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## Our Vision

To support ALL individuals in our community through the process of grief and loss and end of life transition.

## Our Mission

To enhance the quality of life for individuals and families who are facing grief and loss or end of life transition through compassionate care, resources, and advocacy.



## PRESIDENT'S REPORT

Serving as the President of the Mission Hospice Society Board this past year has been both an honour and a valuable learning experience. It has been a privilege to work alongside such dedicated directors on the Board. I also want to express my heartfelt appreciation to our incredible volunteers and staff. Their energy and commitment have strengthened community engagement, increased awareness of our programs, and empowered us to make a lasting impact.

On behalf of the Board, I extend heartfelt gratitude to our long-time Executive Director, Angel Elias. Her passion and dedication have made the Mission Hospice Society a beacon of compassion in our community. She will be greatly missed, but her impact will never be forgotten.

As we enter a milestone year for the Mission Hospice Society, I am excited to reflect on our remarkable journey. Founded by Lilian Dudfield in 1985 to provide compassionate care and support to the dying and bereaved, our organization is now celebrating 40 years of free programs and services for Mission residents—a testament to its enduring legacy. The Mission Hospice Society concluded 2024 in a strong financial position, paving the way for program expansion and continued growth under the leadership of our new Executive Director. Planning is also well underway for the 20th Hospice Gala, which promises to be an unforgettable celebration.

As we reflect on this year's accomplishments, let us honour the collaborative spirit that drives us forward. Together, we will continue to uphold compassion, dignity, and support for those who need it most.

Thank you for your unwavering dedication to and support of the Mission Hospice Society.

Ellen Nguyen

*President*, Mission Hospice Society

# TREASURER'S REPORT



## Balance Sheet:

As of December 31/24, the Society had total funds on deposit of \$898,774.69.

Restricted funds were \$506,364.97. This leaves \$199,967.01 for the ongoing operation of the Society. Restricted Funds are allocated as needed to fund future projects/programs as may be recommended by the Executive Director of the Society and subsequently reviewed and decided by the Board.

In the Fiscal Year End Financial report for 2023 it was stated that a large portion of the restricted funds would be directed to a major project anticipated for 2024 (relocation from the 3<sup>rd</sup> floor of the Hospital). While the Society is still wishing to proceed with the relocation project, it has run into delays at the Fraser Health and Provincial Government level. In a very recent conversation with Fraser Health the Board Committee on the call was told that the Society needs to play a major financial role in the proposed change which would help move the project forward. We took advantage of the call to reemphasize that the Society has and is committed to being financially supportive. Fundraising has been ongoing over the past 2 to 3 years to evidence the ongoing commitment to the project in hopes of encouraging a speedy and positive conclusion from Fraser Health/Provincial Government.

The main Capital Asset of the Society is the Rock Family House which has a stated value of \$428,793.98.

## Revenue:

Mission Hospice Society had revenue/income in 2024 of \$616,226.54 in the year. This was on a budget expectation of \$436,975.00.

The three major revenue categories of Grants, Donations and Gala, were ahead of budget by \$40,631 and \$141,366 and \$54,965 respectively. These categories are budgeted on a best outcome basis. It was a highly successful year of grant writing and receipt of funds beyond what was anticipated. These funds were applied for to expand specific Grief programs in all age groups (**see also expense overruns**). Also, this past year drew several large contributions toward the "relocation project" as well as for specific comforts and other items purchased. The local support for the Gala was tremendous as well but again this was with a project focus.

## Expenses:

The Society had expenses in the year of \$461,193.11 which exceeded the budget of \$417,975.00.

Most expense categories exceeded the budget established however the main expense line of payroll expenses (\$322,176) was slightly (\$1,665) under budget.

While exceeding the expense budget isn't the best outcome there were some positives in the increased costs. There was an uptick in several Programs offered by the Society which required additional funding (**see increase in grants received**). Programs for Children, Youth and Adults Grief support were expanded to meet a growing need. The highly successful Gala extravaganza also required additional funding.

Throughout the year as unplanned expenses were anticipated the E.D. brought the situations to the Board for approval.

The Board is of the opinion that expenses are satisfactorily controlled.

## Net Income:

Net operating income for 2024 was \$155,033.43.

Respectfully submitted,  
Sean Melia, *Treasurer*



# EXECUTIVE DIRECTOR'S REPORT

Mission Hospice Society is dedicated to thriving in its mission to provide compassionate end-of-life care and comprehensive grief support to individuals and families in our community. Our dedicated staff continually strive to enhance the quality of our programs and services, focusing on the evolving needs of those we serve. We are committed to advancing our grief support initiatives, ensuring we offer resources and programs that resonate with the community's needs.

Our fundraising events have seen significant growth and success, reflecting the community's support for our mission. We were excited to welcome Courtney Lewis, our new Events Coordinator, to our team. Courtney has brought fresh energy and innovative ideas to our events and enhanced our presence on social media platforms.

