

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

June & July 2020

WE ARE HERE FOR YOU. COVID-19 has changed the way we experience the world. It is natural to feel anxious or worried at this time. At Dorothy Ley we recognize that the health crisis has been very 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.**

Starts Tuesday June 23rd, 1:30 – 2:30pm

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 series, held online via Zoom. **Registration is required.**

June 23rd, 30th, July 7th and 14nd. 6 - 8pm.

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

PARENT LOSS SUPPORT GROUP

A supportive and safe space for adults who have lost a parent to explore your grief after the loss of a parent. **6 week closed group**, held online via Zoom. **Registration is required.**

Wednesdays, June 16th – July 22nd, 6-8pm

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 June 16th and June 30th, 7 - 8 pm

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

ART THERAPY

On-line art therapy sessions for individuals, caregivers and families who are navigating the journey of life limiting illness, the death and dying or bereavement process. Art therapy supports people to explore and express themselves through the creative use of materials such as paper, coloured pencils, paint, photographs, fabric and found objects. Art therapy can facilitate creative exploration or making legacy pieces with and for loved ones. No art experience required. To register for an Art Therapy session, please contact Pranita.

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 by a Dorothy Ley volunteer online via Zoom.

Every Monday evening in June, 7 - 8 pm. 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 anytime for you to access at your convenience. To receive the audio files, 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

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.

