

MONTHLY NEWSLETTER

A Message from Executive Director, Tim Guest.
Dear friends and colleagues,

As we move through the heart of summer, I'm proud to reflect on the important progress we've made together over the past few months, and to share a glimpse of what lies ahead.

This season has been marked by meaningful action. We successfully launched a new round of Healing Pathways Community Funding Grants, continued to expand the **Healing Pathways – Grieving Well** initiative, and - together with our partner, Nova Scotia Health - hosted a well-attended Eastern Region Roundtable in Sydney through the **Nova Scotia Grief Alliance** (NSGA), bringing together community voices and front-line perspectives on grief and support.

We have also delivered a series of impactful NSGA webinars that continue to strengthen grief literacy and connection across the province. More webinars are coming this fall, and registration is already **open**. The NSGA is also preparing to host its first-ever provincial Grief Symposium this fall, where people from across sectors will come to learn, share, and build stronger grief-informed communities.

We were also pleased to share our latest **Annual Report**, which captured the momentum we're building in compassionate, community-led support, and welcomed our two new Community Grief Facilitators, Melissa MacDonald and Rune Black.

On August 5th, we launched our new podcast, **Still Here**, which is now available to stream on all major platforms, including Apple Podcasts, Spotify, Amazon Music, iHeart Podcasts, the NSHPCA YouTube channel, and our website - **www.stillherepodcast.ca**.

Looking ahead, we are planning a grief awareness campaign that will launch on National Grief and Bereavement Day (November 18, 2025). We are also preparing for the province-wide rollout of Healing Pathways - *Grieving Well* and the upcoming round of Healing Pathways Community Funding Grants, with the application process opening on September 29, 2025.

Thank you for being part of this work. Your support helps advance a shared vision of comfort, connection, and care for individuals and families across Nova Scotia.

Warm regards,



Tim Guest, RN, BScN, MBA
Executive Director
Nova Scotia Hospice Palliative Care Association



Still Here Podcast Launched!

Two-Part Feature: "The Garden She Built, The Woman She Is"

Our debut episode features a powerful two-part conversation with Patrick Sulley - a devoted caregiver, entrepreneur, and advocate - as he opens up about supporting his wife Anita through her diagnosis and journey with Frontotemporal Dementia (FTD).

Titled "***The Garden She Built, The Woman She Is***," this deeply personal story explores the emotional, spiritual, and practical realities of caregiving, from early symptoms and care decisions to the enduring love and resilience that guide their path forward.

Vivian Khor's "I Am Still Here" was chosen as the theme song for this podcast because it echoes the emotional depth, resilience, and quiet strength that define both caregiving and grief. "I Am Still Here" by Vivian Khor can be downloaded at: www.viviankhor.com.

You can listen to and watch *Still Here* on all major platforms, including: Apple Podcasts, Spotify, Amazon Music, iHeart Podcasts, and on the **NSHPCA YouTube** page

We invite you to tune in, share, and help us grow this important conversation across Nova Scotia and beyond.

Watch Episodes 1 & 2 on the **NSHPCA YouTube** page.



Still Here Podcast Promotional Clip



Still Here Podcast Promotional Clip

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Still Here is produced in collaboration with BNV Media. Nova Scotia Hospice Palliative Care Association is grateful for the generous support of the Petro-Canada CareMakers Foundation.

Thank you!



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nova scotia
grief  **alliance**

Educational Offerings

Mark your calendars! The Nova Scotia Grief Alliance has a full lineup of events coming up this fall.

Upcoming Educational Offerings:

- September 10 (Online): "Supporting Grieving Children & Youth" with Linden Hardie.
- September 22 (Online): "Managing Compassion Fatigue" with Sarah Newcomb-Anjo & Susan Jerrott.
- October 21 (Online): What is a "Death Doula?" with Mal Rose.
- Grief Symposium (Date TBD).

Register now!

nova scotia
griefalliance

Grief Alliance Educational Offerings

Topic: Supporting Grieving Children & Youth

Date and Time: September 10, 2025, 7:00-8:00PM.

Speaker: Linden Hardie, Bereavement Coordinator, JWK

Visit <https://www.nsgriefalliance.com/events> to register.

Nova Scotia Hospice Palliative Care
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Grief Alliance Educational Offerings

Topic: Managing Compassion Fatigue: What grief practitioners can do to support themselves and others

Date and Time: September 22, 2025, 3:00 - 4:00PM

Speakers: Sarah Newcomb-Anjo & Susan Jerrott.

REGISTER TODAY
<https://www.nsgriefalliance.com/events>

Nova Scotia Hospice Palliative Care
novascotia health

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Grief Alliance Educational Offerings

Topic: What is a Death Doula?

