

Companioning Is About...

- ♥ **Being present to another person's pain;** it is not about taking pain away.
- ♥ **Going to the wilderness of the soul with another human being;** it is not about thinking you are responsible for finding the way out.
- ♥ **Honouring the spirit;** it is not about focusing on the intellect.
- ♥ **Listening with the heart;** it is not about analyzing with the head.
- ♥ **Bearing witness to the struggles of others;** it is not about judging or directing these struggles.
- ♥ **Walking alongside;** it is not about leading or being led.
- ♥ **Discovering the gifts of sacred silence;** it is not about filling up every moment with words.
- ♥ **Being still;** it is not about frantic movement forward.
- ♥ **Respecting disorder and confusion;** it is not about imposing order and logic.
- ♥ **Learning from others;** it is not about teaching them.
- ♥ **Compassionate curiosity;** it is not about expertise.

11 Tenets of Caring by Dr. Alan Wolfelt, Ph.D.

Family Services of the North Shore

Companioning Community Care is a program offered through Family Services of the North Shore (FSNS), an accredited, not-for-profit agency providing counselling, support, and education to our community. FSNS works with donors, funders, community partners and corporate donors to ensure the sustainability of effective, cost-efficient programs.

We Accept Donations

There is no fee for most services thanks to the generosity of our donors. Donations are very much appreciated and help to keep the program running.

Financial Assistance Acknowledgement

Funding generously provided by the Paul Sugar Palliative Support Foundation, the Vancouver Foundation and other generous donors.

Community Diversity

Families come in many different forms and from many different backgrounds. We believe that diversity enriches families and community.

Location

Mollie Nye House
940 Lynn Valley Road,
North Vancouver, BC V7J 1Z7

Phone: 604-985-8713

Email: quennewille@familyservices.bc.ca

Website: www.familyservices.bc.ca



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Companioning Community Care

"I continue to feel blessed to be a part of the journey patients and their families are experiencing."

~ Companioning Community Care Volunteer



Caring for our Community

Welcome

Welcome to Companionship Community Care, a volunteer program which offers on-site and in home programs for adults directly affected by life limiting illness, bereavement or disability.

Discover Ways to:

- Boost your sense of well-being,
- Find support in a welcoming, comfortable and respectful setting,
- Learn techniques to positively impact your quality of life, and
- Connect with others who have faced similar challenges.

Applications/Referrals

Applying for Support

If you are directly affected by a life limiting illness or grieving the anticipated or recent loss of a loved one, you may be eligible to participate. Visit www.familyservices.bc.ca for the Companionship Community Care Self-Referral Application or call 604-985-8713.

Referring a Client

If you are seeking support on behalf of a client, friend or a family member, please visit www.familyservices.bc.ca for the Companionship Community Care Client Referral Application.

Referring a Client with Disabilities

Referrals for volunteer support for people with disabilities should be directed to the North Shore Disability Resource Centre at 604-985-5371.

Programs

Relaxation Program

Gentle touch or therapeutic touch treatments are offered to promote relaxation and a sense of well-being.

Volunteer Visits

Based on their needs and wishes, clients may be matched with a volunteer for weekly in-home visits. Visits provide companionship, outings, walks, transportation to appointments or capturing life stories. For many, this connection provides continuity with a familiar companion even after admission to a hospital, care facility or hospice.

Bereavement Support Group

Bereaved clients sign up to participate in 8 weekly sessions that may include guided meditation, gentle touch, healing touch or therapeutic touch offered by trained volunteers.

Bereavement Walking Group

Bereaved clients find mutual support, while enjoying light exercise and fresh air with others. Participants should be able to walk comfortably for 45 minutes.

Telephone Companion Calls

Once matched with a volunteer, the client receives weekly check-in calls to see how they are. Volunteers may assist clients in locating needed community support.

Family Support Counselling

Clinical counsellors offer support to bereaved clients and to others who are seeking guidance. Counselling is offered on a sliding scale.

Social and Educational Opportunities

Workshops, featuring experts on topics such as end-of-life care, bereavement and self-care, may be offered in partnership with other community agencies.

Staff and Volunteers

Staff and Volunteers

The Companionship Community Care Manager oversees the program, including recruitment, selection, training and ongoing support of volunteers.

Volunteers undergo training on communication skills, boundaries, palliative care, death and dying, supporting people with disabilities, spiritual care, grief and loss and self-care.



"It is an opportunity to give back to my community in a way that, hopefully, makes someone's life just a little bit easier, if only for a few moments."

~ Companionship Community Care Volunteer