

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

January – March 2021

WE ARE HERE FOR YOU. At Dorothy Ley we recognize that the pandemic has been difficult on everyone. During this uncertain time we hope to connect with you and offer support. Our services are continuing remotely by phone or videoconference. 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, 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.

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 all.

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

Mondays. February 1st – March 8th, 1:30 – 3pm

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.

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. **Monthly via Zoom.**

Wednesday, **February 3rd. Book.** A Grief Observed By CS Lewis.

Wednesday, **March 3rd. Film.** The Guernsey Literary and Potato Peel Pie Society

Contact **Anne** astoiko@dlhospice.org or 416.626.0116 x 235 to find out more.

ONE-TO-ONE COMPANIONSHIP

Our trained volunteers offer one-to-one companionship for those who are living with illness. These sessions offer individualized support, companionship, and an opportunity to express your thoughts and feelings in a safe and non-judgmental environment. Held by phone.

To find out more contact Ana alopes@dlhospice.org or call 416.626.0116 x 233 and leave a message.

WELLNESS OFFERINGS for all

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: January 12th & 26th, February and March TBC, 7–8 pm

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

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

Weekly restorative yoga classes offered by a Dorothy Ley Hospice volunteer online via Zoom. For information, please contact Pranita.

Mondays, January 11th – March 8th, 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

MEDITATION AUDIO RECORDINGS

Try a guided meditation created by a Dorothy Ley volunteer. There are 4 audio meditations, as well as several podcasts that you can try at home while seated quietly or lying down. They are between 20 and 30 minutes in length. Available for you to access at your convenience. To receive the audio files or link to the podcasts, 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 learn more.



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

BEREAVEMENT SUPPORT for those who are grieving

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 on Zoom. To register Please contact Kelly.

Tuesdays. February 2nd – February 23rd, 1-3pm

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. 8 week closed group, held on Zoom. To register Please contact Kelly.

Wednesdays. January 20th – March 10th, 6 – 7:30pm

MEN'S COFFEE GROUP

Connect and share experiences over coffee with other bereaved gentlemen, 65+. This informal coffee talk is hosted by men, for men. Come to one or come to many. You choose how often you want to attend. Held on Zoom. To register Please contact Kelly.

Every other Thursday. 10-11am

ONE-TO-ONE GRIEF COUNSELLING

Grief is a natural, human response to loss that impacts us on all levels. One-to-one grief counselling offers a safe space to express and explore the feelings you may be experiencing in grief and to learn effective coping strategies. Our Hospice Bereavement Coordinators typically offer 6 sessions per person. Due to the COVID-19 pandemic, sessions are offered by phone or online via Zoom videoconferencing.

GRIEF WEBINARS

The Dorothy Ley Hospice, in partnership with Heart House Hospice and the Regional Learning Centre, created a two-part grief webinar for you to access at your convenience.

Part 1: Grief: What is it? Presented by Megan Quinn (Dorothy Ley Hospice)

Grief can be difficult, especially now during the Covid-19 pandemic. Learn how to support yourself and others experiencing grief during this challenging time.

<https://www.youtube.com/watch?v=MWezPcgcB3E&feature=youtu.be>

Part 2: The Etiquette of Grief. Presented by Peggy Moore (Heart House Hospice)

What do you say when someone is grieving? Learn practical ways to communicate with, and support someone through their grieving process.

<https://www.youtube.com/watch?v=-SvEuukGcmg&feature=youtu.be>

To find out more or to register for grief services, contact Kelly

kbroadhurst@dlhospice.org or call 416.626.0116x 306 and leave a message