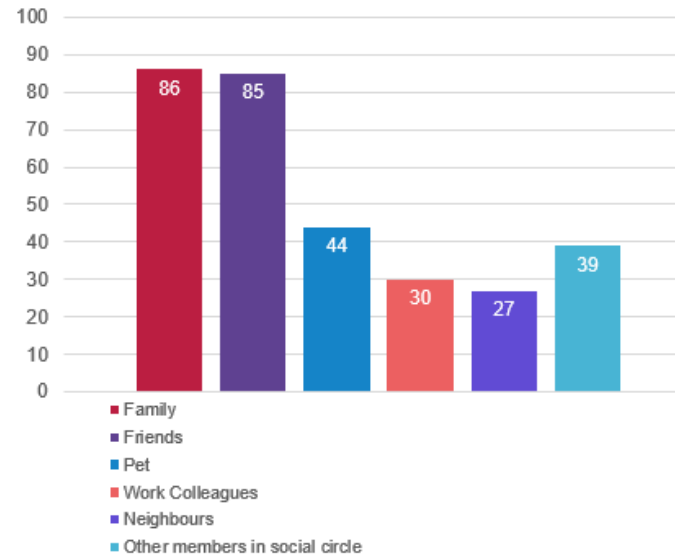
Knowing that people grieve differently, discuss what are some challenging expressions of grief that you have encountered?

When Grief is Complicated

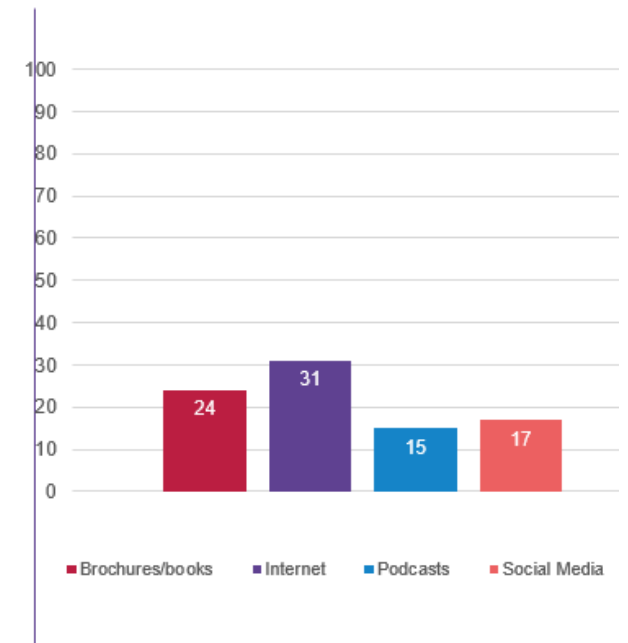
- Prolonged Grief (PG) is grief that continues to be intense and pervasive, disrupting everyday life for longer than a year.
- feeling “stuck” in grief or “frozen in time” as if the death had just happened.
- Grief dominates thoughts and feelings, making it difficult to think about or concentrate on anything else.
- 10-20% of bereaved people, with rates differing depending on who died, when they died and how they died.

Supporting Grief Research shows...

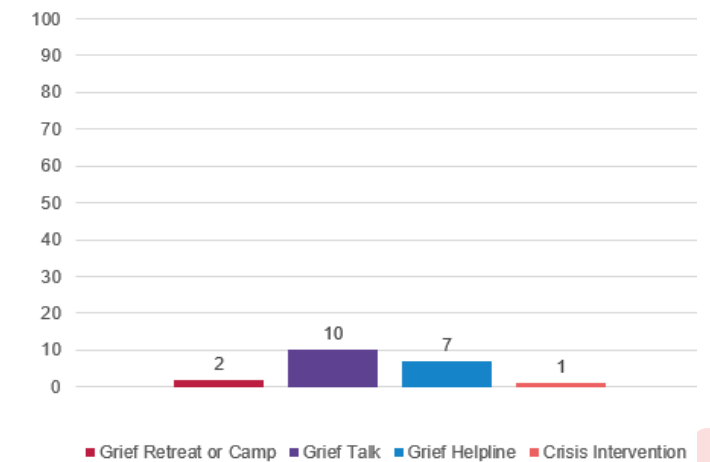
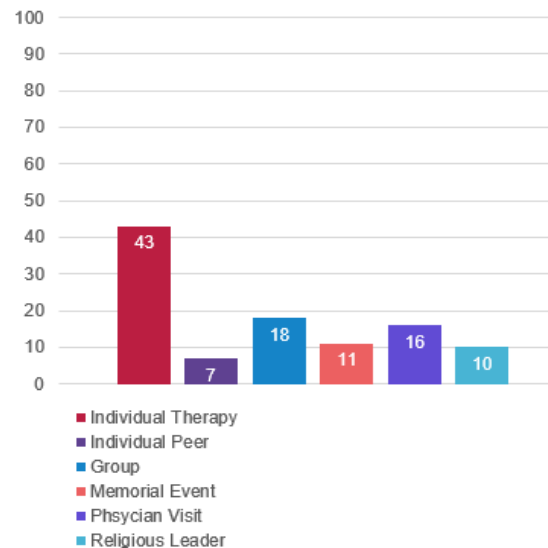
Social Circle Supports