Our biggest news of the year is the fact that we are in the preliminary stages of exploring the option to build a 10-bed hospice residence outside of the hospital, which would provide additional support and comfort for patients and their families during a critical time. We are currently working closely with Fraser Health to assess the feasibility of this project and to align our efforts with community health needs.

Through these initiatives, Mission Hospice Society remains committed to providing the highest level of care and support to our community, ensuring that no one navigates the journey of end-of-life care and grief alone.

After dedicating 11 rewarding years to the Mission Hospice Society, I am thrilled to announce that I have been presented with an incredible new opportunity, which means that 2024 will mark my final year as Executive Director.

I want to take this moment to express my heartfelt gratitude to the remarkable staff and volunteers of the Hospice Society. Your unwavering commitment and compassion have made a profound impact not only on our organization but also on the lives of countless individuals and families we serve. The memories, experiences, and friendships we have built together will stay with me always.

While I will certainly miss working alongside all of you on a daily basis, I am eager to explore new ways to support hospice care in the future. It has been a joy to be part of such a meaningful organization, and I look forward to seeing the wonderful things you all will continue to achieve.

Thank you for everything.

Angel Elias

# VOLUNTEER SERVICES REPORT



Total Volunteer Service Hours in 2024: 7256.60

**“Every day do something that will inch you closer to a better tomorrow,” - Doug Firebaugh**

As I look back on the past year at Mission Hospice Society, I am filled with deep gratitude for the opportunity to contribute to such an essential and impactful cause. It has been an honor to work alongside the dedicated individuals who make our organization a true beacon of compassion. This year, I had the privilege of collaborating closely with new volunteers. Our volunteer team continues to grow, providing compassionate care daily at Christine Morrison Hospice, in the Mission Hospice Society House, and within our community.

One of our key initiatives has been revitalizing activities and events on the Christine Morrison Hospice floor, which are essential to the services we offer. Our complementary therapies to Float Fridays and legacy work, these programs play a critical role in supporting our residents.

We've also made improvements to our volunteer training program. The training is now delivered through an engaging PowerPoint presentation, featuring updated videos, special guest speakers, and more interactive discussions, exercises, and group activities. This has made the experience more dynamic and impactful for our volunteers.

Shifts are still ranging from 1 to 3 hours, rather than being fixed at 3-hour blocks. This adjustment opens the door to a wider range of volunteers, including those who may have previously struggled to commit to longer shifts. It also helps mitigate the risk of burnout, ensuring our volunteers remain energized and engaged for the long term.

Additionally, I was able to further my own professional development by completing several courses, including the MOST (Medical Orders for Scope of Treatment), Advance Care Planning, and Palliative Care Awareness online courses. I also attended the Palliative Care Network Educational Conference and participated in the Fraser Health Palliative Care Network, all of which provided valuable insights and learning opportunities. I also look forward to taking many more courses in 2025 and seeing what new and upcoming ideas I can bring to MHS.

Sincerely,

Siobhan Milne

Coordinator of Volunteer Services

## Volunteer Services Overview

### Volunteer Training Programs:

In both our spring and fall volunteer training sessions this year, we had the pleasure of welcoming 13 new individuals to the Mission Hospice Society team. This comprehensive training program equips volunteers with the skills and knowledge needed to navigate the diverse challenges they may encounter while serving within the hospice. The program consists of 30 hours of in-person training, complemented by 10 hours of online learning.

For those volunteers who wish to work directly with patients on the hospice floor, we offer an additional 3-hour training session focused on the Christine Morrison Hospice (CMH) handbook, co-facilitated by Jayne, our Patient Care Coordinator. Additionally, we provide specialized training in assisting patients with feeding, which not only enhances patient care but also helps alleviate the workload of our nursing staff, allowing them to focus on more complex tasks.

As of the end of 2024, we are proud to have 120 active volunteers who continue to make a significant impact in our community.

Spring Training Course:	Volunteers	326 hours
Fall Training Course:	Volunteers	369.5 hours
Volunteer Panels & Guest Speakers:	12 Volunteers	26 hours

**Total Volunteer Training Hours in 2024: 721.5Hours**

### Christine Morrison Hospice Volunteers:

The unwavering dedication of our volunteers continues to be the cornerstone of Mission Hospice, infusing every aspect of our care with compassion and empathy. Throughout the past year, their tireless commitment has provided essential comfort and support to both our patients and their families. We are proud to report that, thanks to their efforts, we have consistently achieved a 90% fill rate for our weekly volunteer schedule, ensuring that our services remain robust and responsive to the needs of those we serve.

