

Support services for individuals with illness, family caregivers & bereaved

September – October 2021

WE ARE HERE FOR YOU. 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. Do join us.

LEGACY TREES

Legacy trees are offered to families to create a personalized legacy when experiencing the potential loss of a loved one. Family's collect thumb prints or handprints to create the leaves of the tree. Paw prints are also welcome from four-legged family members. The beauty of the tree is that it's a great way to engage kids in the dying process, and as new members may enter the family their prints can always be added.



DISTANCE HEALING

Trained Therapeutic Touch® or Reiki practitioners provide remote distance healing sessions. You remain in your home or space, and the practitioner remains in theirs. Universal energy is offered to the recipient remotely to elicit the same response as in-person sessions. Recipients report feeling rested, relaxed and restored following a session.

MEDITATION GROUPS - Online

Guided meditations and body scans are offered to enhance relaxation, groundedness and clarity. Simple techniques involving body, breath and awareness are used to help reduce stress. Meditation is an individual process and everyone's experiences will be unique.

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

Tuesday evening Meditation Group: Sept. 14th and 28th; Oct. 12th and 26th, 7-8pm.

RESTORATIVE YOGA CLASSES - Online

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

MEDITATION RECORDINGS

If you are not able to make a group, Dorothy Ley Hospice Wellness volunteers have created Body Scan meditations that you can access at your own time. There is a 5-minute, 11-minute, and 30-minute audio meditation available.

ART KITS

Art Kits provide therapeutic and mindful activities to help people calm their mind and thoughts. Each kit comes complete with the instructions and all supplies necessary to complete the mindful activity in the home. There are a variety of kits available including Kindness Rocks, Record Mandalas, Tibetan Prayer Flags and Word Marbles.

To find out more about any of our wellness services, contact Pranita
pmurphy@dlhospice.org or call 416.626.0116 x 228 and leave a 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. September 20th – November 8th, 1:30 – 3:30pm

Contact Anita acsapo@dlhospice.org or call 416.626.0116 x 230.

OASIS GROUP

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. Open to all.

Every Thursday, 10:30am – 11:30am Held online via Zoom

Contact Roberto rdonascimento@dlhospice.org or call 416.626.0116 x 227

UNDERSTANDING GRIEF AND LOSS FOR NEWLY BEREAVED

Join us as we explore the many different ways grief may be showing up for us physically, emotionally, socially, spiritually and psychologically. We will debunk some of the common myths about grief and learn how opening up a conversation, without feeling the need to "fix" anything, can be supportive for you. This is a one-time session. Meant for people who are newly bereaved or new to receiving grief services. Offered every second Tuesday.

October: 5th 1:30-3:30pm, Oct 19th 6:30-8:30pm

November: 2nd 1:30-3:30pm, Nov 16th 6:30-8:30pm, Nov 30th 1:30-3:30pm

Please register: <https://buytickets.at/thedorothyleyhospice/565733>

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. Registration is required.

Mondays. Sept. 13th- Nov. 8th, 7 - 8:30pm, held on Zoom

Contact Kelly kbroadhurst@dlhospice.org or call 416.626.0116 x 306

Minimum of 8 people are required to run this group.

SPOUSAL LOSS SUPPORT GROUP

A supportive and safe space for adults who have lost a parent to explore your grief after the loss of a spouse. 8 week closed group. Registration is required.

Wednesdays. September 22nd – Nov 10th, 1 - 2:30pm, held on Zoom

Contact Kelly kbroadhurst@dlhospice.org or call 416.626.0116 x 306

Minimum of 8 people are required to run this group.

MEN'S COFFEE CHAT

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.

Contact Kelly kbroadhurst@dlhospice.org or call 416.626.0116 x 306

Every other Thursday 9:15 – 10:15am

If you wish to donate to The Dorothy Ley Hospice, please visit our "donate now" option on our website (www.dlhospice.org). Thank you for making The Dorothy Ley Hospice your charity of choice.