

Raymond Mark

Raymond Mark is a psychotherapist with his own private practise, specializing in grief counselling. He is also a committed DHH volunteer who generously donates one day of his busy work week, every week.

Taking on such a significant volunteer commitment requires good stress management. Raymond keeps centred with personal trainer visits three times a week, walks every day and stays motivated through *fitbit* group challenges with his family.

When he's not working, volunteering or exercising, he enjoys photography and reads voraciously. His wife is a librarian, so it's a nice perk to borrow and not have to buy. Raymond also loves sports.

Three years ago, Raymond became curious about palliative care by way of his profession. He started to read about it and took some courses. He always had a pull to give back to the community and volunteering with DHH seemed to be a natural fit/way to do so. He enrolled in the five-week training and began volunteering with the Oasis Group. It wasn't long before Raymond moved to where he felt he could make the strongest contribution – bereavement support.

Now, one day per week, from 10am – 4pm, Raymond does assessments and facilitates one-to-one counselling sessions with DHH clients. Raymond's empathic, acute listening, combined with his professional counselling skills help encourage the client to talk about their grief.

Raymond loves the atmosphere at Doane House and the people who he describes as "marvellous." He says he feels humbled to be given the opportunity to volunteer in the way he does and honoured to be entrusted with the task of supporting people in their bereavement.

Thanks Raymond, for making DHH a part of your week. You make a difference. Congratulations on being inducted into the June Callwood Circle of Outstanding Volunteers. Well deserved!