Date and Time: October 21, 2025, 6:30-8:30PM

Speaker: Mal Rose

Visit www.nsgriefalliance.com/events to register.

Nova Scotia Hospice Palliative Care
novascotia health

REGISTER FOR EVENTS

Northern Region Roundtable

NOVA SCOTIA GRIEF ALLIANCE

NORTHERN REGION ROUNDTABLE



Friday, September 12, 2025
10:00AM-3:00PM

Debert Hospitality Center, 130 Ventura Dr, Debert

Join us for an afternoon of connection and learning about grief in your community. This event is for individuals and organizations involved in grief support or interested in grief education.

- Explore local grief initiatives.
- Discuss Compassion Fatigue and Burnout.
- Share insights on grief and education needs and opportunities in your community.

RSVP by September 1st at nsgriefalliance.com/events.

REGISTER

Central, Western Roundtables & Grief Symposium Dates Announced

Central Region Roundtable - [REGISTER HERE](#)

Date: October 2, 10:00 AM – 3:00 PM

Location: Future Inn, 30 Fairfax Drive, Halifax.

Western Region Roundtable - [REGISTER HERE](#)

Date: October 3, 10:00 AM – 3:00 PM

Location: White Point Beach Resort, 75 White Point #2 Road, Hunts Point.

Provincial Symposium - Registration TBA

Date: November 18

Location: Old Orchard Inn, 153 Greenwich Road South, Greenwich.

Join The NS Grief Alliance Speakers List

If you're passionate about sharing your story or work to support others on their grief journey, we'd love to hear from you. The [NS Grief Alliance](#) is building a diverse list of speakers with lived experience or professional expertise related to grief, loss, and healing.

Please fill out this [short survey](#) to express your interest in speaking at one of our events.

HEALING PATHWAYS



The Healing Pathways Community Funding Grant application process will open on **September 29, 2025!** We're inviting non-profits and community-based groups partnered with non-profits across Nova Scotia to apply for funding to support compassionate, community-led grief, loss, and emotional wellness initiatives.

Application guidelines can be found [here](#).

A series of virtual and in-person information sessions will be held to provide additional details on the application process. Please see below for session dates and registration information.

Healing Pathways Community Funding Information sessions

Please join us on the following virtual and in-person dates to learn more about how to apply for Healing Pathways Community Funding Grants.

- Webinar September 16th @ 6:30-8:00PM. Access Zoom Link [HERE](#).

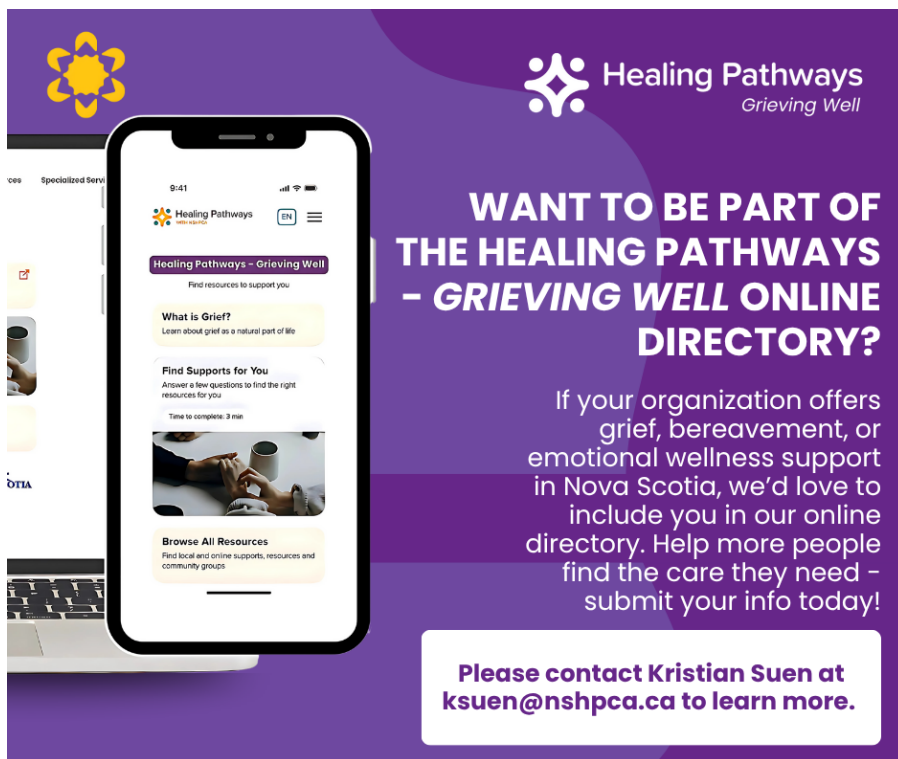
- In-person Debert Hospitality Center (130 Ventura Dr, Debert, NS B0M 1G0) September 12th @ 3:00-4:00PM
- In-person Future Inn Halifax (30 Fairfax Dr, Halifax, NS B3S 1P1) October 2nd @ 3:00-4:00PM
- In-person White Point Beach Resort ((75 White Point Beach Resort Rd, Hunts Point, NS B0T 1G0) October 3rd @ 3:00-4:00PM

