



You're Not Alone
Grief Connection
alberta hospice
palliative care association

You're Not Alone - Grief Connection **SEEKING PARTICIPANTS**

We all grieve. But we don't have to do it alone.
Free, ongoing support with a trained volunteer is available.

Are you grieving and need some friendly support?

Apply today and get matched with a trained volunteer who has had a similar grief experience to you. The match is confidential; this is a safe space to speak openly about the things you are uncomfortable sharing with your friends and family.

Once matched, you can expect to receive a **weekly phone call** from a trained volunteer. As matches are based on common experiences, not geography, your volunteer is unlikely to live in your community.

Albertans facing grief, either before or after a death, are welcome to apply. This includes those facing a terminal diagnosis, their partners, friends or family.

YNA is a **friendly support program**. YNA is not professional counselling nor is it a crisis line or a 24-hour service.

Need a long-term, friendly support person to help you move through your grief?

Apply online: **GriefHelp.ca**

Or contact Betty George: 403 208 4208, bgeorge@ahpca.ca