



## Chaplain In Residence – Caregiving and Self Care Programs

### Intended Audience

For members living with cancer and their caregivers who are experiencing grief, loss and/or bereavement.

### Program Description

Reverend Bob Glasgow, former Chaplain of the Rockyview Hospital and founder of the Alberta Health Services 'Grief Support Program', is available for individual conversations with people struggling with issues of grief and loss. Bob is at Wellspring Calgary (Carma House) on Thursday afternoons from 1:30 pm – 3:30 pm. He is also available for one additional session with family members after the loss of a loved one who was a Wellspring Calgary member. In this session participants are offered a grief assessment and referral services. Appointments can be made by calling Wellspring Calgary.

### Benefits and Impact

An important part of processing suffering includes finding healthy perspectives and assigning new meaning to difficult experiences. This process can be arduous, especially for those experiencing physical and/or emotional pain on a daily basis. With Bob's guidance and in a one-on-one setting, participants are encouraged to reflect on suffering and express the difficult emotions that suffering often brings. In the release of these emotions comes clarity, insight and meaning, and when there is meaning, suffering ceases to be 'just' suffering and can be a passageway to hope.

### What to Expect at a Session

Almost all healing begins with hard conversations. Members can expect deep listening and reflecting from Bob on whatever needs expression. Once the suffering is expressed, relief and hope can be experienced. All core beliefs about life, suffering and faith will be honoured through conversation and treated as an important resource in the life journey.

*"True healing will involve three very simple human elements: compassion, touch and conversation."* – Daniel Sulmassy

### What the Research Says:

This article highlights some important factors in the end-of-life care and grieving process of family caregivers who have experienced the loss of a terminal-phase cancer patient. One of the factors is the involvement of social and professional support, which seemed to positively orient the bereavement of these family caregivers. Clinicians that offered confidentiality, listening services, and support had a positive impact on adjustment to bereavement. Dumont I, Dumont S, Mongeau S. 2008.

End-of-Life Care and the Grieving Process: Family Caregivers Who Have Experienced the Loss of a Terminal-Phase Cancer Patient. *Qualitative Health Research* 18(8): 1049 – 61.

### Program Frequency:

By appointment: individual, partners or family groups

Winter, spring/summer, fall

### Related Programs:

Finding Sanctuary (for caregivers)  
Thursdays with Bob

