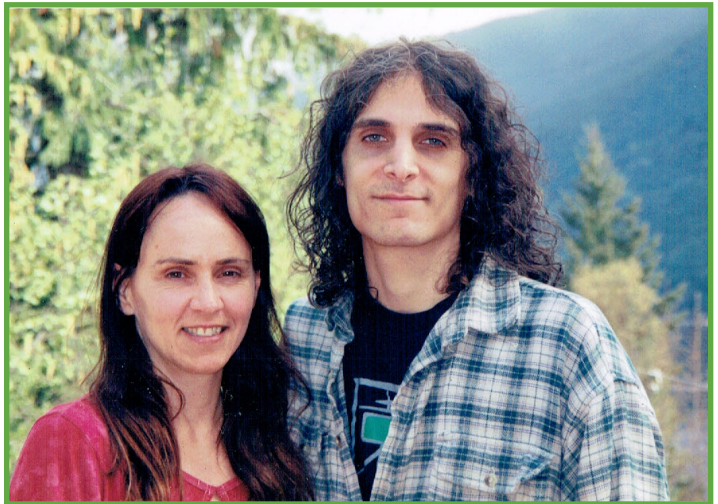


Healthy People, Strong Communities

Life changes when you lose a loved one

Five years ago, I decided to start visiting a hospice palliative and bereavement support group, a program funded by United Way, as I was in overwhelming grief after the sudden death of my best friend, my husband. Despite my years of strong spiritual work, my family, and a large social network, I found the loss well beyond what I could cope with alone. Hospice truly was a 'saving grace' for me, a place of warm-hearted caring where I could speak of my feelings, needs and of the process of picking up my life again. I felt supported in a difficult mid-life decision to go back to school to pursue my Masters in Transpersonal Clinical Psychology. My strength in life and my ability to flow with life's changes have returned and I am now, very gratefully, a trained hospice volunteer myself.

“Without you, many people would carry a great deal of pain and loss alone.”



Yiana and her husband in their early years together.

Thank you to the wonderful people working in hospice throughout Vancouver Island. Without you, many people would carry a great deal of pain and loss alone.

- Yiana Belcher, Ladysmith resident

Your donations help fund support programs in the Central Island and Comox Valley for people and their caregivers who are grieving the death of a loved one or people living with an advancing illness. Without your donations, many of these individuals like Yiana wouldn't have a support group to help get through these challenging times.

To read more stories about people you have helped, visit uwcncvi.ca.



United Way
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Vancouver Island