

BEING
HEARD

CARING

TOGETHER

GRIEF



RADIO

ANXIETY

FEAR

ALONE?

BELONGING

DESPAIR

PANIC

YOU ARE
NOT
ALONE

DISTRESSED

COMMUNITY





"Grief is like a kaleidoscope. Its colours and shapes shift with every turn of the wheel. Sometimes grief is so agonizingly painful, full of the darkest of blue shades of suffering. Other times, the light shines through, and grief becomes so deeply divine in hue, and we are faced with something so unbearably beautiful ~ it truly is unnameable. The height of our grief ravages against the depths of our love, one in the humble presence of the other. Grief, the ever-rendering turning points in our lives, the ever turning wheel of our lives."



(© 2022 Dr. Vivianne LaRiviere)

The Concept – Grief Radio, a podcast about grief.

If there was ever a time to manifest a platform that talks about grief, that time is now.

We are a grieving world. Globally, we are suffering. Whether it is the suffering of a personal loss, or traumatized by war, poverty, political corruption, and climate change, fires and floods, the grief of racism, hatred, pandemics, or mass shootings, we are surrounded and engulfed with grief at every turn.

Grief Radio has been designed as a platform to offer support in a variety of ways for those who are grieving. We are here to educate about the various challenges associated with grief, and to also give voice to the many avenues of training available for those feeling called to be present for those who are grieving. Additionally, we will be offering a platform of upcoming events and workshops that may be of interest to folks. We will be highlighting both lay and professional events. We are confident this program, dedicated solely to the **topic of grief**, can and will provide an essential need, especially in today's grieving world.

The concept of **Grief Radio** has been in development for the last few years, trying to determine the best approach to reach its audience. After reaching out to many to help determine a suitable platform, it has been decided that a **podcast** is the best approach. This style of presentation has the possibility of casting a wide net, with the potential to reach an extensive audience of listeners. A podcast is easily accessible, and can be shared effortlessly.



As **listening** is a key component of **Grief Radio**, as in the days of radio, a podcast can offer up support for those who are grieving in a variety of ways, in the comfort of their home, their car, or even work place. We will also be setting up a website so that the podcast can be easily accessible. We will be reaching out to various podcast platforms to find one that will highlight the importance of these efforts.

We are excited to announce that though negotiations are still underway, we have found a community organization that offers free services for the use of a fully equipped podcast room. More information to be shared as we progress.

The mission statement is simple.

Depending on where you live, and due to the demands of our times, there are often very long waiting lists for people seeking support for their grief. This illuminates a need to provide grief support in a much more timely and broader manner – to offer a platform that, in the very least, may help bridge the gap, until which time other additional resources are available for those seeking support.

Grief Radio will serve as a venue to explore what grief is all about, grief as a concept, grief as a process, and grief as a potential catalyst for transformation. Big questions will be asked: How do we understand grief? Will I ever feel better? Does grief ever go away? How do I cope with my grief? With room for bigger questions that we are challenged with today: How do we cope with our global grief? Environmental grief? And with sorrow...the grief of wars.



We wish to offer:

Support, Education, Training & Research

- Understanding grief and its many complexities provides numerous opportunities for people and societies to heal. We will be extending invitations for guests from a wide spectrum of contacts, both professional and laypersons, to participate on Grief Radio, offering both professional and personal expertise and experiences on a variety of subjects as they relate to grief.
- Information and links will be offered for upcoming retreats, and workshops, and professional round tables and other events for those working in the field, or for those interested in pursuing a vocation or career working in the field of bereavement.
- Furthermore, Grief Radio will be looking into where research about grief is headed. How is today's grief different than let's say even a hundred years ago? How does grief affect our bodies, our thinking, and emotional wellbeing? What of grief's association with trauma? How do I cope? How can I help others cope? What role does belief or faith take on for someone walking the journey of grief?

We are hopeful that Grief Radio will be a beacon of hope for someone, who, in his, her or their darkest hours, tuned into the podcast and heard something they needed to hear. One could hope that such a service could diminish the sense of being alone, at least for some.

Together, we will explore all of these avenues, and more. Together, we will engage in conversation with many experts hearing about the latest and newest developments in the field of grief. More importantly, we will serve as a platform for stories, stories, and more stories. Together, we will listen. Together we will be student and teacher.

