

Dear friends and colleagues,

As we move deeper into spring, I'm struck by how this season of renewal mirrors the momentum building within the Nova Scotia Hospice Palliative Care Association. Together—with your support, passion, and dedication—we're making meaningful progress in reshaping how Nova Scotians experience grief, caregiving, and end-of-life care.

I'm excited to share a few key milestones that reflect that progress.

Registration Now Open for NSHPCA Conference 2025

Our annual conference is always a special moment for connection and growth, and this year will be no exception. NSHPCA Conference 2025 will take place May 8th at the Halifax Tower Hotel & Conference Centre. This year's theme, ***The Cultural Implications of Death, Dying, and Grief***, encourages us to explore how diverse perspectives, traditions, and experiences shape our understanding of end-of-life care and emotional wellness.

We're encouraging everyone to register by April 30th to secure their spots. You can register at: www.nshpcaconference.com/registration.

Introducing the Nova Scotia Grief Alliance

We are pleased to announce the launch of the Nova Scotia Grief Alliance, formed through a partnership between Nova Scotia Health and the Nova Scotia Hospice Palliative Care Association. This province-wide initiative is dedicated to strengthening grief support through education, resource sharing, and community collaboration.

The Nova Scotia Grief Alliance serves as a connector for individuals, health professionals and community organizations either working in grief support or interested in grief education. It aims to build capacity and foster relationships where participants can learn, share, and access best and promising practices in grief support.

For more information, and to keep up to date on Grief Alliance webinars and community events, please visit nsgriefalliance.com or contact griefalliance@nshpca.ca.

Healing Pathways – Grieving Well: A New Resource for Nova Scotians

We are also thrilled to unveil ***Healing Pathways – Grieving Well***, our new online directory of grief and emotional wellness supports. This resource was created to help Nova Scotians find the help they need—wherever they are in their grief journey. It's searchable, accessible, and designed to connect individuals, caregivers, and professionals to meaningful, localized supports across the province. While the directory will expand province-wide in 2025, it currently highlights resources available in Cumberland, Colchester, and East Hants counties.

You can explore the platform and share it widely at: grievingwell.nshpca.ca.

NSHPCA Annual General Meeting – Coming Soon

Finally, a reminder that our Annual General Meeting will be held at the end of May. The AGM is a formal gathering of members of the NSHPCA, where key updates are shared, decisions are made, and members have the opportunity to participate in shaping the direction of the organization. It's important to note that only members can participate in the AGM. We encourage individuals to [join the NSHPCA](#) to take part in this important event. Conference registrants—excluding students and volunteers—automatically become members and are eligible to participate. Details will be shared in the next week, and we hope you'll join us.

Thank you for being part of this journey. Your voice, your work, and your support continue to shape the path forward.

Warm regards,
Tim Guest
Executive Director
Nova Scotia Hospice Palliative Care Association

**NSHPCA Conference 2025 is two weeks away!
Have you registered? Please register by April 30th to
secure your spot.**



The Cultural Implications of Death, Dying, and Grief

The NSHPCA 2025 Conference brings together professionals, researchers, and community leaders over one-day to explore the profound impact of culture on death, dying, and grief. This year's theme, **Cultural Implications of Death, Dying, and Grief**, focuses on fostering understanding and dialogue about the diverse ways cultures navigate end-of-life experiences.

Held on **May 8, 2025**, at the **Halifax Tower Hotel & Conference Centre**, this hybrid conference will address topics such as cultural diversity in grief, cross-cultural dialogue in palliative care, and the intersection of culture, beliefs, and identity in mourning practices.

Sessions

- Equity at the Heart of Care: Integrating Cultural Safety and Anti-Racism in Seniors and Palliative Care while supporting Grief and Bereavement. (Dr. Amit Arya)
- Grieving While "Ungrievable": 2SLGBTQIA+ Grief in a hostile world. (Mal Rose)
- Intercultural Competence and How Best to Support Newcomer Immigrants through Grief and Bereavement. (Colleen Belle)
- Are there Health disparities in End of Life? Consider African NS Lens. (Lana MacLean)
- When the Owl Calls Your Name- Exploring Mi'kmaw spirituality, life and death. (Alan Syliboy)



Keynote Speaker
Dr. Amit Arya



Presenter
Colleen Belle



Presenter
Lana MacLean



Presenter
Mal Rose

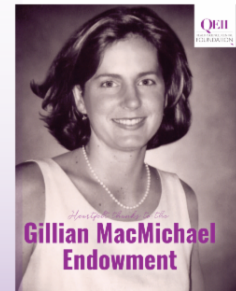


Presenter
Alan Syliboy



REGISTER AT:
www.nshpcaconference.com

Lead Sponsor



8:30AM – 5:00PM

MAY 8, 2025

HALIFAX TOWER HOTEL
& CONFERENCE CENTRE

REGISTER

Download Conf.App for a better conference experience!