CMH Palliative Support Volunteers:	56Volunteers	3026 hours
CMH Aesthetics & Patio Volunteers:	Team of Volunteers	189 hours
Pet Therapy:	2 Volunteers	95 hours
Music Therapy:	2 Volunteers	260 hours
Equinox Choir:	12 Volunteers	307 hours
Tea Cart Service:	3 Volunteers	300 hours

**Total CMH Volunteer Service Delivery Hours in 2024 4177 Hours**

### Community Fundraising & Events:

A significant number of our volunteers generously dedicated their time to supporting various community events throughout the year. Their contributions included assisting with event setups and take-downs, managing booths and tables, engaging with community members, selling tickets, and serving food. Their active involvement has been crucial in fostering connections within the community and ensuring the success of our fundraising initiatives.

MHS Gala	15 volunteers	910 hours
Mission Raceway	4 volunteers	28.5 hours
Ride for Hospice	6 volunteers	6.5 hours
Hofer Golf Tournament	2 volunteers	10 hours
Hike for Hospice	3 volunteers	15 hours
Tree of Remembrance:	36 volunteers	225 hours

**Total Community Fundraising & Events Hours in 2024: 1195 Hours**

### Volunteer Support & Appreciation:

In 2024, we were pleased to host two successful volunteer appreciation events: an indoor barbecue (as the weather did not cooperate) and a festive Christmas party. These events provided a meaningful opportunity to express our heartfelt gratitude for the invaluable contributions of our dedicated volunteers. Beyond recognizing their hard work, these gatherings helped strengthen the sense of community among our volunteer team.

Additionally, we organized volunteer support meetings that featured guest speakers and engaging topics, which our volunteers greatly appreciated. In response to feedback, we adjusted the timing of these meetings to earlier in the day, accommodating many of our senior volunteers who find it challenging to attend evening sessions.

Volunteer Support Meetings:	26 volunteers	78.3 hours
Bar b que	38 volunteers	152 hours
Volunteer Christmas Party:	60 volunteers	180 hours

**Total Support Meeting & Appreciation Service Delivery Hours: 410.3 Hours**



Grief & Bereavement Groups:

In 2024, our committed Mission Hospice Society (MHS) volunteer group facilitators have consistently demonstrated their dedication by leading several support groups. These facilitators are essential in creating a compassionate and supportive environment for participants, guiding them through various emotional challenges and the grieving process.

General Grief Group	1-2 volunteers	115 hours
Widow's Support Group	1-2 volunteers	130 hours
Healing Steps	2 volunteers	63 hours
Suicide/Overdose Grief support group	1 Volunteer	22.5 hours
Navigating the wilderness of grief	1-2 Volunteer	30 hours

**Total Grief & Bereavement Group Hours in 2024: 360.5 Hours**

Community Palliative One to One Support:

Over the past year, our community volunteers have been instrumental in providing vital support to palliative clients and their families within the Mission community. We are pleased to report that these dedicated volunteers offered compassionate care to three clients, ensuring they received the necessary assistance and comfort during a particularly difficult time.

Community Palliative One to One Support	2 Volunteers	58.3 hours
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**Total Community Palliative One to One Service Delivery Hours: 58.3 Hours**

Child & Youth Bereavement Support:

Throughout the year, our Child & Youth Bereavement Coordinator has led a team of committed volunteers who have been vital in offering essential support to children experiencing grief in our community. We are proud to highlight those three volunteers contributed significantly by co-facilitating the Circle of Friends groups, and one volunteer was instrumental in the success of our Horse Whisperer Grief Camp, which took place in June.

Circle of Friends	3 Volunteers
Horse Whisperer Grief Camp	1 Volunteer
Events and special activities	2 Volunteers

**Total Child & Youth Bereavement Support Hours in 2024: 190 Hours**

Admin & Hospice Office:

Admin hours include shopping, assisting with office duties, and odd jobs around the Hospice house and grounds.

**Admin & Hospice Office      5 Volunteers      320 Hours**

Board Members:

Our Board of Directors attended monthly board meetings, as well as supporting fund-raising events and continue to assist with the guidance and direction of the Mission Hospice Society.

**Board Meetings      10 Volunteers      144 hours**

**Total Board Meetings Service Delivery Hours in 2024:      144 hours**





# ADULT BEREAVEMENT REPORT

The Adult Grief & Bereavement department at the Mission Hospice Society provides essential grief support services to residents of Mission and surrounding communities. We are committed to helping individuals and families navigate the challenges of loss, especially those related to the death of a loved one.

## 2024 Statistics for the Grief & Bereavement Department

- New Clients - 100
- Total One-to-One (1-hour) Grief Support sessions - 286
- Total number of Walking Grief Support Group Sessions offered - 40
- Total number of General Grief Support Group (2-hour) sessions offered - 27
- Total number of Suicide / Overdose Grief Support Group (2-hour) sessions offered - 9
- Total number of Widow Grief Support Group (2-hour) sessions offered - 38

## Information About Mission Hospice Clients

### **New clients:**

Individuals discover our services through various channels, including word of mouth, victim services, doctors, nurses, MHS volunteers, Christine Morrison Hospice staff, social workers, and mental health professionals.

