

## 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

The Companioning Community Care program is 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.

### Family Services of the North Shore

#### Acknowledges Financial Assistance

Government of Canada, United Way of the Lower Mainland, Province of British Columbia, City of North Vancouver, District of North Vancouver and the District of West Vancouver. Funding for this program is also provided by other generous donors in our community.

### Community Diversity

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

### Location

Family Services of the North Shore  
Suite 203 – 1111 Lonsdale Avenue  
North Vancouver, BC V7M 2H4

Phone: 604-985-8713

Email: [quenneville@familyservices.bc.ca](mailto:quenneville@familyservices.bc.ca)

Website: [www.familyservices.bc.ca](http://www.familyservices.bc.ca)



[FamilyServicesoftheNorthShore](https://www.facebook.com/FamilyServicesoftheNorthShore)



[FSNorthShore](https://twitter.com/FSNorthShore)



## Companioning Community Care

*"I feel privileged to have deepened my connections to our Community"*

~ Companioning Community Care Volunteer



Family  
Services  
NORTH SHORE  
Changing lives together

## Welcome

Welcome to Companionship Community Care, a volunteer program which offers on-site and in home programs for adults living with life-limiting illness, grief, disability or side effects of cancer treatment. Support is also available to family members.

### 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, or a loved one, are living with life-limiting illness, grief, disability or side effects of cancer treatment, you may be eligible to participate in this inclusive program. You are also welcome to seek support on behalf of a client, friend or a family member.

Visit [www.familyservices.bc.ca](http://www.familyservices.bc.ca) for more information, or to register call 604-985-8713.

### Additional Support for Persons with Disabilities

We will be working with several North Shore agencies to also provide support to people with varying abilities. Referrals for volunteer support may be made through the North Shore Disability Resource Centre at 604-985-5371.

## Programs

### Relaxation Circle

Gentle touch or energy treatments are offered to promote relaxation and well-being.

### Volunteer Visits

Clients are matched with a volunteer for weekly in-home visits, companionship, outings, walks or occasional transportation to appointments. This connection also provides continuity with a familiar companion in the event of admission to a hospital, care facility or hospice.

### Restorative Yoga

This is a wonderful practice for those who are stressed or ill and need a very gentle approach as they seek to regain their quality of life.

### Guided Meditation

Combined with relaxation techniques, this practice brings stillness and deep relaxation. Participants are guided by a trained practitioner through visualization and meditation.

### Grief Support Group

Adults who have recently experienced the death of someone close find support and healing in a safe and caring environment with others who have also experienced loss. This facilitated group runs for 8 weeks and may include guided visualization and relaxation treatments by trained volunteers.

### Walking Companion

After being matched with a volunteer for weekly walks, the client enjoys companionship, fresh air and light exercise all at his or her own pace.

### Family Support Counselling

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

## Staff and Volunteers

### Staff and Volunteers

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

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