



## New Grief Collection announced

Thanks to a donation from **South West District Palliative Care**, patrons of South Interlake Regional Library now have access to a new dedicated grief collection as well as an expanded collection of books that pertains to illness and end of life issues.

When a loved one is sick or has passed away those that are close to them often struggle with stress, grief and feelings of helplessness. This donation from SWDPC is allowing the library to provide vital resources for individuals, families and caregivers of someone who is ill or has passed away. The Library is striving to be a centre of information, providing factual information about illness whether it be cancer, Alzheimer's or PTSD, just to name a few, but also to provide resources to help lessen the inevitable stress that comes along with these illnesses.

The new Grief collection has a number of books designed to help individuals through the often very difficult grief journey. The collection includes materials for all ages: adults, teens as well as young children. A number of titles are also available in ebook format through Manitoba eLibraries.

The new collection is housed mainly in the Stonewall branch but a small collection will also be installed at our Teulon Branch. All items may be requested from any branch of SIRL.

The library can also provide "**When Families Grieve**", a free kit designed to help families with young children sort through the complex emotions and talk about the passing of a loved one.

For further information on this collection or any other library resources please see staff at your local library.

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Serving the Communities of:  
Stonewall, Teulon, RM of Rockwood & RM of Rosser

*The Mission of the South Interlake Regional Library is to enhance the vitality of our communities by providing accessible, responsive and innovative library services.*