### **New client process:**

For new clients seeking grief support from the Mission Hospice Society, the process begins with a free, one-hour, one-to-one session facilitated by the Adult Grief Coordinator. In this session, clients find a safe and supportive space to share their stories of loss. Each session is thoughtfully tailored to address the unique needs of the individual.

## One-to-One Grief Support

### **Time allocations for One-to-One Grief Support:**

- One-to-One (1-hour) Grief Support sessions - 286
- Note-taking: approximately 15 minutes after each session - 71.5 hours
- Total time allotted to One-to-One (1-hour) Grief Support - 357.5 hours

### **How many free one-to-one sessions can a person attend?**

Due to a high demand for our free service, we typically try and keep the number of one-to-one sessions under five, however, we do not cease support if the client continues to struggle. If clients require ongoing support, the frequency of their sessions gradually extends. Typically, individuals might initiate with weekly sessions, progressing towards bi-weekly or monthly meetings.

## Grief Support Groups

The Grief & Bereavement department is extremely grateful for the invaluable role our dedicated volunteers play in leading our grief support groups. These compassionate individuals bring a unique blend of empathy and understanding to create a supportive environment for those navigating the complexities of grief and loss. Through their facilitation, our volunteers offer a comforting space for participants to share their experiences, find solace, and embark on the journey towards healing. Through the year volunteers have facilitated the following groups.

- Walking Grief Support Group
- General Grief Support Group
- Widow Support Grief Support Group
- Suicide / Overdose Grief Support Group
- Navigating the Wilderness of Grief Workshop

### **What is the process for a client to attend Grief Support Group sessions?**

Following a one-to-one session with the Adult Grief Coordinator, clients, when emotionally prepared, receive an invitation to join one of our Grief Support Groups. The client and the Adult Grief Coordinator collaborate to assess and determine the optimal time for the client to transition to group grief support.

### **Walking Grief Support Group:**

The walking group meets every Monday from 10:00 to 11:00 am and is open to all adults experiencing grief who are able to walk a minimum of 5 km. Typically, the group walks in all weather conditions. While attendance has remained low (averaging 1-3 participants per session), the volunteer facilitator, who enjoys walking, remains committed to offering this service, recognizing its value and importance despite the small numbers.

- Total number of Walking Grief Group sessions offered in 2024 - 40
- Total number of unique individuals that accessed the Walking Grief Group sessions - 14
- Total number of participants in the 40 sessions combined - 145

### **General Grief Support Group:**

Our general grief group is open to all adults experiencing grief. They meet on Wednesday mornings from 10:00-12:00 pm. In 2024, sessions were not held on statutory holidays or during the months of May, August, September, and December.

- Total number of General Grief Group sessions offered in 2024 - 27
- Total number of unique individuals that accessed the General Grief Group sessions - 17
- Total number of participants in the 27 sessions combined - 144

### **Widows Grief Support Group:**

This is an open on-going weekly support group for women who have recently lost a spouse. They meet on Thursday mornings from 10:00-12:00 pm. In 2024 we did not offer sessions on statutory holidays, the month of August or December.

- Total number of Widow Grief Support Group sessions offered in 2023 - 38
- Total number of unique individuals that accessed the Widow Grief Support Group sessions - 17
- Total number of participants in the 43 sessions combined - 149

## Grief & Bereavement Events

In 2024, we were proud to offer the following opportunities for our Grief & Bereavement clients. These events created meaningful spaces for connection, reflection, and healing, allowing individuals to honor their grief and find support within a compassionate community.

### **Psychic Medium Melissa White:**

On April 17, 2024, we were pleased to offer an opportunity for individuals to connect with psychic medium Melissa White, a highly respected professional known for her compassionate approach to mediumship. Melissa visited the Mission Hospice House, where she provided individual readings in a group setting for 10 participants. Each session offered comfort, healing, and a deeper connection with loved ones in spirit. Participants paid \$80 for the readings, and for those unable to afford the cost, the Mission Hospice Society covered the expense to ensure everyone could benefit from this meaningful experience.

- **Date:** April 17, 2024
- **Time:** 10:00-12:00 pm
- **Audience:** Clients who were attending one of our Grief Groups
- **Number of attendees:** 10

### **Christmas Memorial:**

On December 11th, I hosted our annual Adult Christmas Memorial from 6:00-8:00 pm, which brought together 27 people to honor and remember their loved ones. During this heartfelt gathering, we paid tribute to 13 individuals through candle lighting and moments of quiet reflection. The memorial created a supportive space for healing, connection, and remembrance, offering comfort during what can be a particularly challenging time of year for those experiencing grief.