We're excited to introduce Conf.app, a mobile event platform designed to keep our conference attendees informed and engaged. Registrants can download the app on their mobile devices to access NSHPCA Conference 2025 at: <https://conf.app/en/>



Healing Pathways
WITH NSHPCA

HEALING PATHWAYS - GRIEVING WELL

ON-LINE DIRECTORY LAUNCH

The Nova Scotia Hospice Palliative Care Association is pleased to announce the launch of **Healing Pathways - Grieving Well**, a web-based information resource on grief and emotional wellness.

The directory will be available to all Nova Scotians in 2025, with a current focus on resources in Cumberland, Colchester, and East Hants.

Nova Scotia Hospice Palliative Care ASSOCIATION

grievingwell.nshpca.ca

This online directory offers accessible information, community connections, and practical tools to help individuals navigate the challenges of grief. While the directory will expand province-wide in 2025, it currently highlights resources available in

Cumberland, Colchester, and East Hants. We invite you to share this valuable resource within your networks to help ensure that residents are aware of the support available to them. Explore the directory at grievingwell.nshpca.ca. For inquiries or further details, please contact: info@nshpca.ca.



Grief is part of every community, and no one should face it alone. That's why we launched the **Nova Scotia Grief Alliance** in partnership with Nova Scotia Health. The mission of the Grief Alliance is to establish a network across Nova Scotia to share grief information and resources, cultivate connections, and strengthen collaboration in grief support. The Grief Alliance is designed for those working in, or interested in, grief support, including grief groups, not for profits, community members, among others. By sharing, learning, and growing together – we are strengthening the ways Nova Scotia responds to grief. Follow along at www.nsgriefalliance.com to stay informed of upcoming events.

Join us on **May 21** for a free online educational webinar:



Compassion In Action: Getting to the Heart of Grief with Matthew Fillier Time: 7:00–8:00 PM.

This NS Grief Alliance session invites participants to reflect on how compassion shapes the way we support others - and ourselves - through grief.

Whether you're a care provider, support volunteer, or simply interested in grief work, you are welcome.

Register now at:

nsgriefalliance.com/events

The NS Grief Alliance is co-led by the Nova Scotia Hospice Palliative Care Association and Nova Scotia Health.

NSHPCA MEMBERSHIP

Join the Nova Scotia Hospice Palliative Care Association (NSHPCA) and add your voice to a community dedicated to improving end-of-life care across the province. As a member, you'll receive e-newsletters and updates, gain priority access to hospice palliative care news and events, and benefit from access to grief education and resources. Also, be the first to know about educational and networking opportunities.



Enjoy exclusive benefits such as reduced rates for conferences and workshops, voting privileges at the NSHPCA Annual General Meeting, and an associate membership with the **Canadian Hospice Palliative Care Association**. Together, we can advocate for compassionate, high-quality hospice palliative care for all Nova Scotians.

For membership prices and benefits, please click on the button below.

[Membership Benefits](#)

Community & Partner Highlights



The Hike for Hospice is a special day that enhances a sense of community, increases awareness and raises funds for hospice palliative care organizations across Canada. **Register** with the Valley Hospice Foundation on May 4, 2025 for their annual event, which raises funds for Valley Hospice and Annapolis Valley Palliative Care. Details are below:

Sunday May 4, 2025

Kentville Lions Hall, 78 River Street, Kentville, NS

1- 2 pm Hikers Check-In at the Lions Hall

*Cash BBQ

*Free T-shirt

*Live Music

2 pm Group Hike to Miners Marsh & the Harvest Moon Trail (3km or 5km).

Valley Hospice Foundation assists with care across the continuum of hospice and palliative care, from diagnosis through end-of-life, including bereavement support and care for families and loved ones, across all care settings.



Yarmouth Regional Hospice Society

Join Us for a Hearty Breakfast & a Great Cause! The Knights of Columbus at 10 Collins Street are hosting a Community Breakfast on Sunday, April 27, from 9:00 AM to 12:00 Noon and you're invited!



Culinary Grief Workshop for Men | Pictou County Palliative Care Society

The Pictou County Palliative Care Society & Trinity United Church are launching a new initiative in their community. **Culinary Grief Workshop for Men**, offers a unique and supportive space for those who are navigating grief.

This workshop provides a welcoming environment where participants can come together, prepare a meal, and find connection

All proceeds will support the Yarmouth Regional Hospice Society, helping provide comfort and care for palliative and hospice patients across the Tri-County area.
Cost: Adults: \$10 & Children: \$7

through conversation and shared experience.

