



You're Not Alone
Grief Connection
alberta hospice
palliative care association

Free, ongoing
support with
a trained
volunteer.



What is Grief?

Grief is a normal emotion that we all experience. In any year, over 135,000 Albertans will face grief following a death.

Grief can happen any time, not just after a death. Anticipatory grief happens before death; the time of illness before a death is filled with many losses that we grieve. The losses of health, mobility, normalcy and the loss of potential are all reasons to grieve.



We all grieve.
But we don't
have to do it
alone.

You're Not Alone – Grief Connection (YNA) matches grieving adults with trained volunteers who have had a similar grief experience.

Once matched, the grieving participant and trained volunteer meet regularly by telephone for up to a year, if needed. The match is confidential; this is a safe space for the grieving participant to speak openly about what they are experiencing.

Matches are based on common experiences, not geography. This means that the volunteer and participants will likely live in different areas of Alberta. The important thing is the connection of the shared grief experience.



Who Can Volunteer?

Albertans who have experienced a personal loss and are now ready to support others going through this journey are welcome to volunteer.

Albertans who have been living with a life-limiting diagnosis for a long time and feel ready to support a person with a fresh diagnosis are welcome to volunteer.

To volunteer, visit GriefHelp.ca, click the Volunteer button and complete the application form.

Who Can Participate?

Albertans facing grief, either before or after a death, are welcome as participants. If you know somebody who is grieving and needs some friendly support from a volunteer who has been there, encourage them to get in touch by completing the application form at GriefHelp.ca or by calling 403 206 9938.

Note: YNA is a friendly support program. It is neither professional counselling nor a crisis service with a 24/7 response.



#110, 105 12 AVE SE • CALGARY, AB T2G 1A1 • 403 206 9938



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AHPCA is a registered charity.
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To donate, visit AHPCA.CA

Making Now Matter

AHPCA is a charitable organization that serves as the voice for hospice and palliative care in Alberta. For over 30 years, AHPCA has promoted, supported and advocated for comprehensive and quality end of life care for all Albertans.