

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

April – June 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](mailto: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. May 3<sup>rd</sup> – June 14<sup>th</sup>, 1:30 – 3:30pm** (break on May 24<sup>th</sup> for Victoria Day Holiday)

Please contact Anita to find out more or to register to attend [acsapo@dlhospice.org](mailto: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, April 7<sup>th</sup>. Book.** The Fault in our Stars By John Green

**Wednesday, May 5<sup>th</sup> Film.** A Man Called Ove By Frederik Backman

Contact Anne [astoiko@dlhospice.org](mailto: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](mailto: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 7–8pm: March 16 &30; April 13 &27; May 11 &25; June 15 &29.**

**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.

**March: Mondays (March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>), 7 - 8pm**

**April: Wednesdays (April 21<sup>st</sup> & 28<sup>th</sup>), 7 - 8pm**

**May: Wednesdays (May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>), 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](mailto: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. April 6<sup>th</sup> – 27<sup>th</sup>**

## **SPOUSAL LOSS SUPPORT GROUP**

A supportive and safe space for adults who have lost a spouse to explore your grief after the loss of a partner. 8 week closed group, held on Zoom. To register Please contact Kelly.

**Wednesdays. April 7<sup>th</sup> – May 26<sup>th</sup>, 1 – 2:30pm**

## **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 9:15 – 10:15am**

## **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](mailto:kbroadhurst@dlhospice.org) or call 416.626.0116x 306 and leave a message

If you wish to donate to The Dorothy Ley Hospice, please visit our “donate now” option on our website ([www.dlhospice.org](http://www.dlhospice.org)). Thank you for making The Dorothy Ley Hospice your charity of choice.