

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.

Companioning Community Care 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 from the 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.

Community Diversity

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

Location

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  @fsnorthshore



Family Services North Shore



Companioning Community Care Program



Family
Services
NORTH SHORE
Changing lives together

Welcome

Welcome to Companionship Community Care. This volunteer program provides on-site and in home support for caregivers and adults living with life-limiting or chronic illness, and to those grieving the recent death of someone close.

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

Caregivers, adults living with life-limiting or chronic illness, and those who are grieving a recent death of someone close, are eligible to participate in this inclusive program.

Visit www.familyservices.bc.ca for more information, or to register call 604-985-8713.

To be eligible for complementary support through Companionship Community Care, participants must live or work on the North Shore.

Programs

Relaxation Circle

Gentle touch or energy treatments are combined with guided visualization to promote well-being and a deep sense of relaxation.

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 caregivers and adults living with grief, life-limiting illness or chronic illness. Restorative Yoga offers a very gentle approach for those seeking to regain their quality of life.

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 typically runs for 8 weeks. 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.

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