

Support services for individuals with illness, family caregivers, and bereaved

August – October 2020

WE ARE HERE FOR YOU. COVID-19 has changed the way we experience the world. At Dorothy Ley we recognize that the health crisis has been difficult on everyone. During this uncertain time we hope to connect with you and offer support. All our services are offered at no charge.

OASIS

What's on your mind and heart? Bring your questions, concerns and the topics you wish us to address during this spontaneous group discussion. We will provide suggestions, insights, and resources that focus on the psychological aspects, wellness challenges, grief and spiritual care issues while being an individual with a life-limiting illness, a caregiver or a bereaved person. Held online via Zoom. Open to all, individuals with illness, caregivers and bereaved.

Every Thursday, 10:30am – 11:30am

Please contact Roberto to find out more or to register to attend rdonascimento@dlhospice.org or call 416.626.0116 x 227 and leave a voice message.

SELF-COMPASSION CIRCLE

Increase resilience by enhancing self-kindness, connection and mindfulness. Learn about the science of self-compassion and engage in mind-body techniques, self-reflection and wellness practices. Share experiences with fellow attendees. Open to caregivers and bereaved.

6-week course, held online via Zoom. Registration is required.

October 13th – November 17th, 1:30 – 3:00pm

Please contact Anita to find out more or to register to attend acsapo@dlhospice.org or call 416.626.0116 x 230 and leave a voice message.

BEREAVEMENT JOURNEYS

Bereavement Journeys is a supportive group environment where we provide information to address common questions and concerns about grief.

4 week course, held online via Zoom. Registration is required.

Evening Course: Every Tuesday from September 8th – September 29th, 6:00 – 8:00pm

Afternoon Course: Every Tuesday from October 20th – November 10th, 1:00 – 3:00pm

Please contact Megan to find out more or to register mquinn@dlhospice.org or call 416.626.0116x 306 and leave a voice message.

SPOUSAL LOSS

A supportive and safe space for adults who have lost a spouse to explore your grief after the loss of a spouse. **8 week closed group, held online via Zoom. Registration is required.**

Every Wednesday from September 9th – October 28th, 6 – 7:30pm

Please contact Megan to find out more or to register mquinn@dlhospice.org or call 416.626.0116x 306 and leave a voice message.

WELLNESS OFFERINGS

LIVE MEDITATION

Guided meditations to enhance relaxation, groundedness and clarity. Offered by Dorothy Ley volunteers, online via Zoom. To register, please contact Pranita.

Tuesday evenings: Meditation August 25th, September 8th & 22nd, 7:00 – 8:00pm

Friday mornings: Mind-Body Practice, every Friday morning, 10:00 – 10:30am

DISTANCE HEALING

Energetic support from Reiki and Therapeutic Touch volunteers trained in distance healing. Specialized volunteers are able to provide support remotely by offering healing energy at a pre-determined time. To register, please contact Pranita.

MEDITATION AUDIO RECORDINGS

Try a guided meditation created by a Dorothy Ley volunteer. There are 6 audio meditations that you can try at home while seated quietly or lying down. They are about 20 minutes in length. Available for you to access at your convenience. To receive the audio files, contact Pranita.

RESTORATIVE YOGA CLASSES

Restorative yoga classes will be offered in the Fall by a Dorothy Ley volunteer online via Zoom. For information, please contact Pranita.

ART KITS

Art kits are available to provide you with some therapeutic and mindful activities to calm your mind and thoughts during this unconventional time. Please contact Pranita

LEGACY TREES

The collection of thumb prints or hand prints to create the leaves of a tree can be a personalized way to create legacy when a family is experiencing the potential loss of a loved one. The beauty of the tree is that as new members may enter the family their prints can always be added. Please contact Pranita to find out more at pmurphy@dlhospice.org or call 416-626-0116.



CONTACT US to register for wellness services ...

Please contact Pranita to find out more or to register for any wellness services

Pranita Murphy (pmurphy@dlhospice.org) or call 416.626.0116 x 228 and leave a message)