REGISTER FOR EVENTS

Healing Pathways - *Grieving Well*

Does your organization support people navigating grief, loss, or emotional wellness in Nova Scotia? Join the Healing Pathways – Grieving Well online directory and help more people find the care and support they need. Let's build a stronger network of grief and wellness resources together

Want to learn more? Reach out to Kristian Suen at ksuen@nshpca.ca
grievingwell.nshpca.ca



Healing Pathways
Grieving Well

**WANT TO BE PART OF
 THE HEALING PATHWAYS
 – GRIEVING WELL ONLINE
 DIRECTORY?**

If your organization offers grief, bereavement, or emotional wellness support in Nova Scotia, we'd love to include you in our online directory. Help more people find the care they need – submit your info today!

**Please contact Kristian Suen at
ksuen@nshpca.ca to learn more.**

WELCOME TO THE TEAM

NSHPCA is pleased to welcome Melissa MacDonald and Rune Black to the team as Community Grief Facilitators. They bring a wealth of experience in grief support and community engagement that will make a real difference supporting community-based organizations across Nova Scotia.
Welcome, Melissa and Rune!



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](#)



Feature Article:

Evolving trends related to grief literacy have trickled into the innovative bereavement approaches that hospice providers employ amid rising demand for family support. and for family support.

Hospices have fine-tuned how they measure quality and shape services within their

bereavement programs as more is learned about the diverse ways people both understand and experience grief. Read the full article below.

[Read Here](#)



Seen on Instagram

By Michael Kydd

Like many people, I often find myself scrolling through Instagram - sometimes as a hobby, sometimes more like an obsession. As someone who lost my mother at 17, I came across a story that resonated with me on a deeply personal level. See the post below.

Tomorrow, March 25th, marks 20 years since my mom passed away from breast cancer when I was in the 8th grade. With each passing year, I'm reminded that I've now spent more of my life without her than with her. The sound of her voice, the scent of her perfume, the little details—they begin to fade. But one thing that never fades is the grief.

When you're young, it's easy to push it aside. But as time goes on, that grief doesn't lessen—it grows. It shows up in the moments you least expect, in the milestones where you instinctively search for a familiar face in the crowd, only to feel the weight of their absence all over again.

For a long time, I tried to hold it in, to push through without letting the sadness take over. But then I heard Andrew Garfield describe grief as “unexpressed love.” The love we still have for someone who is gone, the love we never got to say enough—it doesn't disappear. It lingers, waiting to be felt, to be acknowledged. And that's not just okay—it's beautiful.

So today, as I sit with my grief and my love for my mom, I want to remind you: take a moment for all the unexpressed love in your life. Speak their names, tell their stories, and let yourself feel it all.

“I'll love you forever, I'll like you for always, as long as I'm living, my mommy you'll be.”

Watch clip [HERE](#).

[#grief](#) [#remembrance](#)

Community Events & Stories of Interest



NSHPCA at the Hospice End-of-Life Info Expo in Cape Breton – June 7, 2025

On June 7, NSHPCA was pleased to take part in the End-of-Life Info Expo hosted by the Palliative Care Society of Cape Breton County at NSCC Waterfront Campus in Sydney.

The event brought together over a dozen organizations to share resources, guidance, and education with individuals and families facing end-of-life and serious illness. NSHPCA joined other exhibitors to connect with community members, share information about Healing Pathways – Grieving Well, and raise awareness about grief support across the province.

Join our free Eight Week Grief Counselling Group

YOU'RE NOT ALONE.

Find understanding in the company of others experiencing grief with the support of a Bereavement Social Worker.

Summer session intake open!

**Every Friday, August 29 to October 17
1 p.m. to 3 p.m.**

Register by calling us at

(902) 446-0929

hospice
HALIFAX

Grieving is hard, but you don't have to go through it alone. Join Hospice Halifax for a free Eight Week Grief Counselling Group, starting August 29. Fridays | 1–3 p.m.
Call (902) 446-0929 to register.



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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