

**MONTHLY
NEWSLETTER**

Dear friends and colleagues,

As we reflect on the past month, we're filled with gratitude for the many ways our community continues to show up for hospice palliative care, grief support, and compassionate connection across Nova Scotia.

May has been a milestone month for NSHPCA. On May 30, we will host our Annual General Meeting and release our 2024–25 Annual Report, capturing a year of meaningful progress, strengthened partnerships, and a renewed commitment to our shared vision. We also celebrated the success of the 2025 NSHPCA Conference—a powerful, well-attended gathering filled with learning, reflection, and connection. Thank you to everyone who participated and helped make it such a memorable event.

We're also excited to soon announce the Phase Two recipients of our Healing Pathways program. These community-led initiatives are expanding the reach of grief support across the province, meeting people where they are and building capacity for emotional wellness in everyday settings.

Looking ahead, the Nova Scotia Grief Alliance will be bringing people together through a series of online events and regional roundtables. Our first in-person session in the Eastern Region is just the beginning of a broader conversation we're fostering across Nova Scotia -- one that centres lived experience, local insight, and our collective responsibility to care for one another in times of loss.

Thank you, as always, for your dedication, partnership, and compassion.

Warm regards,



Tim Guest
Executive Director
Nova Scotia Hospice Palliative Care Association



Thank You for Making This Year's Conference a Success!

This year's conference brought together a dedicated and passionate community of professionals, volunteers, and advocates committed to advancing hospice palliative care and grief literacy across Nova Scotia. We're deeply grateful you were part of it.

A heartfelt thank-you goes to our outstanding presenters - Dr. Amit Arya, Colleen Belle, Lana MacLean, Mal Rose, and Alan Syliboy - whose insights and stories sparked meaningful reflection, important conversations, and lasting inspiration.

We extend our sincere thanks to our generous financial sponsors, the Gillian MacMichael Endowment Fund and Nova Scotia Health – Cancer Care Program. We're also deeply grateful to Hospice Halifax for their support on the conference planning committee and for providing volunteers, whose contributions helped make the event a success.

Presentation slides and session videos are now available on our [website](#) and Conf.App. We hope these resources allow you to revisit key moments and continue the learning well beyond the conference. Thank you again for your engagement, energy, and commitment to this vital work. We look forward to seeing you next year.

PRESENTATIONS

2024 - 2025 NSHPCA Annual General Meeting

NSHPCA invites you to join us for a special keynote presentation during our Annual General Meeting on Friday, May 30, 2025, from 12:00 PM to 1:30 PM AST.

Dr. Susan Cadell, MSW, PhD, Co-founder of Grief Matters, will deliver a compelling presentation titled: *Passionate about Compassionate Communities*.

Dr. Cadell is a renowned scholar and advocate whose work explores grief, loss, and resilience. Her talk will inspire new ways of thinking about how communities can support each other through life's most challenging moments.

Public may listen to the presentation at 12:00 PM AST – no registration required.

Join us on Zoom: <https://us06web.zoom.us/j/87252381611>

REMINDER NOTICE: Nova Scotia Hospice Palliative Care Association Annual General Meeting (AGM) will be held virtually on **Friday, May 30, 2025**, from **12:00 PM to 1:30 PM (AST)**.

General public may join at 12:00PM AST to watch our keynote presentation by Dr. Susan Cadell, MSW, PhD., Co-founder Grief Matters.

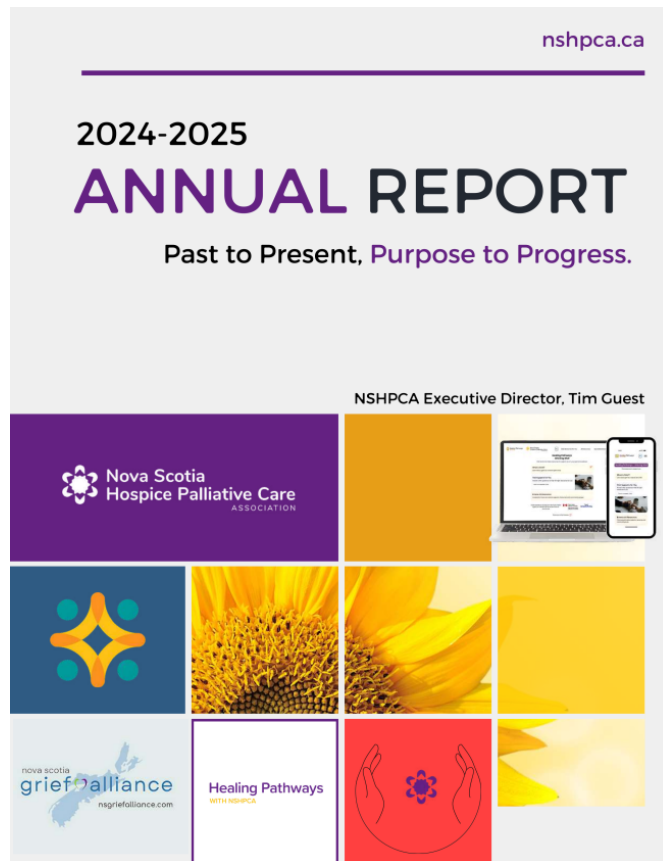
Presentation Title: *Passionate about Compassionate Communities*

