



Sunrise Grief Retreat Society Registration Information Form

Thank you for taking the time to complete this detailed questionnaire. This will provide us with the necessary information so that we can offer you the best quality experience possible. All information will be considered confidential and will only be shared with group facilitators.

Date of Retreat for which you are applying:

Your name

Your address

Your telephone number

Your email address

Your birthdate

Emergency contact name and number

Please provide some details about the person for whom you are grieving including the date and cause of death. Are there other losses you are also grieving?

What professional help have you received for your grief? What has been the frequency & duration of this help?

Have you received any other help, such as participation in a support group? If yes to either of these questions, was it beneficial OR has your grief become more difficult to deal with in any way?

Are you currently being treated for significant depression or anxiety, panic attacks, post-traumatic stress disorder, or other mental health? If so, please identify the diagnoses & any medications you are taking. What coping (beneficial or otherwise) have you turned to during your grief journey? Do you have any substance use issues?

Apart from your present grief, please list any other major stresses and life changes you are currently dealing with in your life. (e.g. medical illness &/or treatments, relationships, finances, other)

Please list the three things you most look forward to during the Retreat:

Do you have any fears or anxieties about the Retreat? If yes, please be specific.

Shared room accommodation may be necessary. Does this present a problem for you?

Do you have any food restrictions/dietary needs for us to be aware of?

Is there anything else we should know to ensure that you are comfortable at the Retreat Centre?

If flying, are you able to provide your own transportation to the Retreat venue from the Kelowna Airport? YES OR NO

How did you hear about the Retreat?

We have a policy that there is to be no alcohol or recreational drugs (including cannabis) consumed during the Retreat. The reason for this policy is that any mind altering substance may interfere with the process of your grief work during the Retreat. Do you agree to this policy?

I have read and agree with the cancellation policy on the [registration page](#)

* Please save this document with your filled in answers and send it back as an email attachment & one of our Facilitators will email you to set up a day & time to connect & discuss more about the retreat. Thank you for considering joining us.

EMAIL: bgriefretreat@gmail.com