- **Audience:** 2024 grief clients
- **Number of deceased people honour:** 13
- **Number of attendees:** 27

## Professional Development

The Grief and Bereavement Department is committed to fostering ongoing professional development opportunities for staff, volunteers, and community members. Lori, the Adult Grief Coordinator, facilitated the following initiatives:

### **Emerging Stronger, Grief as a Catalyst for Growth**

This 6-week workshop explores grief and loss through the lens of Transpersonal Psychology, which recognizes a higher realm of consciousness beyond the individual ego. The program reframes grief as a profound opportunity for soul growth and transformation, offering a spiritually integrated approach to the grieving process. By incorporating spiritual concepts and practices, the workshop supports individuals in navigating loss, fostering deeper self-awareness, and uncovering the potential for healing and personal evolution. The goal is to help participants explore grief as part of a larger process of emotional and spiritual growth, ultimately guiding them toward greater meaning and resilience.

- **Dates:** Tuesdays, September 17 - October 22, 2024
- **Time:** 6:00-9:00 pm
- **Audience:** Grief and Bereavement clients who lost a loved one 1 year or more ago.
- **Number of attendees:** 10

### **Navigating the Wilderness of Grief**

This eight-session support group was designed for individuals navigating the loss of a family member, friend, relative, or significant other. The program followed the book *“Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart”* and provided a safe, supportive environment to explore the grieving process. Participants gained tools to help guide them through their

unique grief journey while addressing the social, emotional, psychological, and spiritual aspects of loss. By sharing their experiences and emotions, attendees found comfort in the shared understanding of others, fostering a sense of normalcy and creating space for hope and healing.

- **Dates:** Tuesdays, March 12 - April 30, 2024
- **Time:** 6:00-8:00 pm
- **Audience:** Grief Client's
- **Number of attendees:** 12
- **Taught by:** Lori Veres and Volunteer Peter Adrian

### Grief and Loss

Lori delivered a presentation on grief and loss at Centennial Place Clubhouse, attended by five individuals. Grief and loss are universal experiences that can deeply impact emotional, mental, and physical well-being. Providing education and open discussion around these topics is essential to help individuals understand their grief, normalize their experiences, and develop healthy coping strategies. Sessions like these offer a supportive space for reflection, connection, and healing, ensuring that no one has to navigate their grief alone.

- **Dates:** April 5, 2024
- **Time:** 11:00-12:00 pm
- **Audience:** Clubhouse clients
- **Number of attendees:** 5

### Coping Strategies and Supporting Coworkers through Grief

On June 13, 2024, Lori delivered a presentation for the City of Mission employees. The session, attended by approximately 18 employees, provided valuable insights and practical tools for managing grief and supporting colleagues in the workplace. The presentation was well received, with participants offering very positive feedback on its impact and relevance.

- **Dates:** June 13, 2024
- **Time:** 3:00-4:30 pm
- **Audience:** City of Mission employees
- **Number of attendees:** 18

### Supporting your Community through Grief and Loss

Lori delivered a presentation on grief and loss at the Sq'ewlets (Scholitz) First Nation, attended by four community members. Grief and loss are experiences that touch all of us, impacting our emotional, mental, physical, and spiritual well-being. This session provided a safe and respectful space to share, reflect, and explore ways to navigate the grieving process. By opening the conversation, participants were offered support, tools for healing, and the opportunity to connect with one another, honoring the importance of community and shared strength in times of loss.

- **Dates:** September 20, 2024
- **Time:** 4:30-6:30 pm
- **Audience:** Community members
- **Number of attendees:** 5

### Volunteer Training

Lori co-facilitated two volunteer training sessions in 2024 - one in the spring and another in the fall. The training spans 40 hours and unfolds over eight weeks, providing a robust foundation for compassionate individuals aspiring to volunteer with the Mission Hospice Society. Topics covered include listening and effective communication, self-care, boundaries and stress management, volunteer roles and responsibilities, pain and symptom management, medical assistance in dying (MAID), advanced care planning, and spiritual and cultural awareness, including funerals and memorials. People who attend the training often express profound personal growth as a direct result of their participation.

### Facilitator Training

In 2024, Lori provided one facilitator training session for 4 individuals. This 3-hour training covered key topics such as the role of a grief group facilitator, group dynamics, active listening techniques, and strategies for managing support group sessions. Participants gained practical tools to assist MHS and support our Grief Support Groups effectively.

### Clinical Supervision

As a Registered Therapeutic Counsellor (RTC), Lori is required to obtain 10 hours of clinical supervision annually to maintain her membership with the Association of Cooperative Counselling Therapists of Canada (ACCT). Clinical supervision is a vital component of professional practice, providing counsellors with ongoing opportunities to reflect on their work, enhance their skills, and ensure ethical and effective care for clients. Lori fulfills this requirement by attending a 1.5-hour supervision session each month, where she collaborates with an experienced supervisor to review casework, explore challenges, and strengthen her therapeutic approach. This regular supervision not only supports Lori's professional growth and development but also ensures that she continues to provide high-quality, compassionate, and client-centered care.



