



# Family & Caregiver Support

**No family ever imagines navigating the profound challenges of caring for a child with a life-limiting illness.**

Roger Neilson Children's Hospice support services provide social, psychological, spiritual and practical support to families and caregivers whose children have a life-limiting illness. We provide individual and group counselling.

- Personalized counselling addressing mental health, wellness, and quality of life.
- Group sessions offer a safe space for feelings and coping strategies.
- Unique support groups for siblings, acknowledging their challenges.





# We offer individual counselling and support groups at no cost.



### Individual Counselling

Individual counselling at Roger Neilson Children's Hospice provides an opportunity to seek support for better mental health, wellness and quality of life for the child, their parents, siblings and other family members impacted by a child's progressive, life-limiting illness.

A social worker experienced in various psychosocial and clinical interventions helps family members cope with the practical and emotional realities they face while caring for a child with a life-limiting illness.

### Group Counselling

Parent support groups bring together parents and caregivers who are going through or have gone through similar experiences during a child's illness progression. Group counselling provides a safe space to share thoughts, emotions and coping strategies and build a community with other caregivers.

Families with children being cared for by the CHEO palliative care team can access individual and group counselling during illness progression.



## Our Family & Caregiver Programs

We offer individual counselling and support groups at no cost.

### Spectacular Incredible Brave Sibs (S.I.B.S)

The Spectacular Incredible Brave Sibs program supports siblings of children with life-limiting illnesses. Sisters and brothers can often feel invisible. They can suffer in silence while coping with the same worry and stress as a parent.

This unique program is a safe environment for siblings to receive support from other brothers and sisters with similar experiences.

Find out more about Family & Caregiver Programs at Roger Neilson Children's Hospice:

[rogerneilsonchildrenshospice.ca](http://rogerneilsonchildrenshospice.ca)

Call: [613-523-6300](tel:613-523-6300), extension 1

[info@rogerneilsonchildrenshospice.ca](mailto:info@rogerneilsonchildrenshospice.ca)



#### Roger Neilson Children's Hospice

Specialized care from diagnosis to end-of-life and grief support. Roger Neilson Children's Hospice is an independent, not-for-profit pediatric hospice. We offer a unique, home-like environment for families' most challenging journeys.

[RogerNeilsonChildrensHospice.ca](http://RogerNeilsonChildrensHospice.ca)

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