

Grief often wears the “Everything is fine” mask



United Way
Central and Northern
Vancouver Island

Losing Loved Ones Can Make Us Feel Frightened & Different

Thanks to donors like you, the fear and loneliness of grief can be better understood through counselling and friendships.

After 70 years of joy and constant companionship, Ken suddenly found himself without his wife, without his best friend. Lost in his emptiness and pain, Ken felt frightened, vulnerable and different from everyone around him.

“I thought I had to be strong. But I felt so alone all the time.”

“I thought I had to wear a mask and pretend that everything was fine,” remembers Ken. “I thought I had to be strong for my family and friends. But I felt so alone all the time. I had this constant, painful hole in my heart.”



United Way-funded counselling validated Ken’s right to grieve in ways that worked for him.

Ken simply could not move forward in his life. It was as if, all of a sudden, everything stood still.

The hospital recommended hospice counselling so Ken began sessions with a professional grief counsellor. During these sessions, Ken’s grief unravelled. He came to realize that his physical,

mental and emotional experiences were normal for his bereaved state.

The counselling sessions validated Ken’s right to grieve in ways that worked for him. His anxiety decreased when his grief no longer had to wear the “Everything is fine” mask.

Ken also participated in weekly group sessions where he felt safe sharing his pain with others who understand. He no longer felt alone as his hospice connections bloomed into coffee opportunities outside of hospice.

With our community’s ageing population, the need for hospice’s individual and group counselling grows every year. Your help is needed to ensure

that people like Ken get support during their most vulnerable moments so that they can move forward with their life.

To donate to United Way and for more information about programs we fund in our community, go to www.uwcnvi.ca