

Media Release

For immediate publication

New Grief Support Program in Prescott-Russell

Hawkesbury, February 22, 2021—Prescott-Russell Community Services is launching a new grief support program for people going through a mourning period. The program includes a helpline and support, and is offered at no charge to people living in Prescott-Russell.

“The loss of a loved one is a difficult stage of life and the way each person processes grief is very unique. The pandemic and its restrictions can make the passing of a special person even more difficult to deal with. Anyone suffering a bereavement and needing to talk about it may call us for support, whether their loss is recent or dates from months ago,” says Sylvie Lefebvre, Executive Director, Prescott-Russell Community Services. The service will be available as of March 1st, Monday to Friday, from 8:30 a.m. to 4:30 p.m. The number to call to get help is 613-632-0939, extension 137.

“Upon receiving a call, we will gather a few information and then put the person in touch with a program volunteer. They will then journey together respecting the pace of the bereaved person. Death can bring intense emotions that can be hard to express or even identify. Our volunteers have been trained in palliative care to help patients and their families. They offer a caring presence in a compassionate and non-judgmental manner,” adds Sylvie Lefebvre.

All five members of the volunteer team have been trained by the Champlain Hospice Palliative Care Program. They are empathic, respectful and open-minded individuals who generously offer their time to help others through a difficult period. However, volunteers are not therapists, and if needed, they can point a person to professional services.

For more information on the Grief Support Program, visit the Prescott-Russell Community Services website at servcompr.com or call 613-632-0939. The organization also provides other services to help individuals aged 55 and over to remain in their homes and maintain a healthy lifestyle within their community.

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