Zoom Link:
<https://us06web.zoom.us/j/87252381611>

www.nshpca.ca



Past to Present, Purpose to Progress.



We are pleased to share the Nova Scotia Hospice Palliative Care Association's 2024–2025 Annual Report, themed "**Past to Present, Purpose to Progress.**"

This year's theme reflects a deep respect for the legacy of hospice palliative care and grief support in Nova Scotia, while also recognizing the critical importance of growth, innovation, and responsiveness to the changing needs of our communities.

As we move forward, we remain grounded in our purpose—to ensure that every Nova Scotian has access to compassionate, high-quality care and grief support when it's needed most.

[Read Report](#)



Mark your calendars! The Nova Scotia Grief Alliance has a full lineup of events coming your way -- from virtual talks to in-person gatherings -- all designed to support those working in grief, bereavement, and palliative care.

Upcoming events include:

- June 6 (Sydney): Eastern Region Roundtable
- September 10 (Online): "Supporting Grieving Children & Youth" with Linden Hardie
- September 22 (Online): "Managing Compassion Fatigue" with Sarah Newcomb-Anjo & Susan Jerrott.

Register now!

[REGISTER FOR EVENTS](#)

HEALING PATHWAYS

Phase Two

Expanding Support Province-Wide

Following the success of Phase One, NSHPCA received over 50 applications for Phase Two of the Healing Pathways Community Funding Grants, representing an exciting expansion of interest from all corners of Nova Scotia.

The response underscores the urgent need for locally delivered grief and emotional wellness services across rural, urban, and traditionally underserved communities. After a detailed and thoughtful review, a new group of recipients has been selected. While the full list of recipients will be announced later in 2025, we are pleased to share that the successful applicants span a wide range of regions, including:

Cape Breton, Central Nova, Colchester-East Hants, Halifax Regional Municipality, Northern Nova Scotia, South West Nova Scotia, Valley Region.

NSHPCA looks forward to supporting these organizations as they bring their visions to life.

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 Events & Stories of Interest

A poster for the "NOVA SCOTIA GRIEF ALLIANCE EASTERN REGION ROUNDTABLE". It features a graphic of three stylized human figures in purple and blue, with a map of Nova Scotia to the right. The text "JOIN US" is prominent, followed by the date "Friday, June 6, 2025 1:00-4:00PM" and the location "NSCC Waterfront Campus Sydney 500 Esplanade Street - Sydney, NS". A paragraph describes the event as an in-person opportunity co-led by the Nova Scotia Hospice Palliative Care Association and Nova Scotia Health. The registration link "nsgriefalliance.com/events" is provided at the bottom, along with logos for Nova Scotia Hospice Palliative Care and Nova Scotia Health.

NOVA SCOTIA GRIEF ALLIANCE
EASTERN REGION ROUNDTABLE

JOIN US
Friday, June 6, 2025
1:00-4:00PM

NSCC Waterfront Campus Sydney
500 Esplanade Street - Sydney, NS

This in-person event, co-led by the Nova Scotia Hospice Palliative Care Association and Nova Scotia Health, offers an opportunity to connect, share insights, and explore ways to strengthen grief supports across the province.

Register at: nsgriefalliance.com/events

NSGA Eastern Region Roundtable Invitation

Please join us for an afternoon of connection and learning focused on grief in our communities. This in-person event is for individuals and organizations involved in grief



Demystifying Death: A Practical Guide To Life's End

The unknown can be overwhelming -- especially when it comes to dying. But it doesn't have to be.

Drawing on over 20 years as a palliative care physician, Dr. Kathryn Mannix has spent her career sitting with people at the end of life. In collaboration with UK filmmaker Emily Downe, she's created a gentle, honest, and beautifully illustrated guide to what dying often looks like -- offering a clearer picture to help ease fear and invite understanding.

support or interested in grief education.