Information Sources



Service Provider Supports

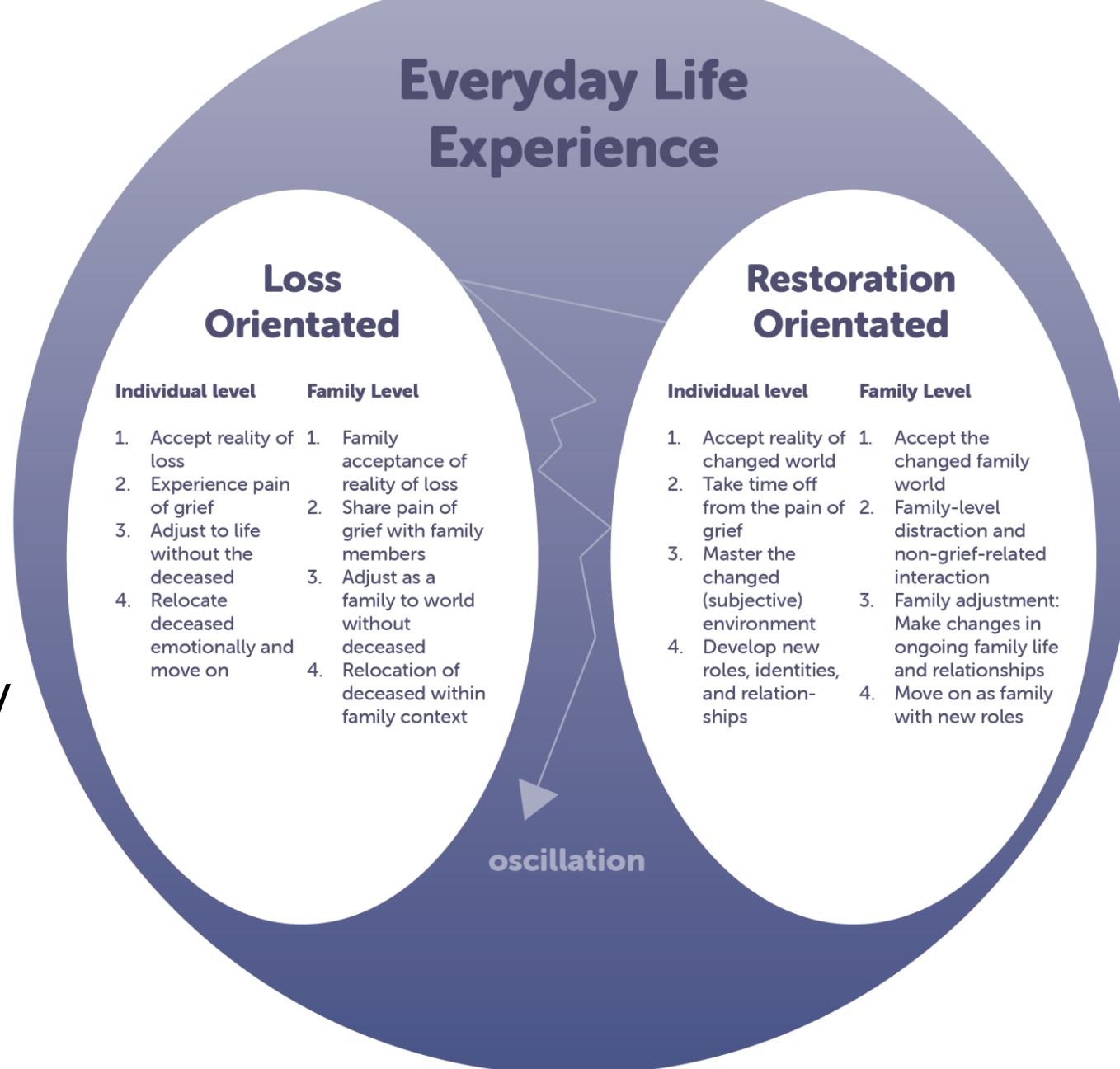


Discussion

From your experience, what has been helpful in supporting grief?

Grief Theory

Continuing bonds
 Reorganize relationship
 Maintain memory
 Legacy



Meaning Reconstruction
 Making sense
 Benefit Finding
 Reorganizing sense of self

Key Ways to Support Grief and Loss



Normalize, validate, provide guidance, and reassurance



Remembering they are bereaved



Know who can provide additional support in their community



Coming alongside: Ask permission and Be brave, curious, humble

How are you supporting yourself with grief?



Resources

Canadian Virtual Hospice



- Grief literacy modules and resources
 - Mygrief.ca, Kidsgrief.ca, livingmyculture.ca
 - <https://www.virtualhospice.ca/learninghub/>

Canuck Place Children's Hospice



- Provides bereavement care for families in BC and Yukon grieving loss of a child under 19 years old



BC Bereavement Helpline

- 604-738-9950 or www.bcbh.ca
- Provides free compassionate listening Monday to Friday from 9am to 5pm
- They can connect people with any appropriate support services available in their area

Lumara Grief & Bereavement Care Society



- Lumarasociety.org
- Provides education, support, and counselling services to individuals, families and groups who are grieving a death or coping with a life-threatening illness
- Home of Camp Kerry

Resources

- **BC Hospice Palliative Care Association – local Hospice Society** <https://bchpca.org/>
- **Canadian Grief Alliance** - <https://aboutgrief.ca/>
- **Center for Prolonged Grief** <https://prolongedgrief.columbia.edu/>
- **Grief Dreams** - Information on sleep dreams after loss <https://www.griefdreams.ca/>
