

# Compassion in the Hard Places

May 2019

Life will break you.

Nobody can protect you from that, and living alone won't either, for solitude will also break you with its yearning.

You have to love. You have to feel. It is the reason you are here on earth. You are here to risk your heart.

- Louise Erdrich

# Clair Jantzen

*grief & loss* therapist



Counsellor, Educator, Author, Supervisor, Celebrant  
Canadian Professional Counsellors Association (Member #2376)  
Master Practitioner in Clinical Counselling (MPCC-S)

## Compassion in the Hard Places

Some 40 individuals—nurses, care aides, youth workers, clergy and volunteers—from Central Okanagan Hospice, Interior Health, local churches and ministries attended this all day (6-hr) training session in walking with the bereaved, held at Emmanuel Church in West Kelowna in April. Thanks to the church for hosting, to my former employer, [Springfield Funeral Home](#), for sponsoring the event, including a beautiful luncheon provided by Sharon Bootsman at [Creative Cuisine](#).



*What a privilege to speak into people's lives.*

My mom taught us never to look away from people’s pain.

The lesson was simple:

Don’t look away.

Don’t look down.

Don’t pretend not to see hurt.

Look people in the eye.

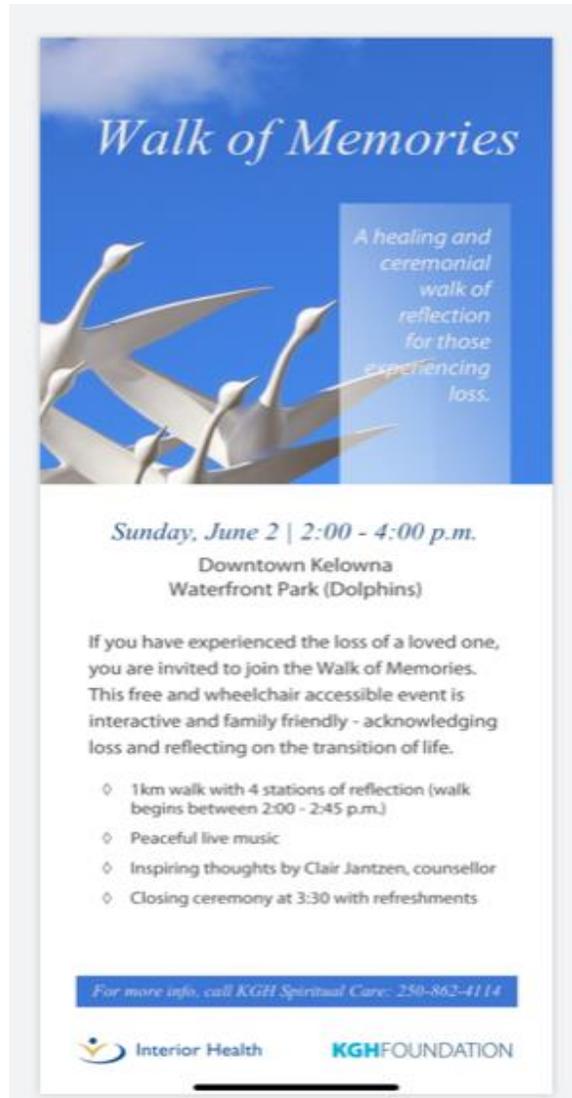
Even when their pain is overwhelming.

And, when you’re in pain, find the people who can look you in the eye.

We need to know we’re not alone—especially when we’re hurting.

This is one of the greatest gifts of my life.

- B.B.



*Walk of Memories*

*A healing and ceremonial walk of reflection for those experiencing loss.*

*Sunday, June 2 | 2:00 - 4:00 p.m.*  
Downtown Kelowna  
Waterfront Park (Dolphins)

If you have experienced the loss of a loved one, you are invited to join the Walk of Memories. This free and wheelchair accessible event is interactive and family friendly - acknowledging loss and reflecting on the transition of life.

- ◊ 1km walk with 4 stations of reflection (walk begins between 2:00 - 2:45 p.m.)
- ◊ Peaceful live music
- ◊ Inspiring thoughts by Clair Jantzen, counsellor
- ◊ Closing ceremony at 3:30 with refreshments

*For more info, call KGH Spiritual Care: 250-862-4114*

Interior Health KGH FOUNDATION

*I’m very proud to be part of this event.*



*After 21 years at Springfield Funeral Home, I retired on May 9, 2019!*



## Contact

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Clair Jantzen: Grief and Loss Therapist

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

[Chjantzen1@gmail.com](mailto:Chjantzen1@gmail.com)

Counseling Office:

Third Space Counselling

104A – 1708 Dolphin Ave

Kelowna, BC

To book an appointment:

Call 250.801.3648 or

visit [www.clairjantzen.ca](http://www.clairjantzen.ca)

## Training

### How can I get a workshop in my area?

- If the grief journey intrigues you or you are keen to help the bereaved on their walk, and you are interested in hosting, sponsoring or planning a training event in your area, please visit [www.clairjantzen.ca/workshops](http://www.clairjantzen.ca/workshops). Let me know of your plans and how I can help you get it done. I'll send you a helpful information package which will guide you through the process of bringing a **Clair Jantzen: Grief and Loss Therapist** event to your community.

### I need some support. How do I book an appointment?

- If you are in the Okanagan Valley, you can book an in-person session by visiting [www.clairjantzen.ca/counseling](http://www.clairjantzen.ca/counseling) which will take you to the schedule of available office appointments. You can create an account and fill out the intake form in advance which will give me an idea of your situation and allow me to be prepared to meet you.
- If you live further away but would still like to share your concerns and get some perspective and support, we can visit by Skype or FaceTime and be connected from a distance. Start by visiting [www.clairjantzen.ca/counseling](http://www.clairjantzen.ca/counseling).

### I'm struggling with some issues in my marriage and family. Can I get help for that or do you do only grief counseling?

- Yes, you can. [www.clairjantzen.ca/counseling](http://www.clairjantzen.ca/counseling) will let you book an appointment for the kind of help you're looking for.

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*Stay tuned for updates on future Facilitator Training events, here in Kelowna, in the Lower Mainland and in Red Deer, Alberta. Compassion in the Hard Places is coming to the Oliver-Osoyoos and the Lower Mainland areas soon.*

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