

# FAMILIES FIRST PROGRAM

## Hospice Family Centre



### Goals of Families First

Support the family unit when a loved one has been diagnosed with a life threatening illness, by including them in the experience

Provide individual or family therapy to adults who are dealing with a life threatening illness

Identify common barriers regarding talking to children and teens about death

Recognize and learn from children's extraordinary capacities to understand and live with issues related to dying and death and answer questions honestly using age appropriate language

Talk to families about ways to have a relationship with someone who is dying

Support mental health providers and boards of education as it relates to life threatening illness and the family unit

Support parents, children, teens and young adults on their grief journey

### PROGRAMS

Professional individual & family counseling

Patient Support Group

Friends and Relatives Support Group

Complementary Therapies Program

Kids Can Cope Workshops

Children & Teen Bereavement Support Groups

Community Education



For more information call 519-743-4114  
[www.hospicewaterloo.ca](http://www.hospicewaterloo.ca)