

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

Holiday Offerings 2020

WE ARE HERE FOR YOU. During COVID-19 our services are continuing remotely by phone or videoconference. All our services are offered at no charge.

COPING WITH THE HOLIDAYS

Designed for past and current caregivers, this workshop offers tips for self-care while enjoying the holidays. Learn how to: communicate effectively, navigate change, retain or renew traditions, and lead healing rituals of remembrance and gratitude.

Monday November 16th, 6 – 8pm

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

Friday November 20th, 10am – 12noon

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.

SOULCircle: DARKEST NIGHT

A gathering for past and current caregivers to connect and contemplate the longer dark nights that naturally occur around the holidays. Discuss the holidays of light that are common amongst peoples of various traditions and heritages, and the meaning of these spiritual and religious practices. Explore what are the psychological dark nights of the soul that arise with grief, and how the journey can be one towards light through ritual and spiritual practice.

Monday December 7th, 6 – 8pm

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.

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, wellness, 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.

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.

WELLNESS OFFERINGS

To find out more or register for wellness services, contact Pranita pmurphy@dlhospice.org or call 416.626.0116 x 228 and leave a message

LIVE MEDITATION

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

Tuesday evening Meditation: November 3rd&17th, December 1st& 15th, 7–8pm

Friday morning 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.

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.

Mondays in October, November and December, 7 - 8pm

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.



BOOK&FILM CLUB

Join us on the first Wednesday of the month for social connection and opportunity to talk about our favourite books and films. Come every month, or drop in on the titles that appeal to you. Open to all. **December 2nd, 3 - 4pm** Film: *On Happiness and Staying Conscious in the Face of Adversity* By Eckhart Tolle. Held via Zoom.

Contact Anne astoiko@dlhospice.org or 416.626.0116 x 235.