Watch Here

Date: Friday, June 6, 2025

Time: 1:00-4:00 PM

Location:

NSSC Waterfront Campus Sydney
500 Esplanade Street
Sydney, NS B1P 1B1

This event is a chance to:

- Explore local grief initiatives.
- Learn about findings from a province-wide grief needs assessment.
- Share insights and ideas on grief needs and opportunities in your community.

REGISTER



CIRCLE OF SISTERHOOD
Immigrant & migrant women in Halifax are invited to a monthly conversation series about migratory grief, loss, and growth.

FIRST SESSION:

- 31 MAY, 2025
- 10:30 AM - 1:30 PM
- LOCAL COUNCIL OF WOMEN
289 Young Ave, Halifax, NS
- LCHALIFAX@GMAIL.COM

Circle sessions are facilitated by circle therapy coach Katie Aris and guest counsellors. Presented by the Local Council of Women, Ladies in Need Society, and NSHPCA Healing Pathways.

The Local Council of Women Halifax

Healing Pathways

TOPIC
Women over the age of 18 who have moved to Canada. Limited seats are available. Participants must sign up in advance.

WOMEN
The Local Council of Women houses in South End Halifax a new indoor and street parking. Wheelchair accessible & accessible restrooms available.

WOMEN
A safe space for discussions & activities centered around grief & loss. Free to join, with food & all materials provided (children's seating available).

WOMEN
Shared stories of immigration, resilience, diversity, community relationships, and honoring the loss. Your thoughts and insights are.

WOMEN
Local women's meeting on Saturdays, from May 2022 to March 2025. Each gathering is a shared time for healing.

WOMEN
Visit <https://www.lcwhalifax.ca> to learn more about us.



Holding hearts
DROP-IN GRIEF & BEREAVEMENT SUPPORT GROUP

SATURDAY, MAY 24TH 10:30 am Amherst Library	SATURDAY, MAY 31ST 10:30 am Pugwash Library	SATURDAY, JUNE 7TH 10:30 am Parramatta *TBD
SATURDAY, JUNE 14TH 10:30 am Amherst Library	SATURDAY, JUNE 21ST 10:30 am Pugwash Library	SATURDAY, JUNE 28TH 10:30 am Parramatta *TBD

Holding Hearts provides a supportive and confidential space for adults (18+) grieving a death to share their thoughts, experiences, and concerns. The group is guided by trained facilitators.

Questions? Contact chgrifflead@gmail.com

Holding Hearts is a project of Cumberland County Branch of Palliative Care Society, made possible by Healing Pathways Community Funding. <http://www.holdinghearts.ca>



CHPCA CONFERENCE
OCT. 22-25, 2025 | NANAIMO, BC

Cumberland County Hospice Palliative Care Society

Introducing Holding Hearts – A Grief and Bereavement Support Group.

Holding Hearts is a free support group open to adults (18 and over) who are experiencing grief after the death of someone in their life. It offers a gentle, confidential space to share thoughts, feelings, and experiences with others who are also navigating loss.

The group is supported by trained facilitators, and guided by values of care, respect, and confidentiality.

The Canadian Hospice Palliative Care Association (CHPCA) will host its annual conference for hospice palliative care professionals on October 22–25, 2025, in Nanaimo, British Columbia.

To learn more or to register, please click on the button below.

LEARN MORE

The Circle of Sisterhood is a project designed for immigrant & migrant women over the age of 18 who have moved to Canada and are interested in learning more about the gains and losses involved in the migration journey.

During each monthly circle you will be invited to explore a theme on migratory grief and to engage in reflection and sharing activities to promote mental health & wellbeing. The therapy circles will provide a safe space to share values of

empowerment and resilience, diversity, community relationships, and an opportunity to honour the lands that nourish and support us.

If you have any questions, feel free to comment or email Chrissy at cchgrieflead@gmail.com

[APPLY HERE](#)



Feature Article: 'Show up and share': How one UCLA ICU helps patients and staff live with dying

At UCLA's intensive care unit, a nurse-led initiative is helping staff navigate the emotional challenges of patient loss. The program fosters open dialogue and mutual support, aiming to cultivate a more compassionate and resilient healthcare environment. Read the full article below.

[Read Here](#)



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](#)



Our Mission is to achieve comfort and peace for persons living throughout Nova Scotia who are living and dying with a life-threatening illness. The Association exists to promote the philosophy and principles of palliative care and grief literacy through networking, public and professional education, advocacy and research.

To donate, please scan the QR code below. Thank you.



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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