- **Speaking Grief** - Initiative aimed at creating a more grief-aware society by validating the experience of grievers and helping to guide those who wish to support them.
<https://speakinggrief.org/>
- **Brene Brown’s video on Empathy** - www.youtube.com/watch?v=1Evwgu369Jw
- **How to support a Grieving Friend video** - <https://www.youtube.com/watch?v=bqhX0QI7Jfs>
- **MAiD Grief Support** – <https://www.bridgec14.org/> or <https://maidfamilysupport.ca/>
- **Canadian Alliance for Grieving Children** <https://grievingchildrencanada.org/>
- **Dougy Center** – www.dougy.org
- **Navigating Grief & Bereavement** <https://homelessnesslearninghub.ca/trainings/navigating-grief-and-bereavement/>

Trauma related grief

- **Key Support Lines**

- VictimLinkBC: 1-800-563-0808
- RCMP Victim Services (TR): 250-242-5252
- Mental Health Support: 310-6789
- Crisis Line: 9-8-8

- **Educational supports**

- **Provincial and Virtual Resources (BC)**

- VictimLinkBC: A 24/7 confidential, multilingual service for victims of crime, offering support, information, and referrals. Accessible by calling or texting 1-800-563-0808 or emailing VictimLinkBC@bc211.ca.
- Mental Health Support Line: Available at 310-6789 (no area code needed).
- BC Health Crisis Line: Available at 1-800-784-2422 or by calling 9-8-8.
- BC Victims of Homicide (BCVOH): Offers specialized support for families and friends of victims of homicide, including 8-week guided support groups.

Upcoming Sessions

DATE	DOMAIN
Wednesday February 18	Self-care
Wednesday February 25	Optimizing Comfort & Quality of Life and Last Hours & Days
Thursday March 5	Professional & Ethical Practice, Education, Evaluation, Quality Improvement, & Research