



## “Weaving Webs of Connection”

A **virtual** PHSA Spiritual Health pilot program  
*for people with advanced illness and their loved ones*  
(individual and group support)

Spiritual health care is an integral part of people-centred care that encompasses all dimensions of a person, including physical, mental, emotional, social and cultural. It’s a holistic approach that focuses on meaning, purpose, values and connectedness. For people with end-stage kidney disease and their loved ones, this can include support for navigating medical decisions, grieving, preparing for end of life, as well as deep healing.

*Weaving Webs of Connection* is **dedicated to people who have little access to other community, emotional, or spiritual supports** (e.g. who live in rural communities, or who have limited ability to travel), who reside in BC or the Yukon. Our clinical spiritual health practitioners – members of the allied health care team – offer **psychospiritual counselling and existential support by phone or video, 1-1 and in groups**. We are trained to work with people across cultural, spiritual, religious and philosophical traditions, as well as with people who don’t identify with any tradition or belief system. *We work collaboratively with health care teams as well as community supports.*

Session appointments may focus on:

### **Patient and family support**

- Confidential, trauma-informed counselling
- Navigating frustrations and challenges of dialysis, working with differing hopes and fears
- Discerning what enables/contributes to quality of life and quality of death
- Communicating with loved ones and health care providers, including what and when to disclose
- Exploring and enacting values and spiritual understandings, including making difficult decisions, and identifying supportive resources and practices
- Grief and loss, including anticipatory grief
- The experience of caregivers, and attending to challenging family dynamics

### **Peer group support**

- Group processes for mutual learning, compassionate witnessing, emotional processing, strengthening a sense of connection and belonging
- Mindfulness, meditation and somatic practices for working with pain, suffering, and for stress reduction and relaxation

**WHEN:** Day, evening, and weekend appointments are available (group times to be announced).

**WHERE:** Zoom or phone (BC and the Yukon). \*Note this service is intended for people who have little access to other supports due to rural location, limited travel or mobility, etc.

**HOW:** For more information, or to refer or for self-referrals to our spiritual health practitioners:  
**phone 778-676-1135 or email [virtualspiritualhealth@phsa.ca](mailto:virtualspiritualhealth@phsa.ca)**



## “Weaving Webs of Connection”

### A **virtual** PHSA Spiritual Health pilot program *for people considering or choosing medical assistance in dying and their loved ones*

(individual and group support)

Spiritual health care is an integral part of people-centred care that encompasses all dimensions of a person, including physical, mental, emotional, social and cultural. It’s a holistic approach that focuses on meaning, purpose, values and connectedness. For people considering or choosing medical assistance in dying and their loved ones, this can include support for decision making, relationship-tending, grieving, preparing for end-of-life, as well as deep healing.

*Weaving Webs of Connection* is **dedicated to people who have little access to other community, emotional, or spiritual supports** (e.g. who live in rural communities, or who have limited ability to travel), who reside in BC or the Yukon. Our clinical spiritual health practitioners – members of the allied health care team – offer trauma-informed **psychospiritual counselling and existential support by phone or video, 1-1 and in groups**. We work with people across cultural, spiritual, religious and philosophical traditions, as well as with people who don’t identify with any tradition or belief system. *We also work collaboratively with health care teams, and community supports such as Elders, cultural and religious leaders.*

Session appointments may focus on:

- Exploring ways of understanding dying, death and after-death, and addressing taboos
- Navigating decisions in alignment with values (e.g. including advanced care planning, and what contributes to quality of life and death)
- Communicating and mutual support between patients and their loved ones, including difficult conversations and conflict around decisions
- Grief and loss (including anticipatory grief) and emotional processing
- Designing spiritual/religious/existential rituals that enact values and beliefs
- Mindfulness, meditation and somatic practices for working with pain, suffering, and for stress reduction and relaxation

**WHEN:** Day, evening, and weekend appointments are available (group times to be announced).

**WHERE:** Zoom or phone (BC and the Yukon). \*Note this service is intended for people who have little access to other supports due to rural location, limited travel or mobility, etc.

**HOW:** For more information, or to refer or for self-referrals to our spiritual health practitioners:

**phone 778-676-1135 or email [virtualspiritualhealth@phsa.ca](mailto:virtualspiritualhealth@phsa.ca)**

*For general questions or queries regarding MAiD please contact PHSA’s MAiD Care Coordination Office  
at 1 844 851 6243 or [maidcco@phsa.ca](mailto:maidcco@phsa.ca)*