# CHILD & YOUTH BEREAVEMENT REPORT



Looking back on 2024, I am proud of the support that we have been able to offer children and youth in our community. The Mission Hospice Society has provided in-school Circle of Friends peer support groups, in-school one to one support, in-office support, a grief and loss day camp and a Christmas celebration for all of the families we have helped to support throughout the year.

Our referral for providing one to one support continued to be in demand from the schools, parents and social service organizations in the community. Many of the schools request our services regularly to provide support to their students who have experienced a death or major loss. Schools and school counsellors are struggling to keep up with their overwhelming caseloads and are extremely grateful for our ongoing support.

The biggest challenge this year has been keeping up with the need for our services, whether at school or in our offices.

I look forward to my upcoming second year with Mission Hospice Society.

Jane Franklin

Mission Hospice Society  
Child and Youth Grief Coordinator

## Child and Youth Clients in 2024:

### Circle of Friends Peer Support Groups

- This year we held 6 Circle of Friends peer support groups at ESR, Windebank, Cherry Hill and Deroche elementary schools (2 groups held in Deroche) for 6-12 year olds, and at Heritage Park Middle school for 12-15 year old students.
- A total of 33 children and youth participated in Circle of Friends groups in 2024

### In-School One-to-One Support

- In 2024, I have held 122 sessions providing in-school one-to-one support.
- There are 17 public elementary, middle and secondary schools in the Mission district. The district covers Silverdale to Deroche.
- Referrals for in-school support came through school counsellors, administration, support staff and teachers, CYMH and families. Some older teens have come to us as a self-referral.
- Sessions were up to an hour in length. Depending on the circumstances, I see some children 4-8 times and others for much longer. The goal of each session is to ensure the child feels safe and comfortable exploring and expressing any emotions related to loss, through art, games, and conversation.



### Volunteers working in Child and Youth Bereavement Groups:

- Circle of Friends- Volunteers assist at our Circle of Friends group sessions, as well as helping with events and special activities.

### In-Office One-to-One Support

- In 2024, I have had 167 appointments for in-office support.
- Appointments are 1 hour in duration.
- Many children come for 6-8 visits. Some children come for much longer, Generally, the children and teens that I continue to see beyond 8 sessions are those who've had a more complicated loss, and/or a loss in their immediate family, i.e. a parent or sibling.
- The one-to-one appointments follow a similar framework as our Circle of Friends groups and typically include some of the same activities, for example, painting a memory box.
- Some children prefer to come to our centre for support, allowing them to keep that separate from school, maintain their privacy and not feel rushed or worry about missing class time.
- In-office support allows for more flexibility and choice for the children and teens. Older children and teens especially, appreciate that our sessions can reflect how they're feeling that day. For example, if they don't feel like painting that day, we can change our plan and play Uno or just chat. While I try to offer as much flexibility and choice during in-school support as I can, I only have the resources that I bring with me, as opposed to the many options I can offer here at our centre.

### Events and Other Activities

- Compiled, framed and organized art created by our child and youth clients. The artworks were displayed at the Mission Leisure Centre during the month of May, 2024
- Presented information about MHS at the Sq'ewlets First Nation
- Supported youth at the Sq'ewlets First Nation
- Assisted with set up and participated in our annual Gala, Walk for Hospice, Ride for Hospice, Volunteer Appreciation BBQ, Missionfest, annual community Open House and the CMH/Volunteer Christmas party.
- Provided information about children and grief and gave an overview of our child and youth services for our Volunteer Training course.
- Led our Horse Whisperer day camp event with 10 children, assisted by volunteers, and staff provided by Empowered By Horses
- Attended "A Day at the Ranch" with CY clients, hosted by the Danny Virtue Foundation, where children were able to watch stunt driving and movie special effects demonstrations. The ranch also provided lunch for all participants.
- Attended 2 day virtual Canadian Children's Grief Symposium

- Attended meetings at schools to discuss particular concerns and plan Circle of Friends groups or one-to-one visits.
- Attended Care Meetings at schools as part of a team approach to supporting youth
- Hosted a Christmas celebration for all our child and youth clients.

#### **Horse Whisperer Grief Camp - Ages 6-12**

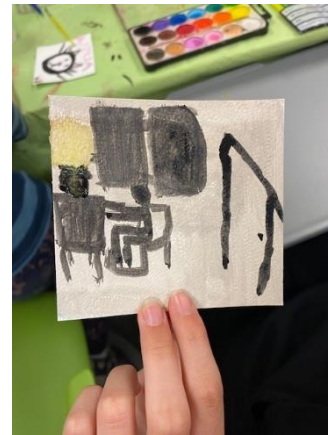
- We held our annual camp at the Empowered by Horses farm in Abbotsford. We had 10 children participating, all between the ages of 6-12 yrs.
- The camp was held on Saturday, June 8, 2024, from 9:30am - 3:30pm. The camp was facilitated by myself, volunteers and staff members from Empowered by Horses, who led the group in most of their activities.
- This day camp was a very successful. Strong connections were made between the kids. We were able to create a safe environment for the children to remember their loved ones and know they were not alone in their loss journey. While there were emotional moments, there was also a lot of laughter and joy.

