

How do I connect with a Spiritual Health Practitioner?

Ask a member of your health care team to request a Spiritual Health Practitioner to meet with you. We forward your request to the Spiritual Health Practitioner in your community.

You can also call the number for your community below.

Burnaby New Westminster Tri-Cities Ridge Meadows	Kathryn Calzavara 604-551-1237
Langley Mission Abbotsford Chilliwack Agassiz Hope	Jimin Chung 604-897-1838
Surrey White Rock Delta	Shane Flanagan 604-897-3719

Our Spiritual Health Practitioners are available Monday through Friday.

**We are not human beings
having a spiritual
experience; we are
spiritual beings having a
human experience.**

– *Pierre Teilhard de Chardin*

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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For more copies: patienteduc@fraserhealth.ca

What is Spiritual Health?

Palliative Care Network



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**Information for
patients and families**



What is Spiritual Health?

Spiritual Health is part of caring for the whole person.

Spirituality is the part within each of us that gives our life meaning and purpose. Each person understands and expresses it differently.

What are Spiritual Health Practitioners?

Spiritual Health Practitioners are part of the Palliative Care team. They provide care to the whole person, focussing on your spiritual and cultural beliefs. Their aim is to understand and support your:

- Beliefs
- Values
- Lifestyle
- Traditions
- Cultural practices
- Emotional well-being

When should I call a Spiritual Health Practitioner?

- If you would like to explore feelings, beliefs and values.
- If you are feeling sad, hopeless, anxious, scared, or alone.
- When you need help with a cultural, religious, or spiritual ritual.

Who are Spiritual Health Practitioners?

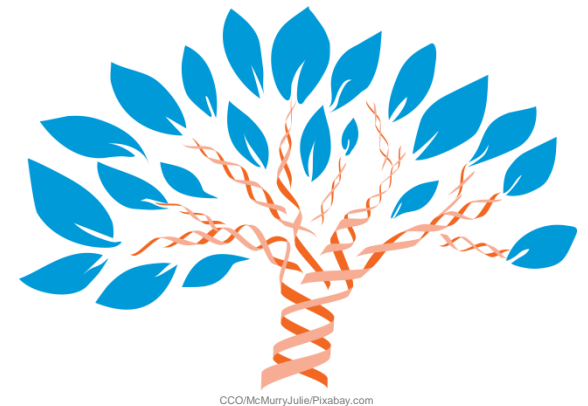
- Spiritual Health Practitioners are healthcare professionals who have special training to provide person-centered spiritual care, counselling and emotional support to all people.
- They are not volunteers and do not represent a specific religion or faith group.

Can Spiritual Health help me if I'm not religious?

Spiritual Health is for *all* people. Understanding what gives your life meaning and purpose helps us provide the care that is right for you.

Is Spiritual Health only for patients?

Spiritual Health support is available for you and your loved ones.



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