

*You know the journey of grief because you have traveled it.
Now train to companion others who are grieving.*

Peer Bereavement Support Volunteers



You know that:

- Grief is a normal, natural response to loss
- It's a unique experience for every person and every loss.
- The road ahead is often foggy and the terrain hard to navigate
- Grief isn't a problem to be "fixed"
- No one can take away the pain of grief...but it helps to be with someone who has "been there"

Consider engaging in an important community service by *offering your time, compassion and hard-earned wisdom* to support people – individually and in groups – who are grieving the death of a child, spouse/partner, sibling or parent. Our team of peer bereavement support volunteers are professionally screened, trained and well supported. Many find comfort and meaning through volunteering in this role as they continue to learn to live with their own grief experiences.



Caring, mature, reliable volunteers provide a listening ear and confidential place for grieving people to share their stories. *Peer support* is not about counseling or giving advice or trying to fix. It's being able to *be present* for others in their own unique grief experience with patience, understanding and empathy because you have "been there".

Contact Betty Ann Rutledge brutledge@schcontario.ca or 416-642-9445 ext. 4418 for more information about the application process. Comprehensive training offered – a combination of online and in person sessions - **begins Fall 2017**. We are located at Brimley & Eglinton.

"There is no greater agony than bearing an untold story inside of you."
~Maya Angelou