#### **Volunteers working in MHS Child and Youth Programs:**

- |                              |   |
|------------------------------|---|
| • Circle of Friends          | 3 |
| • Horse Whisperer Grief Camp | 1 |
| • Events and celebrations    | 2 |

**Total volunteer hours in 2024: 190**

2024 Photo Highlights



*Figure 1 and 2, Self-expression through art.*



*Figure 3, 4 and 5 Horse Whisperer Camp 2024*



*Figure 6 Clay angels created by a Circle of Friends group, with the Mission Arts Council*



*Figure 7 Child and Youth Art Display at the Mission Leisure Centre, May 2024*



*Figure 8 Enjoying the backyard with a one-to-one client*



*Figure 9- Attending the Day at the Ranch courtesy of the Virtue Foundation*



*Figure 10- memory box*



*Figure 11 Lanterns created by a Circle of Friends group*

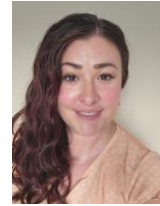


*Figure 12 Creating personalized decorations at our CY Christmas celebration*



*Figure 13 Teddy bears donated by the Mission LDB and distributed to our child and youth clients during the Christmas season*

# MARKETING & EVENTS REPORT



## Overview

Since joining Mission Hospice Society in April 2024, I've had the incredible opportunity to thrive in a fast-paced and dynamic environment. Taking on the role of Fundraising & Events Coordinator during the busiest season was both exciting and a great way to learn the ropes. We kicked things off with the Heritage to Hatzic 5K & 10K Race, dove into planning the Gala, and immediately followed with the Tim Hortons Smile Cookie Campaign. From there, we organized Ride for Hospice and Walk for Hospice, with several Mission Raceway weekends and a Women's Festival in between. The fall brought us to the Walk for Hospice, which seamlessly led into the Tree of Remembrance and, of course, a bustling holiday season. This being my first experience with these events, I had the privilege of planning and executing them alongside Angel and the Hospice staff. I found the community engagement especially rewarding; our events offer a supportive space for people to come together, share their thoughts, and express their feelings. As my one-year anniversary at Mission Hospice approaches, I look back with pride and gratitude on the success and fulfillment the past nine months have brought.

## Key Events

- **April 6<sup>th</sup>, 2024, Heritage to Hatzic 5km&10km Race.**
  - Held at Heritage Park Middle School, 3<sup>rd</sup> party fundraiser put on by Peninsula Runners. Mission Hospice Society is the recipient of all funds raised. Attendance was larger than previous years and we did well.
- **Intergalactic Gala April 27<sup>th</sup>, 2024.**
  - Held at the Mission City Conference at Best Western, this is our largest event of the year. Funds raised go towards the new capital build. A huge success, the gala was sold out. We raised over \$90,000.00
- **Tim Hortons- Smile Cookie Campaign April 29<sup>th</sup>- May 5<sup>th</sup>, 2024.**
  - Mission Hospice Society was the recipient of all 4 Mission Tim Horton Locations for Smile Cookie Campaign. Funds raised went directly to our Child & Youth Grief Support Programs. Smile Cookies raised \$15,000 for Mission Hospice Society.
- **Mission Race Way Weekend June 22/23 2024.**
  - Mission Hospice Society is on location for the weekend of the Sports Car Club of Canada. WE are the lucky beneficiaries of the 50/50 draw and have the opportunity to engage with many members of our community in the heart of the racetrack.
- **Ride for Hospice July 20<sup>th</sup>, 2024**
  - Ride for Hospice is a key annual fundraiser for Mission Hospice Society. This motorcycle ride starches along scenic routes throughout the Fraser valley. This year we had over 50 attendees and a great turnout at the Historic Dewdney Pub!
- **Mission Race Way weekend July 20<sup>th</sup>/21<sup>st</sup> 2024**
  - Mission Hospice Society is on location for the weekend of the Sports Car Club of Canada. We are the lucky beneficiaries of the 50/50 draw and have had the opportunity to engage with many members of our community in the heart of the racetrack.
- **Mission Race Way weekend August 24<sup>th</sup>/25<sup>th</sup> 2024.**
  - Mission Hospice Society is on location for the weekend of the Vintage Cars Club. We are the lucky beneficiaries of the 50/50 draw and have an opportunity to engage with many members of our community in the heart of the racetrack.
- **Mission Firefighters Golf Tournament September 13<sup>th</sup>, 2024.**
  - \$5000.00 raised for Mission Hospice Society
- **Hoffer Tournament Sept 21<sup>st</sup>, 2024**