Starting Wednesday May 7, the workshop will be held on the first Wednesday of each month at Trinity United Church's downstairs kitchen. Parking off of MacLean Street for easy access. Each session includes cooking a simple meal together, followed by informal conversation and optional recipes to take home. Participants will be gently supported through their grief in a space that values community, comfort, and connection.

The cost to attend is \$10 or pay what you can. No previous cooking experience is necessary—just a willingness to show up and share space with others on a similar path.



Feature Story: North Shore Non-profit Showcase – Reflections from the NSHPCA Booth

Story by Kristian Suen, NSHPCA Provincial Community Pathfinder

On April 13th, I drove to Tatamagouche through steady spring rain, wondering if the weather might keep people away from the North Shore Non-profit Showcase. Representing the Nova Scotia Hospice Palliative Care Association (NSHPCA), I quickly realized I had nothing to worry about.

The Tatamagouche Centre buzzed with energy as local residents explored the many community organizations in attendance. At the NSHPCA table, I was especially proud to introduce our newly launched Healing Pathways – Grieving Well platform. This project is the result of months of work by our team—and personally, many hours spent researching and compiling grief support services from across Nova Scotia and beyond.

The interest was immediate and heartfelt. Visitors engaged thoughtfully with our materials, and during our presentation and demonstration, it became clear just how needed this resource is. Many shared that they had been searching for support but didn't know where to begin.

One of the most memorable aspects of the day was the openness with which people shared their stories. Despite the sensitive topics of grief and end-of-life care, the atmosphere remained warm, welcoming, and even uplifting. Over pancakes and coffee, community members connected with honesty and vulnerability. Children's laughter filled the space, offering a gentle reminder of life's continuity.

The most meaningful moments came when I simply listened. Each story added depth to our understanding and affirmed the importance of grounding our work in lived experience.

As the event came to a close, those same children helped put away chairs and clean up - a small but beautiful symbol of shared responsibility and connection across generations. As exhibitors gathered in appreciation, we were reminded of what makes this work so fulfilling: community, compassion, and the power of being present.

As Provincial Community Pathfinder, these experiences continue to illuminate why this work matters. It's not just about services—it's about showing up, listening deeply, and letting communities lead the way toward more compassionate care.



Submit your story to mkydd@nshpca.ca



Honour a Loved One on the NSHPCA Wall of Memory

The **Wall of Memory** is a special space dedicated to honouring and remembering those we have lost. By sharing a memory, story, or tribute, you can celebrate the life and legacy of a loved one in a meaningful way.

Submissions are open to anyone who wishes to contribute, creating a collective space of remembrance and connection. Your tribute will become part of a growing community of shared memories, providing support and healing.

As part of our ongoing commitment to honouring loved ones, NSHPCA will be introducing new features to the Wall of Memory, enhancing the ways you can share, reflect, and connect with others through remembrance.

With every purchase or donation to the Wall of Memory, the Nova Scotia Hospice Palliative Care Association can expand and strengthen its support for individuals and families during some of the most challenging times in their lives.

We are grateful for the support of Leo Glavine, whose dedication played a vital role in establishing the Wall of Memory, ensuring a lasting space for remembrance and reflection.

[Share a Memory](#)

[Locate a Loved One](#)



Your donation to NSHPCA ensures that individuals and families facing serious illness, end-of-life care, and grief receive the support they need. With your generosity, we can enhance palliative care services, provide essential grief support, and advocate for compassionate, dignified care across the province. Every contribution makes a difference in bringing comfort, education, and resources to those navigating life's most difficult moments.

[Donate](#)

Nova Scotia Hospice Palliative Care Societies

Find and Support Your Local Hospice – Explore Our Support Directory on the NSHPCA Website.

[NSHPCA Support Directory](#)

ABOUT NOVA SCOTIA HOSPICE PALLIATIVE CARE ASSOCIATION

The NSHPCA, founded in 1994, was created to advance the philosophy and principles of palliative care. Over the years, it has evolved to collaborate closely with healthcare partners, supporting the delivery of grief and emotional wellness programs while remaining dedicated to its core mission of providing comfort and peace to Nova Scotians facing life-threatening illnesses.

In January 2024, the organization was selected by the Nova Scotia Office of Addictions and Mental Health to partner with communities and Nova Scotia Health to assist with the implementation of grief, bereavement, and emotional wellness services across the province.

Responding to the Mass Casualty Commission's call for enhanced support, NSHPCA will distribute funding to groups and organizations to develop community-based initiatives that align with the Nova Scotia Community Grief and Emotional Wellness Hub Model.



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