



January 22 - 26th is Dorothy Ley Hospice Awareness Week

We Invite You to Discover How We Could Serve You

By Joining Us For Any of the Following Sessions

Brrrrr it's cold outside!!! Don't hibernate, instead, come thaw by our fireplace and experience the warmth of hospice hospitality. For more information contact us at 416-626-0116.

TUESDAY, JANUARY 23rd

- 9:30 am - **Hospice 101**: Learn about hospice care with this introduction to our services. We'll review eligibility and how to access the Community Support and Residential Hospice programs, and identify the benefits of hospice care for individuals and their family.
- 10 am - 12 pm - **Creative Wellness Group**: Every day matters to someone living with a life-limiting illness. We welcome individuals to explore self-expression through Art Therapy and to experience the camaraderie of connecting with others in similar circumstances.
- 11 am - 1 pm - **A Taste of Wellness**: Caregivers often forget to take care of themselves. Family caregivers are invited to receive an introductory experience of a relaxation modality (Reiki, Therapeutic Touch or Massage) to renew their own sense of well-being.
- 7 pm - **My Parent is Aging**: Most Canadians say they wish to die at home however don't always discuss their wishes about end-of-life care with their family. During this session our Care Coordinators offer guidance on how to start the conversation about Advanced Care Plans.

WEDNESDAY, JANUARY 24th

- 11 am & again at 7 pm - **Planning a Celebration of Life**: Our Spiritual Care Coordinator offers guidance on how to plan a personalized service or remembrance.
- Noon - **Wet Their Appetite**: Our Nutrition Coordinator offers family caregivers tips on creating nutritious meals for those with a decreased appetite due to illness.

THURSDAY, JANUARY 25th

- 9:30 am - **Hospice 101**: Learn about hospice care with this introduction to our services. We'll review eligibility and how to access the Community Support and Residential Hospice programs, and identify the benefits of hospice care for individuals and their family..
- 11 am - **My Parent is Aging**: Most Canadians say they wish to die at home however don't always discuss their wishes about end-of-life care with their family. During this session our Care Coordinators offer guidance on how to start the conversation about Advanced Care Plans.
- 11 am - 1 pm - **A Taste of Wellness**: Caregivers often forget to take care of themselves. Family caregivers are invited to receive an introductory experience of a relaxation modality (Reiki, Therapeutic Touch or Massage) to renew their own sense of wellbeing.
- 1 pm - **Creative Wellness Group**: Every day matters to someone living with a life-limiting illness. We welcome individuals to explore self-expression through Music Therapy and to experience the camaraderie of connecting with others in similar circumstances.
- 7 pm - **The Art of Condolence**: Often people are at a loss for words when offering sympathy to the newly bereaved. Our Bereavement Care Coordinator shares tips on what to say and do that really shows how you care.