**Please join us.
We need your support.**



INTRODUCING THE TEAM

**Dr. Vivianne LaRiviere,
Founder and director of griefradio.ca**

About Vivianne

Dr. Vivianne LaRiviere is a creative, imaginative, and empathetic leader, passionate about community building and engagement. Vivianne interacts with a sense of originality, authenticity, and transparency, using deep listening, art, improvisation and play as her tools of engagement. She believes deeply in the power of story telling, and encourages the telling of our stories as a pathway toward transformation. Vivianne also focuses on how the impact of grief and loss can affect our lives, our relationships and how we interact with the world as a result. Dr. LaRiviere encourages engagement with spirituality and the arts and how they intersect with our present-day realities and challenges, offering us deeper insights than our every day language fails to describe.

Dr. LaRiviere is also the founder and director of The Art of Soul Care, and owner of The River Gallery on Water Street, in Pictou Nova Scotia. She provides services as an educator, consultant, a spiritual arts practitioner, retreat director, and a multi-disciplined artist. A Doctor of Practical Theology (Doctor of Ministry) she also holds a Masters of Pastoral Studies, and a Masters of Theological Studies. Additionally, she holds a diploma in Recording Arts Management, and is a Reiki Master. Vivianne brings decades of experience working with the convergence of art and spirituality, noting the language of symbols and metaphors as an extremely powerful tool that can open the portals toward healing and transformation. Her special skill set helps determine what lays beyond the image on the page, invoking a responsible conversation with your authentic self: your soul, particularly when dealing with our personal and collective grief.





IAN R. SMITH – Co-host , co-administrator

I am excited to be partnering with Dr. Vivianne LaRivière on this *Grief Radio* venture as we seek to provide a safe space for people to explore their grief and loss experiences, and where they may, we hope, find some support for their journey. It is a journey that is unique to each individual while, at times, sharing some common themes with others who are walking their own path.



A major focus of my community work as an ordained congregational minister for 38 years, and as a volunteer spiritual caregiver for over 18 years in a hospice has been End-of-Life care and the support of grieving individuals and families. It has always troubled me how grieving people can be further alienated in their grief – and even devastated - by well-intentioned but harmful clichés and advice. As much as well wishers may hope, a grieving person does not “get over” a significant loss, regardless of the nature of that loss; it is more of a journey into the integration of that loss into one’s life.

While I also have personal experience with grief (the deaths of my parents, and of my sister from cancer, and the deaths of others in my circles of extended family and friends), I do not have all the answers. It is together that we can help each other to shed light on our questions that come from our pain of loss, and it is together that we can help each other journey into a safer place ... a place to express ourselves in authentic ways and to find, at least, some level of healing.

As someone I know once stated, when one is weaving a piece of cloth and a thread breaks, the weaver has a choice. One choice is to rip all of the thread out and start over with new thread, or one can choose to tie the ends of the broken thread together and continue to weave the knotted thread into the cloth. The weaver knows of the imperfection - the “brokenness” - but can later



stand back and appreciate the completed piece of cloth as a whole. The imperfection has been integrated into the whole. It is my aim to accompany grieving people as they engage their loss and as they seek to weave and integrate that loss them into the whole of the fabric that is their lives. My role is to help to hold the space around them and to keep it as safe as possible for them as they do this work. It is my hope that the mission of Grief Radio will be an effective resource to this end.

From May 2003 to November 2021, I also served as the main Spiritual Caregiver (volunteer) at the community-based Palliative Care Residence in Kirkland, Québec. I was first introduced to spiritual care in a palliative care setting when I was assigned to the Palliative Care Unit of the Royal Victoria Hospital as a ministry student, and that holistic approach to End-of-Life Care and bereavement work has been an integral part of my practice in my life and service ever since. This experience of working in End-of-Life Care, and grief/bereavement in both a congregational and hospice setting has been invaluable. I have gifts to offer in this area of accompanying others who are seeking to find their way on their grief journey, be it from a loved one's death or from some other kind of loss. As a member of the Association For *Death Education and Counselling* (ADEC), I have access to many resources and experts in this field.

I have also worked as a houseparent in a school residence for children with physical challenges and have been a counsellor and program staff person at the school's summer camp. I began to learn Sign Language, as some of the campers and students I looked after were Deaf. I've taken courses for Conversational Sign Language and Sign Language Interpreter training in Washington, DC. Working with people who live with physical challenges taught me a lot about loss and the potential resilience of the human spirit. I received both my B.A. (Religious Studies) and my S.T.M. (Sacred Theology Masters) from McGill University, and my Diploma in Ministry from The United Theological College (Montréal). I was ordained as a Minister of The United Church of Canada in 1983 and retired in June of 2020. I am married to my spouse, Silvia, and we have been blessed with 3 children and 4 grandchildren.

I live in the town of Embrun, just east of Ottawa, Ontario.