- **Walk for Hospice September 22<sup>nd</sup>, 2024**
  - Over 10,000 was raised for our palliative care program.
- **Mission City Farmers Market November 16<sup>th</sup> (Mission Community Cookbooks)**
  - Directly selling the mission Community Cookbook to the public at a very busy market. All funds received get split between Hospice and Starfish backpack program through rotary North Fraser
- **The Copper Market November 29<sup>th</sup> & 30<sup>th</sup> (Mission Community Cookbook)**
  - Mission hospice was given the opportunity to sell the Mission community cookbooks directly from this very busy public market for 2 days. We brought in over \$400.00 in Cookbook sales
- **Tree of Remembrance December 2<sup>nd</sup>-15<sup>th</sup>.**
  - The tree of remembrance this year was at a new location. Instead of Mission Hospice Society being at Walmart we were able to be at Superstore Mission. This is a fantastic opportunity to connect with many more community members. Tree of remembrance was very well received by the public and staff at Superstore. The following week we set up at Save-on-foods Mission. This was a very successful week and also had great feedback from Save-on-foods staff and our volunteers.  
This event brought in over \$2000.00

### 2024 Fundraising Volunteer Hours

#### **Heritage to Hatzic Race**

Total volunteers: 15 volunteers                      45 hours

#### **Intergalactic Gala**

Total volunteers: 18 Volunteers                      420 Hours

**Tim Hortons Smile Cookie Volunteer Hours: 8 Hours**

**Ride for Hospice    6 Hours**

**Mission Race Way Volunteer Hours:                      31 Hours**

#### **Achievement**

This year's fundraising has been very successful. Mission Hospice Society's annual events were all strategically planned and executed. We saw a continuous trend of increased attendance and monetary donations.

#### **Marketing**

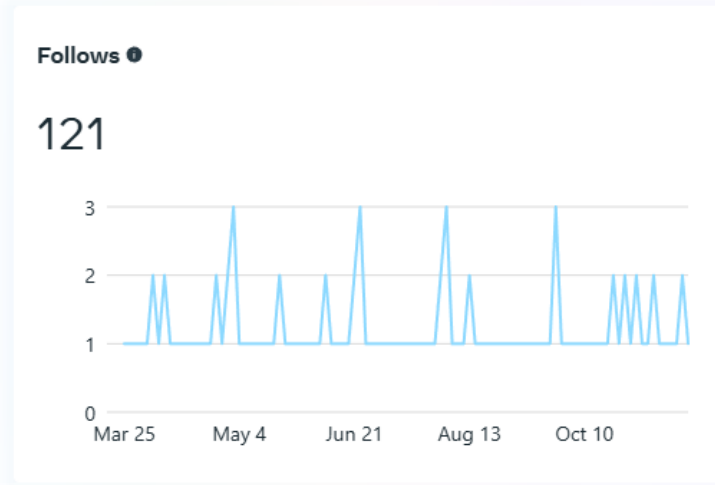
The year started slow for socials with our Instagram and Facebook continuing stability. There has been a steady increase in followers, link sharing and viewers, particularly in live content or stories and reels.

Mission Hospice Society has been fortunate to have a very healthy relationship with the Mission Record, What's On! And Courtney 107.1 FM Radio Station. Using these platforms throughout the year to advertise and market our programs, series and events.

Below are the Facebook insights followed by Instagrams.

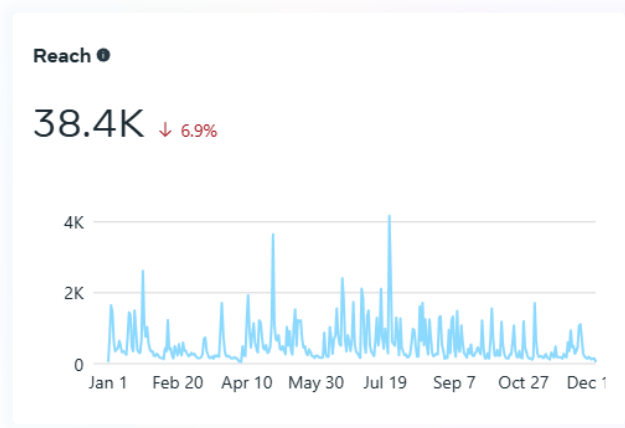


The charts below reflect the span of Jan 1, 2024- December 18, 2024, for INSTAGRAM



## FACEBOOK





## FUTURE GOALS

- Create more efficiency in our current events.
- Implementing organizational tools to aid future events and day to day function in between events.
- Increase fundraising goals for our in-house events for 2025
- Expand our social media and utilize that platform.



**Thank you volunteers for all you do for the Mission Hospice Society**