



Programs & Services Guide  
Spring 2017

**We are moving  
effective March 1, 2017**

#200 – 2150 Scarth St.  
Regina SK S4P 2H7  
[www.rpci.org](http://www.rpci.org)

**Registration is required for all groups. For more information or to register, call 306-523-2781.**

Thanks to the generous support of The Co-operators, there is no charge for all support groups in 2017.



RPCI gratefully acknowledges the Canadian Progress Club Regina Wascana for supporting our programs with *Festival of Trees* for 20 years.



Canadian Progress Club  
Regina Wascana

Canadian Progress Club  
Club Progrès du Canada



***Because no one should have to grieve alone...***

## **This Bites – Teen Support Group**

Grieving teens may experience powerful feelings of sadness, anger, guilt, fear and/or isolation after the death of someone close.

Peer support groups are one of the most effective ways to help bereaved teens heal.

This group will provide a safe and nonjudgmental place where teens can connect with other teens for positive social support, encouragement and coping strategies.

The group is open to grieving teens ages 13 – 17.

Thursdays: March 9, March 16, March 23, March 30, April 6,  
April 13, April 20, April 27  
4:00 p.m. – 5:15 p.m.

At the Bereavement Centre, #200 – 2150 Scarth St.





## Living With a Life Threatening Illness

Is someone in your family dealing with a life-threatening illness? Are you struggling with how to prepare your children for the future? Are you a caregiver to someone with a life-threatening illness? We are here to help. RPCI Bereavement Centre offers individual counselling to support you through this very difficult time.

*RPCI Bereavement Centre provides services and support to people of all cultures and beliefs, and do not operate as a faith-based organization.*

## Haven of Hope - Adult Grief Group

Each week, we will gather to learn more about our grief. These journeys are as unique as our fingerprints. We begin each session together for a time of learning and discussion, then break into smaller groups based on who we have lost. Being with those who understand the nature of our loss can bring us healing – they just “get it.” We create for each other a Haven of Hope – a safe place where we can just be. Members can be at any point in their grief journey. Please call to schedule an intake appointment to assess your group readiness, 306-523-2781. Deadline for registration is Feb. 28, 2017.

Tuesdays: March 7, March 14, March 21, March 28, April 4, April 11, April 18, April 25  
7:00 p.m. – 9:00 p.m.  
RPCI Bereavement Centre, #200-2150 Scarth St., Regina

## Silver Linings Grief Group for Older Adults

This six week therapy group is aimed at supporting older adults age 60+ through their journey of grief due to the death of a loved one. Each week we gather to learn more about how our grief is affecting us as well as learning new ways of coping with our losses. Mourning can be very isolating and this group helps us to realize we are not alone.

Please call to schedule an intake appointment to assess your group readiness, 306-523-2781. Deadline for registration is May 3, 2017.

Thursdays: May 11, May 18, May 25, June 1, June 8, June 15, June 22, June 29  
1:00 p.m. – 3:00 p.m.  
RPCI Bereavement Centre, #200 – 2150 Scarth St., Regina





## Caring Hearts Camp

For bereaved children and teens

May 5 – May 7, 2017

Dallas Valley Ranch Camp

This overnight retreat is for children and teens ages 6 – 17 who are grieving a death loss within the past 2 years. Camp provides activities aimed at working through a camper's grief as well as a fun, memorable camp experience. It also provides an opportunity to meet others who are going through a similar experience.



Children and teens are divided into appropriate age groups for group work.

Camp activities include: horseback riding, art therapy, rock wall climbing, campfires, fireworks and more!

Caring Hearts Camp is facilitated by staff and carefully selected trained volunteers who have provided a current Criminal Records Check.

Limited spots are available, so please call Connie at 306-523-2781 to receive an application package. Deadline for registration is April 14, 2017.

There is no charge to attend.





## Surviving Suicide Support Group

The grief following a death loss to suicide is particularly difficult. It is often more intense and complex. We invite you to join a supportive drop-in group where those who have been affected by a suicide loss can share their thoughts and feelings and offer one another support in a confidential setting.

New group members may join any month by calling Connie at 306-523-2781 to register.

Meetings are held the first Wednesday of every month at 7:00 p.m. at RPCI Bereavement Centre, #200 – 2150 Scarth St.

### Individual Counselling

Individual grief counselling is available for children, teens and adults. Fees for counselling may be covered by your insurance provider or your Employee Assistance Program. For more information or to make an appointment please call 306-523-2781.

## Homicide Loss Support Group

Facing the death of a loved one is never easy, but when murder occurs, pain, anger and grief are compounded by the realization that a precious life was taken intentionally. We invite you to join this group where you will find support, education and encouragement in a confidential setting.

New group members may join any month by calling Connie at 306-523-2781 to register.

Meetings are held the third Wednesday of every month at 7:00 p.m. at RPCI Bereavement Centre, #200 - 2150 Scarth St.

## Missing Persons Support Group

When a loved one goes missing the uncertainty of what happened leaves the family of the Missing Person searching for answers, fluctuating between hope and hopelessness. This new group is designed to provide comfort and support to the families of Missing Persons allowing them to share their stories, emotions and experiences with other individuals and families that are walking a similar journey.

In a confidential and safe setting you will learn helpful coping mechanisms to reduce anxiety and build resiliency to deal with the uncertainty that comes from the grief of a loved one gone missing.

For more information or to register for this support group, please call 306-523-2781.