Mike Reid – Volunteer Tech Coordinator

Mike got to know Vivianne as a volunteer in the Hudson Film Festival, and found themselves to be creative kindred spirits. Mike met Ian through Scouting and later while making films for the Teresa Dellar Palliative Care Residence where Ian was a spiritual caregiver. Mike felt that volunteering for this position with these people was a no-brainer. He believes volunteers can take away so much more than what they give, and relationships with other dedicated people are its own reward.

Mike has been in the audio/visual business for 40 years. Since 1983 he has produced and directed countless video productions, live shows, conferences and multimedia. An indefatigable volunteer, he has lent his support and expertise to many charities, principally for children.

Currently, he volunteers as a Scouter with Scouts Canada and he is the Technical Director of the Hudson Film Festival and Film Society. Married with 3 adult children and 2 grandchildren, he is soon retiring after a career where he claims he has never worked a day in his life. He lives in St-Lazare Quebec with his ever-patient wife Barb.





BUDGET – GRIEF RADIO

Like many labours of love, there are often significant start-up costs. We are hopeful that our years of experience, education and abilities, and our connections with family and friends, will help us find a way to support this heartfelt and much needed endeavour. We envision building a community made up of people who care deeply. People who truly believe that by tending to the grief process of many, in a healthy and sustainable way, that initiatives like these can prove to have an impact on other crucial needs, such as the mental health crisis that many are suffering through. We need each other to make a better world.

The costs of developing and producing **Grief Radio** are fairly simple and straightforward.

The goal is to eventually be able to register **Grief Radio** as a non-profit where charitable receipts could be given for future donations of support.

We are in the process of setting up a Go Fund Me campaign to help offset costs, and to be able to hire someone who can take care of a lot of the administrative assignments, and to also co-ordinate the necessary social media platforms, along with the building and maintenance of a website page.

We will be researching any potential grants that might be available to get this project off the ground. If you know of any contacts, please forward them. We will be setting up a contributor's page for listeners if anyone wishes to provide additional support.

We have included the budget breakdown on the next page. If you believe this is a worthwhile cause, and would be interested in pledging an amount so we may continue to develop the Grief Radio podcast reach the airwaves, then please see the information following the budget on how to do so.

In the meantime, we are acting 'as if'. We soon will be beginning to record our introductory podcasts. Though work on the website (or a new page on my present website) will need to wait until we find sufficient funding to raise the necessary fees for such work.



PRESENT FINANCIAL NEEDS:

1. There is the cost of a minimal amount of equipment needed.
Presently, we would be looking at: (tax included)

One Mac Air - laptop.....	\$1500.00
Possibly two Podcast quality microphones.....	\$500.00
A green screen, logo set up, lights, etc.....	\$250.00

Some of these costs, e.g. microphones, and green screen may be covered at the podcast recording room, to be determined.
2. There will be the need for graphic design work for branding and social media outlets.
Graphic design for posters, used for social media, newsletters, etc.....\$750.00
3. Website development – approximately \$2500.00
4. Assistant – Admin/social media/grant research and writing \$5000.00
5. Stipend for Mike Reid, technical support director.....\$1000.00
6. Stipend for guests, transportation and zoom costs – To be determined, based on active support, and financial resources.
7. Registration of business, applying for non-profit, professional fees for both Ian & Vivianne - CASC ~ Canadian Association of Spiritual Care, ADEC ~ Association for Death Education and Counseling, APT ~ Association of Pastoral Theology, and other incidental professional associations, and insurance necessities and requirements.....\$2500.00
8. If there is a surplus of pledges, and all expenses and goals are met, Ian & Viv will graciously accept a monthly honorarium of no more than \$500.00 to offset personal costs, including time.



PLEDGE FORM

– click link – email to Ian and/or Vivianne with these details:

Ian ~ ian.iansm@gmail.com

Vivianne ~ viv@theartofsoulcare.com

In the header – GRIEF RADIO SUPPORT PLEDGE

In the content –

Name, phone #,

Any questions you may have, or details you would care to share.

You will then receive a link to the GoFundMe page.



IN CLOSING...

*"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer." **Rainer Maria Rilke***

We extend to you our deepest gratitude for taking the time to read about Griefradio.ca ~ a project we are both extremely passionate about. We are hopeful that even the tiniest of efforts can manifest a significant difference. We have faith in Griefradio.ca We hope you do too.

If you have any further questions, or need more information, please direct your inquiries to Dr. Vivianne LaRiviere ~ viv@theartofsoulcare.com or feel free to call her at 902 616 5595.

Signing off with an immense amount of gratitude for your generous support, and interest.

Peace for the journey,

Viv & Ian

